

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

WELCOME!

Together we now enter upon what we call the second year's work. With this letter comes the Fifty-third set of Instructions.

We know that you are worthy to receive these advanced instructions, that you will be appreciative of them, and that they will be effective in your life and affairs. They will more than meet your expectations.

You and our students generally are most helpful in making this work possible. We often receive Gem Thoughts and suggestions which are most helpful. One of our students sent us this -

"There can be no 'new world' until new habits of life and thought are formed in the men in whose hands the destinies of society rest. The persons who have been making such a mess of the ideals of democracy would go on making a mess of the ideals of any golden age unless their hearts are changed and the foundations of their character altered. That is a slow and difficult process, not the stroke of a sudden miracle -- It calls for a deepened spiritual life and for a religion that is brought out of the dull and formal stage of dogmatism and ecclesiasticism with a vital and creative way of life - a religion that makes a new kind of person."

You can and will materially change in your personality and character with an understanding of that which we are to furnish you in the coming year.

The man doesn't live who cannot be helped by a more perfect understanding of that which makes personality and character, and how to utilize the powers dormant within him and integrate scientifically the primitive within him with that personality and character which conforms to his social life and present day standards, and the Divine within him which lies back of all of this and which has long remained submerged by racial consciousness.

Without ballyhoo and without self praise, we know that you will love this year's work, and we are happy to extend it to you, and we are deeply grateful for your spirit of helpfulness to mankind through us.

THE ORDER OF THE ESSENES

By

S. Hammer Davis

Enc. 53



THE Essenes

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the order.

Copyright by The Order of the Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 53

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

OH, MAN, TRUST TO YOUR DREAMS, DREAM NOBLY. HOLD FAST
TO YOUR DREAMS, DREAM BOLDLY. DOES IT SEEM TOO GOOD TO
BE TRUE, THIS DREAM OF YOURS? IT IS GOD'S PROMISE. TRUST
TO IT AND LIVE FOR IT AND WORK TOWARD IT. WORK -- ACTION
-- ACTION IN THE ATOM -- ACTION IN THE PLANET. BE OF
GOOD CHEER. SEND YOUR DREAMS A-WINGING -- UP -- UP -- UP --
UNTIL THEY PARTAKE OF THE GLORY OF THE SUN! STAND FIRM.
KEEP YOUR VISION HIGH. KEEP YOUR EYE FIXED UPON BEAUTY,
UPON BRIGHTNESS -- FOR THIS IS LIFE -- AND THIS IS GOD!

IT IS THE LAW

The whole world is beginning to talk of things spiritual. Religionists have ever been talking about the "holy spirit" - "the spirit of Christ" and of "spirituality."

When individuals talk of things they do not understand and comprehend they usually speak in general terms, place about the subject something of mystery, or use meaningless expressions - meaningless to them and to those addressed.

You can put it down as generally true that those who claim to "speak for God" and who claim they are divinely ordained to deliver a message from an anthropomorphic (personal) God are either self hypnotized, or trying to put authority behind their own conceptions of God, or are supreme egotists turned loose in the religious and metaphysical field, counting upon a high percentage of people being susceptible to any form of suggestion bearing a forged or fictitious label - "God Ordained" -

The spirit of God descends upon no man. It is acquired by disciplines - by seeking and searching and attuning. It comes by contemplation and by meditation upon the divine order. The process is one of self examination, self analysis (See Instruction #4) and self purification - attunement to the universal order.

Many are there who are sincere and earnest who have by study, discipline and meditation grasped some conception of the divine order and in accordance with their understanding express and demonstrate with respect to spirit.

Now just what is this "spirit" of which we talk. If we can not know it, it cannot work for us. When we know the laws of mathematics we can solve intricate problems, not before. Are life problems to be solved on a hit or miss basis?

Why even talk of spirit if it is wholly incomprehensible? Every man recognizes instinctively that there is such a thing, because it is something internal motivating him. He feels it - He senses it - He is affected by it. He affects others with it. Most just take it for granted - call it the "mystery of life" and let it go at that.

If there is a supreme all originating spirit, which all observation and reasoning say must be so, and all phenomena and all material things bear witness to it, then why should it remain a "mystery." If man senses that he is essentially a spiritual being - that it is life itself, back of and in and the essence of all that he does and experiences - is it not vitally important to know something of it?

Shall man forever turn his attention outward when within is the source of all things he may desire? Life Science - the comprehension of truth, principle, the inherent qualities of man, Spirit and things spiritual, and their powers and possibilities in the here and now, is coming into its own.

As we come to know the qualities and attributes, objects and purposes of the universal and align our individual qualities with them we come into what the religionist calls "Oneness with the Father." We become a true medium of expression of the infinite - and the all originating spirit is within us and manifest through us. It is not a matter of pretty words, of lofty sentiments, - we can bring forth according to our vision and our faith - Health, Happiness and material well being. It either works or it does not work. If it works for one it will work for all, when the conditions have been complied with.

Let us get this matter of spirit down out of some far off heaven. Let us establish it as a universal, impersonal, all pervading thing - not something that was within or emanated from one individual. Jesus, the Essene, comprehended perhaps better than any other. Every Saint and Savior grasped something of it. But why seek Christ consciousness? Rather we seek the consciousness that was within Christ, and available to all just as he said it was, and to have an enlarged conception of and embrace and encompass more of the universal spirit. Why should we not in the light of modern understanding and unfoldment? Jesus said that greater things we should and could do. Greater things we have done, still greater things shall we do. We evolve. The "building blocks" of the universe are infinite and inexhaustible. Man was ordained to have dominion over all things - created and to be created. We just have to grow spiritually and produce materially in accordance with our state of consciousness.

Can we analyze spirit so as to bring it into our consciousness as a normal - a natural and appropriate possession of man?

We have in the material realm dissolved all things to a form of energy or power. We know that it is universal - ever present and all pervading. Being without form it is without limitation of time or space. It is therefore within and through each of us.

Spirit therefore, as one of its constituent elements encompasses omnipotence or all power, because it is all pervading - the supreme - and all originating. Another constituent element must be omniscience or all-knowing or knowing all because it is everywhere - near and remote - it is not limited by time or space, - and all truth - all cosmic facts, all rhythm or harmony - and all order and arrangement must be known to it, not only with respect to the conditioned or materialized, but with respect to the unformed and fluidic yet to come into being.

Likewise Spirit must be omnipresent - or all present - or universal. Such being the case it is in you and me - and the supreme fact is that that spirit which is in you is in your neighbor and in all. We are each universal citizens. Cosmically "the brotherhood of man" is a fact. We are one in life and spirit.

Jesus was a metaphysician. He understood men and their problems and their processes of thinking and the resultant effects of environment - experiences and thought processes. One lesson he endeavored to put over was "to love thy neighbor as thyself." He knew that then as now the over mastering sentiment of man was love of self - and he just gave them as a mark to shoot at - to endeavor to make the love of fellow man equal to that self love - Why? Because he conceived, as man has not yet learned to conceive, that all men are of the one spirit.

That you may evolve and attain self realization - or a true appraisal of the real "you" of your being touched upon in Instruction One, and may unfold and come into the utilization of your spiritual powers and potentialities, let us now consider and contemplate the all creating spirit, that we may meditate upon what it is in itself because thereby we can evolve or unfold into the likeness thereof - the reward of which is the fulfillment of the ultimate of all promises spoken of by all saints and saviors.

At this point we want you to realize that the "promises" of Jesus were not the promises of a man. They were not something someone said would be rendered unto you by another - These so-called promises were effects that would inevitably follow causes. He was expounding laws and principles, - pointing a way of Life - a cause - that would be followed by an effect which he endeavored to indicate.

It is apparent from all that we see and know that the supreme or originating spirit was working to the end of perfecting a medium or a channel for the expression of the infinite, that medium being man or individuals, and as expressed in the Bible "that they might have life, and that they might have it more abundantly." (Note this as the source of the expression "a more abundant life").

Spirit was first and foremost creative - next it created as a means of expression - or giving form and substance to the infinite.

That is not difficult to understand. Observe man! Is he not ever seeking mediums and channels by which he can give expression to his feelings - emotions - energies and abilities, not alone in the arts, trades and industries but by political, religious, social and business organizations.

Is it not true that by the expression or out-pouring through these mediums or channels - we can judge the originating source?

Let us therefore observe the created - for an appraisal of the quality of the Creator (Spirit). The most natural and an inevitable conclusion is that creation must be rooted in the love principle - a deep rooted love of expression. What logically follows? A love of the thing created. Does man not love his own creations? This self evident love principle permeating creative functioning Jesus conceived could best be symbolized by the "father" idea.

Another interpreter of life's meaning and universal principles put it thus: - "In the realm of principles the purely affirmative and life giving nature of the all-originating spirit is an unavoidable conclusion. Now by what name can we call such an inherent desire to add to the fullness of any individual life - that is to make it stronger, brighter, and happier? If this is not love, then I do not know what else it is, and so we are philosophically led to the conclusion that love is the prime moving power of the creating Spirit."

Another illumined one has concluded "The universe is one, and all its manifold operations are the manifestation of one law --- we see that all the forces operative in human life are the varied manifestations of the one Supreme Law of Love."

Ralph Waldo Emerson says "Love is omnipresent in nature as motive and reward - Love is our highest word, and the synonym of God."

To understand that love is not a temporary or transitory emotion of some personal God to be followed by an emotion of wrath or vengeance, but is a fixed principle of the universal - of the creative spirit, sets for man a pattern in his meditation.

In our previous instruction we found that the very basis of the universe was harmony, a perfect adjustment of all its parts. We have instructed you that life is made up of simples. By putting these in their right order the complexity of the universe is fathomed - It all rests upon a few laws and principles - and when man by the discipline of meditation realizes that the higher elements of character are Life itself (Spirit) he realizes that integrity - right-use-ness - faith - self sacrifice - truth, goodness and love are the universal solvents of anger, fear, grief, worry, suspicion, jealousy and the hordes of negatives, and that they are the creative elements, and by attuning his spirit to the universal, his worldly affairs will be harmoniously adjusted without struggle or difficulty - and he will know and experience, health, happiness and material well being. It could not be otherwise. It is the law.

SECTION 2 INSTRUCTION 53

In these Instructions we are not trying like the negro preacher "to unscrew the inscrutable." We are in so far as possible dealing in simple things endeavoring to put them in perfect order. It is thus that the complex is made understandable to the many. The science of living has not been tried and found wanting. It has been found that it requires discipline and therefore has not been tried by the many.

The trapeze acrobats of the circus practice, they try out one act, failing and falling into a net a thousand times or more before they can perform the feat - then they try it two - three and four thousand times before they add it to their performance before the public. That is discipline.

The college boy - trying to make the football team refrains from smoking - from excessive sweets. He goes into training seriously. Discipline - self discipline. The stage dancer or Hollywood star, or those who seriously seek to be such, spend hours each day practicing - taking physical exercises, observing strict disciplines. All of this for what? A creditable performance of a difficult feat -- to make the team -- to get a part in a passing performance.

The ordinary individual thinks he can win in the race of life without discipline -- that is why he is ordinary.

At the age of ten or twelve months most individuals learn to walk, but not one person out of one hundred ever thinks of walking as a fine art. If you doubt this, just observe the passing throngs in any city, village or hamlet.

Even the most inexperienced, by just a little observation, can judge the character of individuals by their walk. Observe those you know, observe them as they stand or walk. It is one of the most interesting things you could do. If you have rightly appraised their character you will find something in their posture - their movements - how they carry their head - how they step - how they use their arms and hands - and even how they sit - that will confirm your appraisal.

Be mindful, too, that how you sit - how you stand - how you walk is a dead giveaway to those experienced in observation.

How you feel - your very thought processes - your character, is revealed in the physical. It is likewise true that what you do and how you do it in the physical affects your thought processes, your feelings and emotional reactions.

It seems passing strange that about the first things we do are to learn to walk and to talk, and the great majority reach maturity and have never learned to do either correctly or effectively - yet just a few minutes a day for a relatively short period with disciplines or exercises designed to perfect performances in this respect will soon establish it as a habit - turn it over to the subconscious and perhaps a whole life course will be changed.

You have studied Life Science long enough to know that the complete individual is one who is developed physically - mentally and spiritually. Many there are who are developed physically - but are far from the attainment of attractive personalities. Likewise there are those mentally developed, who may be counted failures in the race of life, and many are those who are spiritually developed only - and are ineffective in adding anything to the sum of human happiness.

As a request we want you to do some thinking about walking - and then do something about it. (Of course those studying with us who are physically incapacitated are not to do any of our exercises without the consent of their attending physician).

When you are standing or sitting don't be fidgety. Be poised. Have yourself under control. This conserves power and nervous energy. Don't swing your feet - twirl your hat - twiddle your thumbs - slouch or lean or be restless. Attention! This means attention and interest in the person or business at hand.

About sitting - don't sit on the front edge of a chair. Sit as far back as possible and sit up straight. It is the most restful and power conserving way. It helps an even rhythmic circulation of the blood. Practice it. See how much better you feel by reason of it.

Now, a little about walking. Walking is a process of falling forward and by putting one foot in advance of the other, maintaining balance.

To start, you lean slightly forward - not the head - not from the hips - but the whole body and from the ankles - then you tense the leg that is to hold the weight of the body - relax the leg that is to move forward and let it just naturally swing forward. At the moment it touches, let the ball of the foot (the forward part of the foot) touch first and assume the weight of the body. In other words, don't walk on your heels - It jars the body (yes, even with rubber heels).

The forward leg then tenses, takes the weight of the body and lets the other leg relax and swing forward just as though it were on a hinge.

It is then just a matter of being slightly inclined forward - freeing and relaxing one leg at a time and taking the weight of the body on the ball of the foot of the advancing leg.

If you do this - you do not slouch along and constantly lose energies - you build up energies. Neither do you walk stiff-legged and by constant muscle tension tire and waste life forces. It is tension and release - tension and release - that is a building up process. Physical culture courses based upon this principle are widely sold.

This course of Instruction is only furnished to adult persons. Each of you can recognize a stately carriage - a majestic carriage - grace and poise.

Practice graceful, natural walking before your mirror. Each day start out by thinking of it and practicing it - and soon it becomes a habit and perfectly natural.

Get out of the old habits by speeding up your walking. If you have been stooping a little - just look at the top of the second light pole or phone pole or tree ahead. Straightening up of the shoulders is just a matter of keeping the head up.

The life processes are smooth and rhythmic - therefore, in walking do not be jerky - do not be springy (too much up and down motion). Do not be slouchy. Do not be rigid.

Read again the description of correct walking. Grasp the feeling of dignity. Correct bearing enables one to stand out in any company. It is one of the essentials in the science of living - The bodily organs are in correct position or will return to it - the bodily functions will perform naturally when man stands and walks as man was intended to stand and walk.

As students of Life Science, let us overlook no little thing that can contribute to Health, Happiness and Success. Walk in the God intended way.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE
TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

THE PRIMITIVE, THE NORMAL
AND THE DIVINE, IN ACCORD.

THE YOU TRINITY:

We give you this Gem Thought -- it ties in with present day conditions.

"As a matter of fact, the year of decision (or the month, the week, the day, the hour or the moment of decision) is -- now! The greatest moment - the decisive time - in the lives of men and the history of nations is always - now! Glance at the clock. Or a wrist watch will do. The moment that is being ticked off is exactly the apex of Time in the history of the world. What we have and what we are - all over the globe - represent to the dot the sum total of human effort of the past, the vices and virtues, the energies and ideas of the men of yesterday and yesteryear. What men are doing now - at this very moment - here, there and everywhere - will determine the course of human events 'tomorrow and tomorrow and tomorrow.'"

There is no such thing as mass regeneration. It is an individual affair. Thoughtful and enlightened individuals with a true conception of their obligations to their fellow man can be like yeast in bread - lift up the whole.

You and I and all of us have something of the instincts of the cave man. We do things upon impulse by reason of the primitive consciousness within us, which has been repressed by our endeavors to conform to social requirements or standards which have been set up, or we fail to do certain things because the old cave man within us has one desire which is in conflict with conscious desires which are submitting to the social standards.

In the first lesson of this course we said that you must know YOU, and we are now in the midst of making suggestions that will enable you to know the real YOU of your being, and we are going to teach you to release repressions. We are going to show you how to express in order that the suppressed within you may not constantly conflict with normal YOU.

Dual and multiple personality is more or less a fact with you and all of us, and when there is a unity of these, man is in a position to attain self realization - "in tune with the infinite."

Organize the Corporation - "The YOU-S United - Unlimited".

THE ORDER OF THE ESSENES

By

J. Hammer Davis

Enc. 54



THE Essenes

This manuscript is published by the ORDER OF THE ESSENES, a Corporation not for profit, and always remains the property of the Order.

Copyright by The Order of The Essenes
Instruction Headquarters - Tampa, Fla.

INSTRUCTION 54

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

IN THE NEW ORDER OF THINGS WHICH MUST COME UPON THIS EARTH, YOU SHOULD BE PREPARED - - - YOU ARE RESPONSIBLE FOR ONE PERSON, - - YOURSELF. IF THE STANDARDS, IDEALS, AND EXPRESSIONS OF OTHERS MEET NOT WITH YOUR APPROVAL, TARRY NOT ON THE PATHWAY OF SELF REALIZATION TO CRITICIZE, CONDEMN, AND PUT THY THOUGHTS INTO THE NEGATIVE THOUGHT CURRENTS OF THE UNIVERSE - - JUST HAVE COMPASSION FOR THEM - REALIZE THE GOOD THAT IS IN THEM THAT COULD EXPRESS. THEY ARE DOING THE BEST THEY CAN, ACCORDING TO THEIR LIGHTS AND THEY MUST REAP AS THEY SOW. IT IS TO BE THEIR HARVEST.

MEDITATION

Those who have passed through all the degrees of Masonry know at what stage of initiation two symbolic pillars in King Solomon's Temple, Jachin and Boaz, are exemplified, and are aware that these pillars are symbolic of Law or principle on the one hand and the inherent qualities, powers and expressions of the individual on the other; they symbolize two pillars sustaining the Universe. He who would enter the Temple of Understanding and Wisdom must pass between and square one with the other - which simply means that man must first recognize the law, and knowing the law, plumb his own actions that they be in harmony with it, and then sovereignty will be given to him over it.

With understanding man comes to know that he can encompass the building blocks of the universe and fit them to his own ends, when these are squared with love, beauty, truth and principle, and that he is the master builder in the temple of Destiny.

By his personality or personalness, if such word there be, man gives form to the conditions he will experience in his own life.

If there be a single bit of knowledge more conducive to wisdom than any other, it must be the comprehension that the great natural laws, elements, and forces, which we term "the universal" do not formatively or directively think.

This is the great power - the creative ability of man, - proof of his divinity or "oneness with the Father."

Mass thought poured forth into the universal determines the world's course of action, its fate, its destiny.

It is consoling at times to appreciate that one man's thoughts projecting can change mass thinking - Witness, Jesus.

Comforting indeed it is to know that it is given to each to choose his own course of thinking, and that that which has been wrought by thinking can be changed or altered by the same law. That is "forgiveness of sins" rationalized.

Man does not in the true sense create any power. All the power there ever was or will be is existent. If you burn coal or oil and create steam and utilize it for power purposes, you can readily understand that this is a process of conversion or change - Power is latent in the coal or oil.

We speak of electric power - There is no limit to it. There is a limit to the equipment which generates it.

Man, we say, has certain powers. He must derive them from the source of all power. The limit of the power he exercises or utilizes is, so to speak, in the equipment or the instrument of expression - man himself.

We want to develop our own powers. That is the object of study. The more we utilize of power the more is given to us.

If you have understood that which has gone before in the study of Life Science you are aware that we advocate no "conquering" of fears - We do not point out a technique of "overcoming" anything - Rather do we advise the substitution process. Virtue for vices - Love for hate - Faith for fear. When we contemplate the good and the truth - think upon these things, focus our attention upon them, those things alone have existence for us.

We fast approach the day when it will be recognized that of all the sciences, the science of living - Life Science - is the most important. It is based upon laws. We develop spiritual values - the spirit is the light that guides the mind - the mind controls the body. Ideas, the product of the mind, make or break us - and are the controlling factor in affairs material.

A correct interpretation of the teachings of Jesus, the great Essene teacher, reveals that the theme of his discourse was this - that spirit is all present intelligence. He gave that as a definition of God.

We know that spirit as we use it is not one of the tangibles and material. Yet we experience it; we get the spirit of music - of a discourse - of an occasion. Being an immaterial, it is naturally without form. Form is always an attribute of the material.

But to comprehend spirit and come to the realization that it is very real and very tangible in the sense it is ours to utilize, we have but to think of it in the manner that we do our mind. It too is not material and is therefore formless - but it works through our material brain, and by the mind is wrought the tangibles of our life and affairs - radios - automobiles - flying machines.

Perhaps we have given too great emphasis to the development of mind and too little to spirit - but it will not be so in the coming age. - Hence the vital importance of Life Science.

In the study of this Science there should be true meditation. Through the discipline of meditation Jesus became conscious of His Divinity - through meditation you too can become conscious of your unity with the universal.

At the outset of our contemplation of meditation it will be encouraging to know that the real fountain source of inspiration is within you - You must court the truth. We might say you earnestly seek understanding of philosophy. Perhaps you can better understand if we say that philosophy is the study of Truth. Philosophy sounds very heavy, weighty and dull - but it simply means the knowledge of the causes of all phenomena, both of mind and matter. It is reasoned science - and practical wisdom.

As you meditate you might seek to know why individuals act in certain ways - why people in crowds collectively do things - as they do - their motives - the thoughts or impulses that motivate them. In it all and through it all you discern the truth - you perfect your ideals and discern that rewards of living close to truth enrich your daily life and it all leads to mastery of circumstances.

By meditation you attune yourself to the better way of life. This way attracts - and produces physical results in health and circumstances - but if you in your silence periods direct your thoughts to material ends, to acquiring and to getting, you are not seeking a philosophical understanding. (That is not true meditation, as will be explained a little further along).

To know the truths of life requires some self government - self discipline - but surely it should not require strain and effort to just get still; and "to thine own self be true" and attune to the spiritual.

Meditation is not something that requires strain, stress or conscious effort. If you are engaging in a tense mental battle to shut out one kind of thinking and bring on another, you are not meditating.

There is within you a "still small voice" that tells you unerringly what is right - what is wrong - what is eternal truth as distinguished from the expedient - the presently advantageous, the politic or the false.

You are truly meditating when you are calm, relaxed and without effort are just inwardly listening to that still small voice - contemplating that which is truth - that which corresponds to the nature of the universal - which you know to be harmonious and partaking of the nature of love and beauty. It is an inner communion with your better self.

Meditation is effective, because you come into the likeness of that which you long look upon and contemplate, when there is the desire "To be like that" or where there is a sympathetic emotional response - and a complete acceptance of the desirableness of that aspect of truth - goodness or wholeness.

Very early in these instructions we told you there were power elements in concentration - in meditation - in true affirmations, and there was a way of resultful prayer.

In Meditation - (the contemplating of the truths of life) you are now or should be able to intellectually and spiritually grasp that the truth - the divine reality is a cosmic fact - established by impersonal, immutable and unchanging law, and therefore what ever is, is right - The effect is the logical outcome of a preceding cause. No man can conceive a more just and equitable principle - a more sublime or divine promise than that unfailingly the world is in a perfectly balanced state - that the scales of justice are automatically in balance - and that every man is a free moral agent - and it is given to him to pass his own judgments with respect to rewards and punishments. - It forever allays any fear of an avenging God - It is a foundation stone of real faith to know that these laws will not be repealed or changed at the whim of any one for reasons of jealousy or upon the importuning of any mortal - It is an inspiration, an incentive, and deeply satisfying to know that every condition is subject to change - that there is a cause that can be set in motion that will right every wrong that has been wrought by antecedent causes.

The supreme attainment of meditation is the acquiring of the consciousness of man's unity with the Universal - that all life comes from one indivisible life - that life is a continuing fact - that we (and each of us) are

individual manifestations of the one and indivisible - that we are in - of - and cannot be separated from the universal - that we can utilize the infinite powers and can express the infinite wisdom - that we are limited only by our own conscious limitations.

Meditation is getting in touch with "your better nature" - it is becoming conscious of your conscience - It is communing with the real You of your being with whom we trust you became aware in the very first set of In-structions.

Don't be one of those persons who says, I am so busy with Red Cross work or home defense duties or any other kind of duties I have not the time for Meditation or to study for self improvement. Likewise do not be one who says, I have to get away from the confusion of business or change my home surroundings before I can begin to study - Now is the accepted time.

Certainly the good life we would point to you is not one wherein you are to evade responsibilities. It is the life wherein environment will be rendered negative and your inner life will be positive and each event and circumstance will be accepted for what it is, and will fit into the picture, not as a discord but as an overcoming victory and as a part in self discipline and self mastery.

Do not understand this to mean that you are to meet any such interruptions or discords by a denial of the existence thereof - We are not teaching a metaphysics which denies existing conditions or facts - calling it error or by any other name, but we do say that facts, circumstances, discords, have such effect upon you as you let them, and when you elevate your consciousness above such things they lose their elements which tend to confuse and confound a lesser soul.

We want you to practice no philosophy which has in it the least element of evasion of any of life's problems or responsibilities and certainly we want no thoughts of running away which could come only from fear thoughts - Why should you evade- why should you run away, when realization of selfhood - which you can attain - will furnish the answer to every problem, meet every responsibility - and at that moment of solution and overcoming there is opened a door to opportunity.

Why can you be sure that this will be the result? Because you will upon realization of selfhood know that you are a part of and partaker of the known qualities of the Universal - That part of Omniscience needed for your situation will come to mind. The truth and the whole truth pertaining thereto contains always the answer - That part of Omnipotence needed to meet your responsibility is at hand - all the power there is - and you are attuned to grasp it and utilize it when you realize your unity with the omnipresent attributes of the universal. We come to know this by discipline.

We realize and recognize and utilize Spirit as we meditate. Since religion designates this with which we are united and of which we are a part as God - let us accept the designation - Let us partake of the Spirit of God - This you cannot do if you think of God in terms of a spirit and ascribe to God the attributes of a man (This is called anthropomorphic).

With an anthropomorphic conception of God you naturally fall into the belief that there must be decisions and judgments - The judgments and decisions are already made - they are fixed, they are final - but they are good and just. They stand as laws and principles - impersonal - available to all - and yours, - yes, yours - to utilize.

It is true - they are not available to you until you recognize them and accept them and obey them - and then utilize them.

— and how are you to do this? By meditation. Let us get this thing simplified. Meditation is the contemplation (thinking) of the truths of life - looking to see and seeing the universal reality that orders all existence. It is the attaining of bodily and mental and spiritual harmony with the harmony of the universe.

The question naturally arises - "How do you meditate?" - You get comfortable and relaxed and mentally at ease, just as we have directed for going into the Silence. It is a form of going into the Silence.

At this point let us say that many who profess to teach things metaphysical are confused about silence periods and meditation, and draw no distinction. They would have you meditating about things you want - seeking solutions to life's problems - It is not our conception that one becomes a master metaphysician, a true mystic by that route.

Meditation, as we accept it, is a process of realizing the divine plan and order, a process of attuning the inner life of man to a realization of his real "you" - and to making it conform to the attributes of the divine spirit - and to the recognition that he is first and foremost a spiritual being - that life is spirit - spirit is life and that his life and his spirit is a part of the infinite life and spirit. By thinking man can know the perfection of universal spirit or God, and by constant discipline, habitual meditation, he can learn not to consciously violate the spirit of eternal laws, and can draw closer and closer to a working harmony and cooperation with that of which he is a part. The more perfectly one consciously expresses the infinite - the all good - the perfection he contemplates - the greater will be "his works."

In what we call Silence periods, man is seeking an answer to his problems. It may be just to dismiss from the mind contemplation consciously of trials, difficulties and inharmonies. It very often is just sweeping out of mental rubbish - and with faith, a period of expectation of the truth with respect to a given set of conditions - relations or circumstances - This is good. Practiced in the right way as we have endeavored and do endeavor to show you, it is resultful.

Back again we come to true meditation - In this seeking the realities we must, for the period set aside, achieve a detachment from transitory matters - We seek eternal verities.

It is highly important that there be no ceremony or ritual or things formal in this meditation - Perhaps formal religion as practiced and preached today does not work the eternal miracle because of too great attention and perhaps worship of the teachers and too little attention to a realization of the truths and principles, or a consciousness of symbols and rituals and form and a failure to spiritually grasp the substance of the eternal truths. It is a form of idolatry to worship the symbol as reality.

As you begin meditations, recognize that it is a form of discipline you set for yourself. The weakness of humanity today is fundamentally due to a lack of discipline. You can accept it as fact that we are entering into a new era - a new way of Life - and preparation for it is the sane and sensible course, and any who say they have not the time are deceiving themselves.

Surely the fundamental purpose of Life is to accomplish the greatest good. By disciplines we can "make straight the way." - Five minutes a day is a small price to pay for a thing that is priceless.

By meditation you just unfold - you come to know - and verily, the truth shall make you whole - Wholeness is health - joy - and material well being - and the ability and the desire to take the light to all men.

The great Essene teacher expressed it in this manner: - "Blessed are the pure in heart" (those who have contemplated the rightness of all things, and by so doing have grown into the likeness thereof) "for they shall see God" (to see God is but symbolically expressing the comprehension of the universal and infinite power - To comprehend is to know - to know is the key to the "many mansions in the father's house").

To then express, as you know, is "to dwell in the house of the Lord" - to become a channel through which omnipotence flows.

In this age of greater understanding we are inclined to believe that symbolical expressions are not the "better way" to bring home the truths of life. We shall further consider meditation in our next set of Instructions.

It is the way to a "re-birth" - It leads to the "understanding" of which Jesus often spoke as "the way and the light" - and truly marvelous are the things that "come about with understanding," - and certain it is that through meditation this understanding can be the property of all, and each can become a citizen of the universal -

Wisdom comes to any mind which will seek it from within - for within each of us is that which contacts the supreme intelligence.

* * *

The law of cause and effect is inviolate in Nature.

* * *

Spiritual understanding results from self government.

* * *

Meditation is an endeavor to get the spiritual house in order - the Divine Order.

* * *

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

LETTER OF INSTRUCTION

JUST TALKING IT OVER
WITH YOU:-

Fenwicke, the brother of Ernest Holmes (whom we have heretofore quoted on a cover page) in his "Law of Mind in Action" says: "Man is spirit come forth out of the formless into form, out of the timeless into time, out of the limitless into certain limitations, and yet, as man, spirit never loses its power to draw upon its resources as spirit. Therefore we must recognize that all of the power of the universe is back of the mind of man, when he thinks."

In our instructions we do not give you "pep" talks. We certainly are not apostles of a way of life that would tend to work against progressiveness, nor would we have you otherwise than vigorous and dynamic, but when these qualities come from a consciousness steeped in a desire to influence others, and to shine socially, and as attention attraction and forced interest creation - seeking the title of "go-getter," we would ask that you pause - and read well instruction Fifty-five sent you herewith.

It is not at all improbable that in the mind era we approach we are going to have need of men who experience peace - man whose outstanding characteristics are poise and balance. Aggressiveness in moderation is good, but steadfastness has more of the winning qualities. Stability and dependability may be our need in the days of trial.

We do not seek to express pretty sentiments - we endeavor to express that which goes to the very heart of right and useful living. You who read comprehendingly - and particularly if you meditate as you read - cannot but benefit. It is a seed in the fertile soil of the subconscious and it will bring forth fruit.

To know that joy and satisfaction is brought into the lives of countless people by these instructions, that failures become successes, that sick people do gain health - should make you glow with pride. By your contributions you have not only extended a helping hand to your fellow man - you have brought to him ideas that rule the world and have helped him to help himself - creating for him a new world of well being,

Sincerely,

THE ORDER OF THE ESSENES

By

J. Hamner Davis

Enc. 55



THE Essenes

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the Order.

Copyright by The Order of The Essenes
Instruction Headquarters - Tampa, Fla.

INSTRUCTION 55

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

"ALL ABOUT YOU PEOPLE ARE BEING BIG OR LITTLE IN THEIR APPROACH TO LIFE, FRIENDLY OR THORNY, ARDENT OR COLD OR LUKE WARM, SUCCESSFUL OR UNSUCCESSFUL, HAPPY OR MISERABLE, IMPORTANT OR UNIMPORTANT, CONTENTED OR DISCONTENTED, MAGNANIMOUS OR PETTY, - YES, - EVEN RICH OR POOR.

THEIR EVERY ACT, THEIR EVERY ATTITUDE, WORD AND THOUGHT TELL THE WORLD WHO THEY THINK THEY ARE. THEY ARE WHO THEY THINK THEY ARE, BECAUSE THEY CANNOT FAIL TO BE. IN YOUR INNERMOST BEING AND IN YOUR TOTAL EFFECT ON THE WORLD YOU HAVE TO BE WHO YOU THINK YOU ARE. YOU CHOOSE YOUR OWN ROLE IN LIFE AND HAVING CHOSEN IT, YOU LIVE ACCORDINGLY."

THE OVERCOMING PRINCIPLE

"Understanding" was greatly stressed by Jesus. Every mystic and metaphysician seeks first understanding, causes - operations and effects, and to trace the connections. Let us make no exception in the case of meditation - Knowing what it does and how it does it is the key to "a more abundant life."

We know that the flower seed has within it the pattern of the blossom - in other words, its destiny is pre-determined. In the breeding of animals we see the inherited characteristics of father and mother.

Let us for one moment contemplate the source of life of a human, a seed so minute hundreds can occupy a space no larger than a pin point. -In nine months it enters the world in human form with a brain in its little head.

It, like the flower, enters the world with a pre-determined destiny - the past ever leaning over the future - and this is written in every nerve and cell of its body and is written so that man when he well enough understands man, can read or decipher it. But with the human this destiny is only a tendency or what will be - if not changed by the mental operations of the child itself in the course of its life. - This is the "free will" in man.

Environment - conditions - education - associates - suggestions will all enter into the make-up of the thinking. If we can conceive that these would all be neutral, then its destiny is pre-determined - as in the case of the flower - and like the animal it will forever carry the characteristics of father - mother - and through them of ancestors - and its every act will be the flowering (a perfectly logical effect of antecedent causes) of thinking in the ancestral line.

It is undisputed that the brain is always growing, changing, diminishing or increasing. These changes commence days - weeks - months or years before the effect is shown by the thoughts or actions of the individual. A thought - an impression - a consciously recorded reaction to an experience today is recorded in the subconscious - in the cells of the body - in the nerve structure and may not come forth as an expression or action for even years - but it is there, and when a given set of circumstances take place it comes forth - a tendency flowers in an act.

Countless are the people walking the streets today with criminal tendencies - Without a re-education or a change of mental processes - an implanting in the mind of the "good" to erase the inherited or "blood line" mental conception, the opportunity or proper occasion or contact may come about and the crime will be committed. Man by proper educational training, by disciplines of meditation can overcome inherited or blood line tendencies, and carve out a new destiny for himself. That is the great proof of his divinity -- That is rationalizing "free will."

We repeat that as man grows from childhood to manhood and throughout his life - these inherited qualities and any and all changes are recorded physically in his face - features - eyes - hands - body. In his voice - carriage - movements - actions and reactions and in what he does, he reveals what he is. Back of it all is a thought or a process of thinking.

These signs that man carries about we shall come to know, and we shall be able to read them as an open book. Why not? We read the history of the ages past by an understanding of geology. The process shall be not to know less of religion but to know more of man.

Life Science shall come to be the great science and that institution or organization which best imparts the knowledge and understanding of it shall be one of the great and outstanding and influential organizations of this earth in the mind era we are now entering.

You can just put it down as fundamental - that there is advance growth or change in the brain cells, even years before action or change in character result from the development. The development is an effect - and its antecedent cause is mental. Nothing from the small to the great is left to chance. This is not that kind of an Universe.

We therefore repeat that which you have met before in these instructions, that if you tell us your thoughts of yesterday - last week - last month and throughout the years - we can tell you your state of health, your friends - their number and their quality - how much money you have and whether you are happy or miserable.

In the course of these instructions you are going to see how it is that some people who consciously say and think they want health, unconsciously or subconsciously want to be sick, to avoid some of life's problems or responsibilities, and how it is that some course of thinking years before gave them that subconscious or nerve or cell desire and education and they have ever since responded to it. Only an examination of their psyche can bring it forth to the light of day that they may see what a mistaken idea it was - in view of all that has past - and may realize how utterly foolish and destructive it has been - and then a permanent cure can be worked. - How? By the banishment of the false thinking - the cause - and a substitution of Truth by the route of understanding.

What is the connection between these things and Meditation?

If your sickness - your poverty - your fears and worries are but a consequence - a natural outgrowth of improper thinking you certainly want to set in motion those causes which will bring about a new chain of effects. You certainly want to embark on a voyage in a sea of thought - the essence of which is love, beauty, harmony and happiness. This is Meditation.

When you are thinking in terms of love - realizing that it is a principle of the Universe "that you may have life and have it more abundantly" - how can you fear? "Perfect love casteth out fear" according to the Bible. That is just good metaphysics.

You know that faith or confidence is the opposite of fear, - that fear is just inverted faith or a faith in an evil. If you study deeply - meditate - that the whole plan of the universe is to work for good and have faith - how can you fear?

It is just a psychological fact that two things are not going to occupy your attention at the same time.

You worry over lack - that you may want for something some day - If you just fix your mind on the truth that if you serve and give in the spirit of love - doing your very best on all occasions and under all circumstances; that all things are here and now and that there is a materialization process and that you are a part of the creative principle and a creator in your own right - you cannot worry.

Think not of want; Meditate upon wholeness - completeness - the richness of the universe. That "you shall inherit the earth" has been promised (meaning - is a certain effect) if you just observe the conditions or cause of it - meekness.

That word "meek" was an unfortunate choice of words in the translation of the Fifth Chapter of Matthew - "humble" would have been nearer the true meaning, and "humble" must be taken to mean in this case a recognition that the thoughts of men that are creative and are productive of desirable results are from the universal, and not his - and in recognition of which he is not elevated in self esteem, but conscious of and ever willing to recognize and give credit to the true source - It carries with it the spirit of thankfulness and gratitude.

When man in his meditation accepts whole-heartedly that he is one with the infinite - an heir to its bounties - and that his work is an expression of the all creating spirit - and he ever seeks to express the all good, without taking unto himself the full credit - then is he "meek."

Much in the modern day has been said and books have been written upon developing skill in human relationships and about the technique of getting along with and influencing other people.

Edward L. Tinker, in the New York Times Book Review, commenting upon these books, said, "The modern popular theories of how to make friends, how to get a dynamic personality, and how to attract people are flimsy, brummagem lean-to's, built against the sturdy, ancient structure of real thinking."

There is much in these popular books meant to appeal to those persons seeking glamour and outside show and veneer, but a few little tricks and some surface technique in conversation and in writing is not the thing that builds character.

A personality which reflects character is an entirely different thing from a personality which is assumed and learned like table etiquette or elocution.

It doubtless is true that in technical lines, like engineering, fifteen percent of one's financial success is due to technical knowledge, and eighty-five percent is due to skill in human engineering - to personality and the ability to lead people, but in every case of a great success it will be found that it was not a matter of manners, and that it was not a cloak or a suit put on or assumed, but that personality and ability to influence people came from the deep within; it came from a heart that was right; it was the result of a consciousness of good, an ingrained knowledge that as you measure, so it will be meted to you.

Throughout these instructions are Thought Gems, philosophical expressions of rightness in thought and action. These should be made the subjects of meditation. Things are right as they are. Just acknowledge it. That which to thine eyes is unjust - unfair and not right is but a partial view with mortal eyes - and but an incident in the working out of good - the divine plan. Accept it as so - and thy meditations will bring thee peace and understanding.

This does not mean that man does not often as a free will agent do that which is unjust, unfair and evil. We must be eminently practical and not violate reason - nor deny the evidence of our normal senses. That kind of metaphysics or religion cannot work the eternal miracle in right living - but whenever good is violated by man - nature or the universal principle sets up reactions - compensating effects - and the final result is fairness and justice absolute.

With the knowledge and absolute faith that this is the divine order your meditations will take the course of seeking rightness of action, right-use-ness or righteousness for yourself and not judgment upon another nor condemnation or correction of your fellow man.

The result will be real character - reflected in a personality - and with that comes naturally the over-coming principle.

If the Kansas farmer plants wheat, the laws cannot refuse to bring forth wheat, and rule that they shall bring forth corn.

Within the grain of wheat is one purpose and one command, and the soil and the atmosphere and the rains and the elements must comply with that demand.

Man is over all things and man can have many purposes and make many demands with respect to his purpose, and we will have a revolution in thinking. Life Science will be the great science when we comprehend that by our conscious thinking we can give to the subconscious or subjective consciousness a command it must, like the elements with respect to the seed, obey that command; it cannot alter it and it cannot countermand it, and the subjective consciousness is a part of omniscience, of the All-pervading intelligence, and if the subconscious or subjective consciousness cannot overrule or disobey, and it is a material part of universal consciousness and intelligence, they must be of the same order, of the same qualities - and universal intelligence and consciousness cannot overrule the demands upon it any more than can all nature overrule the purpose within a seed.

There is only one limiting factor; the demand upon the universal by conscious intelligence through subjective intelligence must be a demand for good and for truth and for love, and must work for good, because that is all that the universal can recognize and all that it can work with, and that is its nature. It knows no error, it knows no joy, it knows no misery, it knows not fear.

By bringing about good, truth, and love it must overcome all else that does not agree.

This is the reason of the statement of Jesus "As a man thinketh in his own heart, so is he." That's why thoughts are things - and that's why the Bible teaches that you and the Father are One. Meditate upon these things.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

JUST TALKING OVER
INSTRUCTION FIFTY-SIX

WITH YOU: -

You are going to find in this Instruction "It is not a matter of how much of power - knowledge - love and beauty is within the Universal. It is a question of how much one can become conscious of and utilize."

Back in Instruction Number Four we had a self analysis chart. Did you fill it in and keep it? Even now you should be able to turn back to it and say "I have improved here - and here - and here."

After receiving the next ten instructions we want you to do it again. You are getting pretty well advanced. We think you are understandingly reading them - but has anything happened to you? Therein is the test.

We know and you will come to know the power of suggestion. If you have it planted in the mind, something will happen. It will be in your home - your business - your social life - or in your mode and manner of thinking.

Seed have been planted in your subconscious - it is in fertile soil; otherwise you would not be pursuing this study. It therefore must flower and bear fruit - soon or late.

The most encouraging thing that happens in the lives of those of us who devote our lives to this work is to daily receive letters telling us of better, happier, more resultful living, experienced by those studying with us.

We ourselves often marvel at some of the results reported to us. Sometimes, yes - quite often, those we felt might be slow in grasping and utilizing the truth are the quickest to get results.

On the other hand, some who seem highly intelligent and well along the path when they start, get it in their minds quite clearly - but not in their lives.

It may be that the explanation is that they have looked for mental and not spiritual attainment.

Nothing short of one hundred percent will satisfy us, so in coming Instructions we are going to have more to say about spirit.

If you are more positive in your thinking; if you are doing some thinking about your thinking, you are advancing.

There is this we know - Your helpfulness in taking this understanding to others will react and is reacting in your life. You are desiring of better and better things.

Confidently look forward to their materializing - Expect them - It is written in the constitution of the universe that they shall be.

Sincerely,

THE ORDER OF THE ESSENES

By

J. Hammer Davis

Enc. 56



THE Essenes

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the Order.

Copyright by The Order of The Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 56

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

"HAVE YOU EVER THOUGHT ABOUT THE VALUE OF A SMILE? IT ENRICHES THOSE WHO RECEIVE, WITHOUT MAKING POORER THOSE WHO GIVE. IT TAKES BUT A MOMENT, YET THE MEMORY OF IT SOMETIMES LASTS FOREVER. NONE IS SO RICH OR SO MIGHTY THAT HE CAN GET ALONG WITHOUT IT, AND NONE SO POOR THAT HE CANNOT BE MADE RICH BY IT. A SMILE CREATES HAPPINESS IN THE HOME, FOSTERS GOOD WILL IN BUSINESS, AND IS THE COUNTERSIGN OF FRIENDSHIP. MORE THAN THE ABOVE, IT BRINGS REST TO THE WEARY, CHEER TO THE DISCOURAGED, SUNSHINE TO THE SAD, AND IS NATURE'S BEST ANTIDOTE FOR TROUBLE. YET IT CANNOT BE BOUGHT, BEGGED, BORROWED OR STOLEN, FOR IT IS SOMETHING THAT IS OF NO VALUE TO ANYONE UNTIL IT IS GIVEN AWAY. SOME PEOPLE ARE TOO BUSY TO GIVE YOU A SMILE. GIVE THEM ONE OF YOURS, AS NO ONE NEEDS A SMILE SO MUCH AS HE WHO HAS NONE TO GIVE."

FINDING GOD IN HIS WORKS

Let us do a little thinking about man the physical creature. It is a helpful attitude to get outside of ourselves - and just see ourselves as a case detached - and consider ourselves as we would study another - That we may "see ourselves as others see us."

If a man has a strong thyroid he will be energetic - with a weak one he is very likely to be lazy or sluggish. This might lead to the conclusion that our glands are a controlling factor - but we find that those who take proper care of themselves - and have proper mental attitudes have good thyroid glands.

On the other hand, we find that where a city is bombed and great fears and strains are experienced hundreds of people acquire goiter - a disease of the thyroid gland. In considering this and other glands we find that the medical profession concedes that as a general rule if people are cheerful - happy - optimistic and are without fears the glands have a tendency to remain healthy - So it isn't the gland primarily. It is the course of thinking that is back of so-called glandular disorders.

Our personal appearance depends largely upon the functioning of the glands - The medical profession generally goes to work on the glands - works on the physical. The metaphysician notes the appearance and gets a pretty clear picture of the character of thoughts the individual has been engaging in which affected the glands and which in turn affected the appearance.

Let us trace this thing out and see how it works. - You get out of a job - instead of being optimistic you begin to brood - to fear you will not get another. You get discouraged or blue - then you get despondent. Then you say to yourself, "There's no use trying. I will fail" - (recognize affirmation and auto-suggestion). In other words you convey to the cell life of the body the message "Energy or trying is useless" - the nerves and cells accept the message as true (they always do) and the thyroid gland says, "Well - I got the message there is no call for energy" - so in response he fails to furnish the energy. His efforts weaken because the nerves did not call for it - in fact the message came through "it's useless."

Mr. Thyroid, producing less energy, gives to the individual the feeling of weakness.

Mr. Individual in turn says (an affirmation and an auto-suggestion again) "I am getting weak - I am sick. I am not able to undertake a given piece of work." Then and there is born a feeling of insufficiency, call it an inferiority complex, - and the individual is diagnosed as sick - The physician gives him that which he believes will stimulate the thyroid - and there might be an energy increase - but Mr. Individual has the picture in his mind he is inferior - that he failed - and feels sure he will fail again.

Every obstacle - every problem - every difficulty he meets he faces with the attitude, "I can't do it" and he is reinforced in the belief by the memory of previous failures - and naturally he fails again.

Now it's quite simple to understand that such a fellow who faces a problem - immediately looks upon it as a difficulty - and when he says he can't do it, we all agree that he cannot. But many of you who read this didn't quite grasp the significance in the early lessons of "He can who thinks he can" - You doubted - You don't doubt that a man can't when he says he can't. You are ready to believe the negatives, but the positives seemed just too simple - too good to be true - Perhaps on that account you didn't say "I can - I will" - and do it.

It's a strange trait of most people. They are ready to listen to gossip - to believe the evil said of people - and to discount anything of good -- They repeat messages of ill repute; good that is said of people just passes out of mind. No wonder that the majority are counted failures. They do nothing for self improvement; study ends with their school days; Meditation periods are unknown; they are too busy making a living to think of a life; they are so absorbed in the pursuit of pleasure they have no time to learn the source of true joy and happiness.

There is this encouragement for you. You would not be reading this, if you did not desire the better things of life. That very desire takes you a long way on the path of attainment. There is this too to consider. If more than half the people are not making any effort - the field is open - the opportunities are great.

Greater than all of these things is the fact that every man is a part of the same life principle - we are all "brothers under the skin" and that to know the way "to life more abundantly" enables one to help his fellow man to understanding - to add to the sum of human welfare.

Last and greatest of all -- Every man is made in the image and likeness of God. His real inner being we can love as we were admonished to love our neighbors, and by love and service we can bring forth his better nature and advance the cause of the brotherhood of man. It is cosmism - It is the aim of man - It can be.

This is not sentimental gush - just a pretty thought - a Utopia impossible of accomplishment - nor pious wishful thinking. Man is not always what he thinks he is - but as a man thinks so is he. Thinking can be changed - individual thinking and mass thinking. It is the hope of man. It will be the salvation of civilization itself.

In the last Instruction we suggested that people consciously wanted to be well - but unconsciously or subconsciously wanted to be sick.

Imagine telling an individual "You are sick because you want to be sick." Of course he denies it. Perhaps when a boy there was a day he didn't have his lessons - he dreaded going to school that day. He told his mother he was not feeling well. He feigned sickness. It worked - His mother let him stay at home. She coddled him. She made it pleasant - He got out of other little tasks - the experience was pleasant. He found that pretending sickness brought sympathy - (sympathy is akin to love) and that it was a way to avoid a responsibility. That and similar experiences resulted in a nerve and cell and subconscious education of a strange order - summed up thus - "If a responsibility is feared or dreaded - get sick."

The subjective we again repeat obeys. It does not reason inductively. It does not reason "is that the way to handle this situation" and take into consideration possible future consequences - It gets the message - "I just dread to face that situation" - and it does what it was educated to do. It meets it with "sickness."

Now the strange part of this performance is that real physical sickness does come about and finally a "sick consciousness" grows and grows and we have invalids - consciously they want to get well - but pooh pooh the idea of mental treatments - they want relief from a pain. It matters not that a pain is nature's danger signal - her endeavor to point where the disturbance is not succumbing to nature's efforts - and if man could only decipher the message - it tells of the causes of the disorder.

Perhaps when this is all explained - they concede that sickness was brought on by a course of thinking. It's reasonable - they see it. They concede that thinking - fear - worry - resentment - anger can bring on sickness, but doubt that the opposite kind of thinking can bring health!

Meditation as we have heretofore outlined it would have brought health - happiness and success into lives that today are frustrated and lacking in all of those things. To realize it in advance is the science of living. To know Truth and to live it is to accept the fulfillment of the promise of a more abundant life.

Sickness is wrong - health is right; - Sadness is not normal - gladness is. Lack and want is not man's intended lot - material well being is the natural.

When man is grounded in Life Science - knows and lives according to the light - on every occasion gives, knowing that that is cause and action under the law of love, he will receive as an effect and as a reaction that which is appropriate to him and in accordance with his consciousness of his rightful place and possessions.

A thought or a concept is like a seed - it will lie in a man's being, germinate and some day soon or late will culminate in an act or an expression. It becomes a barrier or a stepping stone in the road to fortune - That is why man should guard his thinking with more care than he does his possessions. It is the true value.

Should that be difficult of understanding when we conceive all that is wrapped up in the seed of life? As one man expressed it, "I can have faith in a power so great it can bring forth red, blue, white and multicolored flowers from black earth."

It is not a matter of how much of power - knowledge - love and beauty is within the universal. It is a question of how much one can become conscious of and utilize. Meditation does increase the capacity to comprehend, and as one grows in understanding and encompasses and makes life principles his principles - "free will" or "free agent" takes on new meaning - one becomes conscious that he is "God's agent" - doing "God's will."

You who have studied with us to this point must have become aware how seldom we use the word "God" and how we adhere to "law" - "principle" - "the universal" - "the all-creating spirit." This was

for the purpose of avoiding the appearance of dealing with religion.

The ideas of religion vary with each person. Some think services - rituals - forms, symbols, churches and temples are the essentials of service. Others think of a personal God - and talk of him "stretching forth hands" and "his loving arms" and of his coming bodily "to redeem" - and of "his love".

We would not change any man's idea of God - if his ideas are productive of health - happiness - and success - and in the here and now are effective in his life and affairs.

Basil King in his "Conquest of Fear" sums up how he sought understanding, saying, "I gave myself up to finding him in the ways in which he would naturally be revealed to me." "These, of course, were in his qualities and his works."

"I think light was the medium through which I at once felt myself to be seeing God. By this I mean nothing pantheistic - not that the light was God - but God's first and most evident great sign. Then there was the restful darkness. There were the moon and the stars, the "hosts of heaven" as the Hebrews aptly called them, becoming more and more amazing as an expression of God the more we learn how to read them."

"Then there were the elements, the purifying wind, the fruitful rain, the exhilaration of snow storms, the action and reaction from heat and cold." "Then there was beauty; first, the beauty of the earth, of mountains, of seas, and all waters, of meadows, grain fields, orchards, gardens and all growing things; then the beauty of sound, from the sighing of the wind in the pines to the song of the hermit-thrush. There was the beauty wrought by man, music, painting, literature and all art. There were the myriad forms of life. There were kindness and friendship and family affection and fun - but the time would fail me! God being the summing up of all good things, since all good things proceed from him, must be seen by me in all good things, if I am to see him at all."

As we advance we are going to further consider unconscious or subconscious motives and note the flowering of hidden concepts. We are going to learn to root the undesirable concepts out of our minds by digging them up from the past - bring them to the light of day - and thus reach the root causes of our digression from the normal in human well being - feeling and expression and in the matter of possessions.

From now on, let us tend well the garden of the mind by Meditation upon the good, the true, the beautiful - that which corresponds to the universal - The attitude of love toward all mankind will keep us from the paths of error, and we will require no psycho-analyst to help us to weed the garden. — You may not always be sure of yourself, but you can be sure of God for it is spirit - the embodiment of knowledge and power - Its attributes are harmony - love - beauty and all good. It is law and principle - undeviating - unchanging - ever just. You may wander from the straight path of right-use-ness, but you can always return.

When in doubt always remember - Love always gives - Selfishness always expects to receive. Fear no punishment - have no fear of evil. These things are but wrong results. Within thee is the seat of cause - Thou art truly a creator in thine own right.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

THERE IS A WAY TO THE ATTAINMENT
OF EVERY LEGITIMATE DESIRE

CONSIDER THIS: -

Who is there who has not read Elbert Hubbard's "Message to Garcia"? It has been printed in every language, and more millions of copies of it have been distributed than of any other booklet.

Hubbard dashed it off in less than two hours one evening, when he felt strongly on the subject of the lack of initiative of most people, by reason of his experiences that day in his Roycrafters shop.

The story is a simple one of how Rowan was given an important message to deliver to the Cuban Leader Garcia, and how Rowan, without asking where he was or how to get there -- and without quibbling as to ways and means -- took it through jungle heat and dangers innumerable, and delivered it safely.

Initiative is a wonderful quality. There is a way to the attainment of every legitimate desire. Don't be afraid of any ideas that on the face of them seem almost wild.

In our own experience, we knew that we had a message for purposeful people, we knew that the great need of the time was to strengthen individuals, that society itself might survive.

Naturally the question came up of how to distribute it throughout the length and breadth of the land. Inasmuch as one of our fundamental teachings is "that as you give so shall you receive," how natural was it therefore that we should decide to send it out without price. The teaching of Jesus, as above quoted, is true, or is not true -- and it does not mean that it was for the other fellow and not for us. Who ever heard of Jesus making a charge? Yet he was always bountifully supplied and wore beautiful seamless garments.

One of America's largest mail order men -- a man who wrote a book on "As you give so shall you receive," marvelling at our growth, said of our plan that it was the most courageous step ever taken in this field of endeavor, and our success strengthened his faith in human kind.

We are not given to praise of our own efforts -- this you are in a position to judge -- but we knew in the beginning that we would keep giving more than expected, -- invaluable material that the serious must benefit by -- and that the law would work -- and that others would give as we had given in the beginning, and still give, that the work might spread and reach the multitudes.

Take pride in your part -- You can depend on the Law.

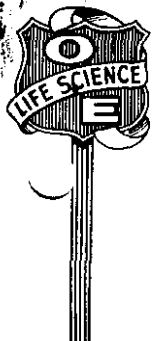
Very sincerely yours,

THE ORDER OF THE ESSENES

By

S. Hamner Davis

Enc. 57



THE Essenes

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the Order.

Copyright, by The Order of The Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 57

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

"IF LIFE AN ENDLESS CYCLE IS,
THROUGH ALL ETERNITY,
AND ALL THAT IS, FOREVER WAS
AND EVERMORE MUST BE,
SHOULD THIS BRIEF MOMENT THAT IS OURS
BE SPENT IN DOUBT AND FEAR,
PREPARING FOR A PHANTOM HOME
ON SOME UNCHARTED SPHERE?

DOES NOT THE VEIL THAT DARKLY HIDES
ALL MEM'RY OF THE PAST,
AS DARKLY HANG, IN DEEPER FOLDS,
TO HIDE THE FUTURE VAST?
THEN SEIZE THE PRESENT, SEIZE IT, MAN!
OH, YE WITH BLINDED EYES!
AND WITH NEW UNDERSTANDING BUILD
AN EARTHLY PARADISE -----

WHERE MAN MAY MEET HIS FELLOWMAN
WITH SPIRIT UNDISMAY'D,
WITH FEARLESS FEET AND HEAD ERECT,
FOREVER UNAFRAID."

FEARS MATERIALIZED

In the study of man, in which we are engaged, we must frequently fathom that which is subtle, disguised and hidden. Often, yes too often, we will be able to be helpful to many by the realization that there are countless persons who are faking and shirking responsibilities. They seek opportunities but the meeting of life problems face to face is avoided - and their conduct is unsocial, morbid and oftentimes more painful by far than would be meeting the responsibility fairly and squarely. The result naturally is that opportunity passes them by - Such persons are said to be neurotic - They are nerve cases -- Why?

Because they pack about with them subconscious motives - ingrained and a part of the nerve and cell consciousness imparted to them by reason of fears, worries and negative auto-suggestion, the contemplation of ills, evils, and misfortunes, - or secret longing partaking of the nature of greed - selfishness and easy gains.

Their meditation, such as it has been, has been of the inverted order. Looking upon the undesirable things of life, or a way to "beat the game of life."

This motive is, so to speak, hidden. The neurotic is not conscious of it - It is spoken of as an unconscious motive. His expressed conscious motive may be one thing - His nerve cell and subconscious motive quite another. Understand neurotics are not in most cases insane persons -- but insane persons are neurotics.

Drunkards and prostitutes are sick people - neurotics. Consciously they want to reform. That is their conscious and often expressed motive. But the unconscious motive is the thing that induces action. They are not going to be cured until that deep hidden desire or fear or experience that caused them to be and do, is reached and rationalized - and there is implanted in the subconscious and the nerve and cell consciousness a new pattern. - It can be done. - That is "forgiveness of Sin" rationalized and brought down to earth.

Let us take the drunkard. - He started to drink because he was bashful - timid - afraid of other men - lacked courage to face some problems and took to drink to find courage or assurance; or something was obsessing him and he took drinks "to forget it," or felt inferior, not as "big" as someone else and he took it to stimulate a confidence in himself; or he thought it was "smart" or the "thing to do," or for one or more of a hundred "reasons" (possibly to avoid someone thinking he was "sissy" or to "relieve a tired feeling" or "to get up an appetite").

These occasions (possibly by reason of associates) grew and "taking a drink" just naturally became associated with the ideas that induced the drinking - Then it became a habit to take the drinks. After the alcoholic stimulant died down, he felt weak - then he took more for a "pick up" - Note here! that a habit is the result of a subconscious or unconscious or nerve and cell "education," and note too that it grew by repetition and it became a vicious circle. There is your drunkard.

Some vicious institutions claim to cure this habit and substitute drugs for the liquor, - often cocaine, and the patient is worse off than before.

Suppose you remove the liquor - or the patient by reason of some suggestion, such as a sense of shame or remorse with respect to something he did while drunk, stops for a while. A cure is not in most cases brought about. He is almost certain to meet up with an occasion that will bring about the association of ideas - drink and the primary reasons for drinking - and he takes another drink and is back in the vicious circle.

Suppose however that in his sober moments he consciously wants to quit - and you probe back in his experiences and mental life and you find the motive (then a conscious motive) and the occasions that started him to drinking - and he is brought to realize how foolish and absurd was the idea - that it was a trivial or inconsequential thing to which he attached too much importance (and you can always do it in the light of past experiences) and by the process of reasoning he sees how erroneous was his act and the serious consequences that followed a seemingly simple idea, and the desire is implanted to get the correct view point and the true solution to life problems, and that it calls for sober thought and action, the basis for a real cure is laid. Then it is simple to follow the program of sure accomplishment given in instructions 13 to 18 in this Life Science course. A vision of an accomplishment - a deep desire to be or do - confidence that it can be so - and that you can bring it about - real determination saying "I will" and meaning it - and then setting about it in normal and entirely social ways, expecting problems to arise - and rejoicing that every event has its place in the life panorama and that the overcoming of problems is victory and that the habit of victory can be acquired like any habit.

Now a few words as to prostitution. It comes about much like habitual drunkenness. In the subconscious is a motive. It came about by suggestion or by desires which were auto-suggested - usually connected with selfishness. The desire for pleasures, fine clothes, jewelry, attention of men, and this combined with a feeling of personal inferiority and a sense of inability to get these things in normal ways by service in the usual way in the economic set-up; or through the holding of some morbid absurd picture of revenge upon another - growing out of jealousy (self love). This feeling can often be summed up and expressed thus "Nothing matters now. I don't care." At the foundation can always be found a loss of self respect or self esteem (and of course that is a mental attitude or motive) or some other idea listed among the negatives of life.

The discovery of these unconscious motives, a re-education of the subconscious and cell life to normal reactions can lead to "the forgiveness of sin" in these cases. The "forgiveness of sin" is a principle - the working of a law, and not some "father confessor" or anthropomorphic god saying "Thy sins are forgiven." It is man, by his free choice and "free will" - removing causes and setting in motion a new chain of causes designed to bring "good" into the material as a logical effect.

To illustrate to you the far reaching effect of unconscious motives and to show the disastrous final results of seeming inconsequential ideas, we will give you a case history.

This subject was just an ordinary individual, a common school and high school education, held fair white collar jobs - had a fair degree of ambition and planned and schemed how to go in business for himself. He finally hit upon the idea of going into the mail order business selling a commodity extensively manufactured in his home city.

He circularized lists of names - did a fair business and the business grew. There came to him for a job as he grew a man who said he was an advertising man and a correspondent and letter writer. He showed Tom Marks (that is not the correct name for obvious reasons) a sales letter that would get business. It was a good sales letter, combining many of the "tricks of the trade" - Tom gave him a job, used that letter and it "pulled;" it got the business; and this new man was a "whiz" as a mail order man and the business grew rapidly.

Now Tom secretly and deep within knew that he was having success beyond his merit as a mail order man, and beyond the merit of the article he was selling. A fear complex was born. It was "too good to be true;" an inferiority complex was born. Without the right brains, he felt it would begin to die out and his man "Friday" might begin to ask too much in salary. With these complexes, he grew in selfishness. He wanted to protect himself - "get his."

At about this time a banker saw he was building a fine business. Tom was now quiet, reserved, and didn't talk much - fearing always he would show the inferiority he was "conscious" of.

The Banker suggested he incorporate and he would place some of the stock with his clients, and then they could "go to town" getting business. - Tom of course to keep 51% of the stock and the control.

This was done. Business boomed. Tom, not wanting the stockholders to get too much (selfishness working) voted himself a salary greater than he had ever dreamed of before.

Now the little fear that he might lose the "mail order brains" that had come in the form of Dalrimple (that is not the correct name of course), the advertising man, grew and grew. Of course from time to time he advanced Dalrimple's salary in a pinching, miserly way.

It was at about this time that the great insurance companies of the country in search of new forms of policies, brought out "non-cancellable health insurance policies" - agreeing that in case of a man's sickness they would pay him so much a month so long as he was sick - no matter how long - (non-cancellable).

Tom's business got to a million dollar a year peak. Tom feared it must slip - (naturally it would by reason of the fear). It was slipping.

Tom, being a man of means, naturally a bright and up and coming insurance salesman solicited him to take a "non-cancellable health policy."

Tom was naturally robust and healthy - just a little shy - self conscious - non talkative and conscious of inferiority, that he had not grown personally with the business. He knew that if he kept quiet and reserved others might and doubtless would give him credit for being a smart, successful, dynamic business executive. If he talked too much they would surely find differently.

His business record was spotless - He always paid his bills and carried splendid "bank balances."

As the insurance agent explained the policy there grew secretly within Tom the motive - "If things go bad I can get sick" - With appropriate cunning he was "hard to sell" - but finally bought the policy for a huge amount. The agent was proud, his company used the fact of Tom's purchase of that kind of a policy with all its agents to push their business, and by reason of his reputation, issued the unusually large policy.

Tom began to study up on various diseases and ailments and their symptoms -- a dangerous thing in itself. A man who studies up on the heart and begins to think about heart ailments is very likely on the road to a bad heart. Thoughts are just that potent.

From time to time he would just have a slight sickness and call in one of the outstanding physicians of his town - and became one of his "good" patients. These he did not report to the insurance company. He was just practicing his technique and convincing his doctor, by the accuracy of his description of symptoms - and preparing his "expert medical testimony" in advance for a day of need.

Business began to fall away - He could not develop new customers fast enough to take the place of those who knew lack of quality in his product and did not repeat their orders.

Finally the break with Dalrimple came just as he feared it would. (Men generally bring on the things they fear).

For a time he consciously thought he could run it with the old forms and literature, all the time feeling his inferiority - but business kept decreasing.

Then he began to try to hire a new man to take Dalrimple's place. He knew socially of a certain man who had made a reputation as an entertaining fellow - "bright as a whip" - a wise-cracker and josh and hale fellow well met - (Everything in that line he himself was not). He hired him away from a political job, perhaps to wise crack and josh buyers by mail into buying his product.

In the meantime he had paid two or three years' premiums on this health policy. It would not appear as a fraud if he got sick now, so he figured.

The time to reap his harvest he figured had arrived, so he went home, - went to bed - called his doctor, and notified the insurance company.

They started paying the sick benefits - He remained sick month after month, drawing enormous sick benefits.

His new man Friday went out to the house each day to report and talk over the business, as did his cashier and others.

Tom wearied a little of staying in the house all the time - with sick room scenery in profusion, so he got out in the evenings and walked around the neighborhood.

The insurance company got rather ill at ease with these heavy benefits going out - They began to question his sickness (?) But Tom's physician came to the front for "his best customer." Tom had to do a good job of "feigning" - he had to often repeat how sick he was.

The subconscious believed him, just as your subconscious will believe you if you oft repeat to it a suggestion.

Tom really got weak - the symptoms he had simulated he began to believe he had - They appeared in the material.

Tom drew his enormous monthly benefits for three years - and died. The last year he was really sick.

At any time in the last year had he just forgotten about the insurance - asserted he was well - admitted he was faking - acted like he was well - laughed - had a good time, "his sins would have been forgiven" and he would have enjoyed life and health, instead of leaving a rich widow, who never in the years Tom was making money denied herself anything.

Knowing the case, as close as she was to it - it is very probable his wife knew that he was a faker.

Knowing the character of the thinking of the wife, and from the observation of her face and from her actions, it would not be difficult to foretell her fate.

Needless to say, this was but one of many similar cases because the great insurance companies quit issuing that form of policy.

In the next Instruction we are going to comment upon numerous neurotic symptoms and doubtless there will come to mind many you know, and should it come about that you recognize yourself as fitting some of the descriptions - recognize "forgiveness of sin" is in accord with the laws of nature - then start digging back to childhood to find why and how and when you started that "behavior" - Recognize and realize how foolish and absurd it was to do that way - and you have worked your own cure.

As you come to the appreciation of the power of thought you can see the untold value of true meditation as we would have you know it.

The mind is a garden - a Garden of Eden - to the individual who can get enjoyment from living with himself. Keep that garden weedless, and you can bring joy into the lives of all you contact, and then will you know the source of true happiness - and in your life and affairs you will know the Blessings of the Infinite.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

OPENING OUR HEART
TO YOU: -

From a reading of the Bible one must come to the conclusion that Jesus came to lead a life. Any inference that he came to establish a theology can not be fairly drawn from anything he did or said.

Teaching you how to live in the here and now, how to meet life's problems, to overcome fear, to enthrone faith, that mind is your divine heritage, that it is a part of divine mind and that the tie has never been severed, and teaching you to think more daringly and more divinely, is to us "leading a life".

In the preparation of our instructions we are fulfilling a life aim to "build something better" - to simplify the truth about life - to make it accord with the findings of science, reason, and experience, and to give to you something practical and workable - and through you and others interested in self improvement and in their fellow man, to give to the world an understanding that cannot but bring about more abundant living.

Not only is it our ideal to produce something superior, but to take it to more people than have ever been reached before by psychological or metaphysical teachings. This we are determined to do - and we give our whole selves to it, and it is written into the laws of the universe that efforts so founded must succeed.

You have advanced this far with us - We feel that a confidential relation now exists and we want you to share in our triumphs - for triumphs there will be.

To you - and those like you - who have contributed to this work goes the credit - and you will not be robbed of it. We are not using this organization to glorify any man. The thoughts expressed are inspired and for these we take no credit; we are but a medium of expression.

Sincerely,

THE ORDER OF THE ESSENES

S. Hamner Davis

Enc. 58



THE Essenes

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the Order.

Copyright, by The Order of The Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 58

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

"IF LIFE HAVE ANY PURPOSE, MAN;
IT MEANS THIS IS THE HOUR
FOR YOU TO RISE IN ALL YOUR MIGHT
IN ALL YOUR GOD-LIKE POWER
AND FROM YOUR BRAIN THE SHACKLES BURST
THAT IGNORANCE HAS WROUGHT,
THAT MIND MAY CLAIM ITS HERITAGE ---
TRUE MASTERY OF THOUGHT.

EXALT THE GOD IN MAN TO DEEDS
THAT LOVE ALONE INSPIRES;
THE LOVE OF MAN FOR FELLOWMAN,
THAT KINDLES HIGH THE FIRES
OF TOLERANCE AND KINDLINESS,
AND THRILLS TO ECSTASY
THE THOUGHT OF MAKING BROTHERS, ALL,
OF ALL HUMANITY."

BALANCE BETWEEN THOUGHT AND ACTION

The object of Meditation is to build character - Contemplating the positives and good makes one positive and good.

If one is weak in character there will be flaws in all of his creations, in all that he does, imperceptible to most people but there nevertheless. It is just the difference between the painting of the ordinary artist and the work of a master.

We have heretofore said that man cannot just meditate, or think himself into positions of power and responsibility. His thinking must be of a way of action - of Creativeness - of doing, and then must come the doing.

You will attain success when you give that which is the equivalent of the success you seek. What is this "equivalent" that you have or can have? First, it is a vision, clear-cut and definite, of that success. There is no basis in heaven or on earth to believe that a man who fears failure and who lacks confidence in himself and in his objective, can succeed.

Second, with faith you must determine to create and give that equivalent and lay out a course of action.

Third, you must follow the charted course, and let each experience along the way be used in checking and proving the rightness of your course.

Winds and tides have a way of diverting vessels from their charted course, but there is a way of correcting that - So must you.

In your affairs - set a goal. Hang it in the heavens as your star of destiny - and steer by it. Ever keep the end in view. Be single in purpose.

Fourth - ACTION! Giving of time and thought and energy. Giving to the world a needed service. Giving that which is needed by your fellow man and will make the world a better place in which to live.

Today is the best time to begin, and the best you can do should be the least that you give to every undertaking, great or small.

Let us think about this matter of doing something. Copybook maxims are more often translated into action when illustrated and related to your common experiences.

Think back -- Did you ever engage in a spell of worrying, except during a period of inaction? When you are busy doing things you are not worrying. Psychologically, worry is a mental aspect of inaction.

Did you ever take part in a play as one of the actors or actresses? Your nervousness, your fright, your fears were greatest just before you went on the stage -- Once you were "into your lines" (Action) nervousness disappeared.

Public speakers experience it - athletes in competition experience it. Those going to apply for jobs experience it, as do singers and all who are to start some undertaking which means much. When they get into action, nervousness disappears and in action they build up reserve forces, they cultivate courage.

You say as an alibi that you can't think of something to do. Write a letter to that friend or relative that has had some difficulty or some triumph. In the one case give encouragement - in the other share the feeling of triumph.

Failing that, go mow the lawn - build a snow man - take a brisk walk; play with children or call on a neighbor, leaving your worries at home. Do something -- do anything - something desperate if necessary.

There is a time and place for Silence - but if a silence period is going to be turned into a period of anxiety and fear, action should take its place.

If you have some fine resolutions and some good intentions, do something about them. The most difficult period is over when you once start. Inertia is overcome; you start a momentum, and with this will come the thoughts, the feelings and the energy to carry you through.

In an earlier Instruction we suggested a smile and told of its marvelous effects (Instruction # 8). One individual wrote in and said he did not believe in smiles unless he felt like smiling. Which comes first, the feeling or the action? It is the old story of which is first - the chicken or the egg.

If he would smile, he would engender the feeling that goes with a smile. Looking in a mirror he would naturally smile to see what a difference it makes in his appearance.

It is really remarkable what action can do to feeling. If you get up feeling sluggish -- tempted to "feel bad" - and you take a little exercise, a bath and a vigorous "rub down" with a coarse towel, you will know that action can make you feel like more action, and has a tonic effect upon the feelings.

In the course of these instructions we take up subconscious or unconscious motives, and the part they play in human behavior. We know the value of psychoanalysis in getting at the causes. Whatever the cause, the objective is to change a course of action. So in the search, if a conscious and new and different way of doing things is set in action we are approaching the solution.

In our files of outstanding expressions on all subjects, we find this by Farnsworth Crowder: - "The good coin that passes as human conduct has two sides. 'Heads' tells us that we are what we think we are, that what we feel determines what we do. But, turn the coin over and we find that, also, we are what we do, that how we act determines what we think and feel."

In a psychoanalysis of an individual it may take hours and even days of digging into the past in quiet conversation to find the

past basis of fears and abnormal conduct, and the discovery can often be speeded up by having the patient "act" - go through a regular performance of his abnormal conduct. From the action oft comes the clue of which the patient is not even aware.

Let us from this draw a technique. If you are fearful, act courageously; if you are old, act young; if you are sick, act well in so far as possible; if you are down-hearted and blue, act light-hearted and happy; if you are thinking failure, act success; if you are self conscious, be conscious of others; if you think you are inferior, act superior. Dramatize that which you long to be - and in nine cases out of ten, it is the key to victory. Don't start off thinking you are the one of the ten and it will not work for you - for surely if you do, by laws you know you are that lone minority.

To say that these things are so doesn't make them so. To try them and prove them is the intelligent thing to do. To know why they are so is the part of wisdom. Life Science is not a matter of filling the mind with facts. Encyclopedias and books designed for reference are the repositories for these. A master of Life Science is one who thinks and reasons and learns to put things in their right order. This puts a man in control of his powers and teaches him to contact the infinite wisdom and powers, and he comes to know that all things are possible to him who possesses singleness of purpose, and that the rewards of patience are health - happiness - and success.

Why is action so effective? When one consciously acts, he makes an imprint in the subconscious and his whole cell structure. He effects the universal. That action oft repeated becomes a "habit." It becomes a function of the subconscious, that man may carry forward and devote his conscious mind to new creation.

With this action a part of the subconscious and cell and nerve education, the thing that again sets it into motion or activity is but the command of the conscious mind, or the meeting of a set of circumstances which sets off the unconscious motive, which calls for that action as the appropriate response.

We are dealing in the science of the mind and of spirit, but we must never lose sight of the fact of the human elements - the material man - and the part his physical being plays in life's drama.

Let us approach the importance of action from another angle. Man's nerves are like telephone wires to every part of the system. It is a two way system.

Let us now take note of a smile. When a man experiences a pleasure he just automatically smiles. He does it unconsciously. His whole face lights up. That can come about only by a message over the human telephone system - It starts from a feeling. It is Action.

Now for the other side of the coin. When you consciously smile, - put on a smile, if you please, the nerve system and the sub-conscious have that action related to a "good" feeling. In this case it starts with action. The feeling follows the action, just as action followed the feeling in the first instance.

Let us therefore in preparing ourselves for leadership be ever mindful of an appropriate balance between thinking and acting, and thereby demonstrate in our lives and by our accomplishments the effectiveness of the truths we learn, that we may help point the way in the new era we fast approach, by example and by precept.

Christian D. Larson in Science of Mind says "The faculties and powers we possess, are numerous and remarkable; but they must be exercised extensively and used to the utmost. This idea must prevail in all fields of thought, experience and activity. It must be the leading and central purpose in every institution that is concerned directly with the mind of man."

" If we are to have a better world, we must have better people; people with better minds, better judgment, better character, better intelligence and understanding. And all these vital factors can be developed farther and farther as we apply the principle of increasing use - both in the growing child mind and in every mind all through life. We must have an increasing number who can think for themselves and decide for themselves; people who can form their own ideas, develop their own plans, and do so remarkably well; people who can distinguish between the false and the true, the genuine and the counterfeit - and who have the character and the will to work for the true - whatever the circumstance or the opposition may be."

The Order of The Essenes is destined to be one of the more influential organizations of earth.

May you who are gaining understanding recognize the responsibilities, and know joy, pride and satisfaction in fulfilling your obligations to your fellow man by helping to spread this understanding, that it may be wide spread in the day of need.

* * * * *

* * THOUGHT GEMS * *

IS IT LUCK?

"You may call it luck if you wish to, but luck never paints a scene,
Never writes a book or a song to sing; never thinks of a new machine;
It may whisper a hint to a thinking man or a man who will dare to try,
But for the man who won't or the man who can't, good luck goes dancing by.

You may call it luck if you wish to, but the man who wins the game
By a lucky stroke or a lucky break has been fighting just the same;
And whether it's oil, or gold, or art, or catching bass or pike,
If it's luck you want you must put yourself in the place where the luck can strike."

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

BECOME A MASTER OF THE
ART OF LIVING GRANDLY: -

If you are possessed of clear-cut, deep, and living convictions - you have the qualities of leadership - Sow and you will reap!

Great actions are born of strong convictions. Have strong convictions!

Doubt is the prevailing attitude of the mind of the weak. The strong are the believers.

If you would be a force in this world and among the strong, you must have an abiding faith in the unseen.

There is a realm of destructive ideas and a realm of creative ideas. You can choose the realm or "mansion" in which you will dwell.

In the fifty-ninth Instruction is material out of which you can build convictions. In it is a source of strength. It deals with destructive and constructive forces you possess. It points the way of creative use.

Therein we touch upon and we now rapidly approach discussions upon the curative possibilities of thought. In these instructions you will find mental healing stripped of mysticism, divorced from fanaticism, removed from the realm of powers conferred upon saints and saviors only, and deposited within you. Life and living you will be convinced is a science. With this conviction you will sense the unseen, believe, and be strong.

Your convictions will be upheld by the findings of science and will not be founded upon the imagination of emotion rousers dealing with past civilizations, lost races, and fabled peoples and mythological masters - and you will be shown in unmistakable terms that you need no intervenors, interpreters, nor "friends at court" to contact the Infinite.

Those unimpeachable in the realm of science have said that science has concluded that the atom is mind, and not the old mechanical matter, and this conclusion is drawn from the fact that it possesses functions so varied and mysterious that no other explanation squares with it.

You are "atomic" so to speak - The atom mind is and can only be universal mind or omniscience. You are an aggregate of it - and it is yours to command.

Believe - and become a master of the art of arts -- living grandly!

THE ORDER OF THE ESSENES

Enc. 59

S. Hamner Davis



THE Essenes

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the Order.

Copyright by The Order of The Essenes
Instruction Headquarters - Tampa, Fla.

INSTRUCTION 59

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

THE GREAT ESSENE METAPHYSICIAN SAID "YE SHALL KNOW THE TRUTH, AND THE TRUTH SHALL MAKE YOU FREE." HE WHO COMPREHENDS THIS CAN BECOME A METAPHYSICIAN.

THE TRUTH TO WHICH HE REFERRED IS CONDENSED IN ANOTHER OF HIS AUTHENTIC SAYINGS: "AS YE SOW (IN YOUR CONSCIOUSNESS), SO SHALL YE ALSO REAP" (IN YOUR OUTER AFFAIRS).

PAUL, A LESSER METAPHYSICIAN, SHOWING THE WAY TO LIVING THIS TRUTH SAID "BE YE NOT CONFORMED TO THIS WORLD, BUT BE YE TRANSFORMED BY THE RENEWING OF YOUR MIND."

IT IS LITERALLY THE TRUTH THAT "AS A MAN THINKETH IN HIS OWN HEART, SO IS HE." A CHANGE IN MIND BRINGS A CHANGE IN CIRCUMSTANCES.

STUDY - THAT YOU MAY KNOW

Never heretofore have we started a set of Instructions with an emphasis on the importance of it. This is rather a long set of instructions - but it follows some relatively short ones. It is important. Without it one would miss a vital link in the chain of understanding.

Just what is neurosis? - a definition stripped of scientific and technical phrases, so that any layman may understand - It is the entrance into one's consciousness of negativism. Negativism is the doctrine of one who is a skeptic. How important is it therefore that we rid ourselves of negative attitudes - that we build good imagery; hence the importance of meditation as we set it forth in these instructions.

One with a neurosis is one whose thinking is clouded with doubt - colored with dread - and haunted by fears, one whose thinking is morbid -- all of which induces the feeling of frustration and oppression, and generally takes the course of smothered anger.

Generally this mode of thinking is handled in the wrong manner. Those thus possessed by a perverted consciousness seek pleasure and excitement, or with intensity and tensivity undertake their duties ever conscious of the difficulty within each problem. They take to drink or drugs, or they undertake to regulate the conduct of others and impose their warped judgment in every situation, and generally take the road of force and coercion, nag, brow beat, bulldoze, whine, complain, seek sympathy, indulge in self pity, enjoy poor health, and fear and forsake the cause within their own minds and the cause and basis of such thinking. (A continued course of thinking is both the warp and woof of any consciousness).

How unhappy one must be who is ever seeking the satisfaction of his ego, violating the integrity of his own personality - living in a dungeon of jealousy, injured feeling, hate, inferiority complex, ever seeking the way out of this chamber of horrors by endeavoring to deny to others the freedom of will, choice, conduct, life and satisfactions which they themselves so much desire, and the violation of which they so tumultuously and morbidly resent.

No good comes from criticism of such persons or their way of thinking. It is not helpful to antagonize and to create scenes - because they could not thus be driven into the realization that they are putting up a defense mechanism to over shadow and conceal a lack, weakness or satisfaction which they know not, and incidentally cannot know when the consciousness is induced by neurotic thinking.

Having pointed out the wrong mode of approach, we must point the correct and effective way; otherwise we might fall into the ways of politicians who criticize and condemn but offer no constructive substitute.

If one is made aware and knows that a scientific effort is being made to bring forth health, happiness and well being - that the process is really a treatment, a basis is laid for success.

The greater the respect and confidence in the one giving the treatment the more likelihood of results. The reason must be apparent to you who have thus been prepared for the study of this Instruction. Suggestion is all powerful. All cures of neurotic conditions and many other conditions have their source in and stem from suggestion.

Suggestion, to be effective, must be accompanied by faith in the operator and in the patient. Another potent element is that the suggestion must be clear cut, definite, and convey a picture, image or vision of the new condition. If the treatment, so called, is self administered (auto suggestion) beautifully worded affirmations so often suggested by the play-boys and play-girls in the metaphysical field will not be resultful.

The reason for that is not difficult to understand. They generally stem from a "display complex." The author of them is generally thinking of himself - of metaphorical fireworks, or literary flower gardens and the effect in terms of compliments or praise of himself. It is posie seeking, rather than attention to the business at hand.

Now what is the result getting technique?

First comes relaxation and the feeling of ease and comfort. The mind is not susceptible to suggestion which is tense, concerned with methods of the operator, or filled with extraneous or external objectives. That is why the methods of turban wearing, crystal gazing, peculiarly robed charlatans and fakers work no permanent and lasting benefits - They doubtless do often work a temporary diversion of the mind, and as equally often claim miraculous results.

Next comes a period of silence, after the "patient" has been made to feel at home and in a friendly, helpful atmosphere. If the treatment is self-administered, this period of silence is for the purpose of reaching a stage of self realization - to wit; that he is in fact a part of all the good there is and that the dominant desire is to materialize the normal, the natural and inherently possible - and that the process is to take the direction of from within, outward.

Then begins a quiet, passive analysis of the individual's "frame of mind," a natural conversational, unemotional, seeking out and diagnosing of the trends of thinking of the individual, to get an understanding of the habitual thought forms, to penetrate the cloudy, negative atmosphere in which the subject resides mentally - and if possible locate the experience, the environment, the suggestion or train of suggestions that brought on this mode of thinking. You can always be certain it is a mode of thinking that is back of a neurosis, and for that matter most conditional situations or functional disorders.

Countless are the discoveries that will be made. In this instruction is a partial list of so-called phobias.

Having found the lead or the key to morbid thinking in a conversational way, without blame or hint of censure, but rather with a view to removing the feeling of blame, convey the thoughts to be found elsewhere in this lesson, showing in a reasonable way that mole hills have been raised to mountains of importance, so far as incidentals are concerned.

Now comes a last step in the treatment. You have been passive - conversational - reserved; visiting, fishing, probing, diagnosing.

You have found the key. If the person sees the vital point, you immediately and abruptly change from the passive mood to an active, dynamic role - (not theatrically or with any consciousness of self).

Now you must be an artist - paint a word picture of what the subject would be if he had not had the interfering neurotic attitudes, had he not held to and lived with the mental pictures he has had. (A word of caution - never say or intimate to a person that he is neurotic - Don't use the word).

Your first procedure was passive, bordering on negative or neutral. Now you must adopt the affirmative or positive procedure. Don't say "You are going to get well." Paint a clear-cut, definite picture he can never forget of the good life he can now live with proper thinking.

Realize that you are giving suggestions - Put in the individual's mind a picture he will ever recall if he falls back into his old way of thinking. Be positive in stating to him that he is capable of attaining - that he can and will accomplish --- Getting down to fundamentals - you are thinking out and planting a healthful, dynamic behavior pattern in fertile soil.

Tell him that if he feels like acting in the old way according to his old forms of thinking, to just do the opposite by force of will, which he has, and see the wonderful results -- People will be better to him - and the trees will be greener - the sun warmer - the stars more meaningful - and all nature will have a smile for him. Above all, don't doubt your ability to be helpful. Realize the power of suggestion. Don't fumble - don't stumble - Don't think about yourself and wonder if you get results. You will -- you can't help it -- You and he will both benefit.

The diseases most typical of our civilization are so-called nervous exhaustion, neurasthenia, and other neuroses of various types and degrees of morbidity. In other words, it is conceded by all physicians that the great preponderance of human ills and ailments is due to disturbances of a neurotic character.

When man is master of himself and is capable of self understanding, self realization and self expression, he will be free from the myriad forms of so-called nervous afflictions, with their far reaching symptoms of physical disability and he will achieve a great measure of health and efficiency.

In the Third Set of Instructions we gave the geologic history of the earth. This is called evolution, and it is strange indeed that it is a source of great distress to many religious and philosophic minds that the race developed from animal ancestry.

There is no more reason for shock at the acceptance of these facts than over the fact that the individual has a germinal origin.

This latter phenomenon is so self evident that it cannot be questioned and is accepted without hesitancy. Man in his action and in his desires has hidden some of the desires of the cave man, or primitive man, and it is the following of these primitive instincts and desires which are contrary to present day accepted standards, which constitute acts which are called neurotic.

In the working out of a life and effective self expression, it is most desirable to develop the higher cultural qualities that are distinctive of man and are responsible for his progress. Yet at the same time one must recognize the primitive desires in a socially acceptable way. For instance, it is well to engage in athletics and contests in the sports, and it is highly desirable to have an appreciation of music, literature and art, and a healthy sex life, because these give expression to the innate forces that are "surging up from the jungle of the past," and have their roots firmly entrenched within us, because these things are fundamentally a part of us and if repressed they will assert themselves in abnormal and pathological ways, and we will have neurotics.

Many of the primitive tendencies can be seen in people when they are intoxicated and the bars of consciousness have thus been broken down.

The mask of civilization and the cultural veneer is cast aside, and we see the cave man on exhibition, and many intoxicated persons revert to savagery or even bestiality.

Too much repression is an invitation for the cave man to break out in unsocial ways.

By reason of the character of our biological make-up, and the demands of the primitive side of our nature, it is most desirable that we with some degree of regularity disassociate ourselves from our highly artificial environment.

Fishing, hunting, hiking through the woods, boating, bathing, and many other forms of recreation are in fact safety valves, and when business men obtain relief from their grind in the treadmill of social organization, they are better able to meet the demands upon them and maintain efficiency. It has been expressed thus "The safety valve for blowing off the accumulation of psychic steam must be kept in working order, or an explosion is bound to occur sooner or later."

The evolution of civilization has been the history of repressing primitive instincts. With this constant repression and inhibition there develops a tension of greater or lesser degree, and the constant tendency of the cave man side of us is to relieve this tension.

The cave man side of us is purely egotistic and instinctively accepts the pleasurable and rejects the painful without regard to ultimate results, and he seeks a free and easy and a pleasant and an exhilarating existence.

It may be startling, but it is a generally accepted fact that the great mass of so-called nervous disorders, including neurasthenia and other neurotic disturbances, is not the result of nerve exhaustion, brain exhaustion

or other forms of mental strain or overwork. Psychologists and biologists agree that the brain and nerves cannot be exhausted by intellectual effort of itself. Mental exertion has no appreciable effect on the brain and the nerves, but reacts on the senses, the blood, the muscles and the flesh.

Modern laboratories have made many investigations, and the nerves of the most confirmed neurotic are perfectly healthy. They are not injured or starved or depleted. The fatty sheath is unimpaired, there is no inflammation or accumulation of fatigue toxins, and the nerve cells are in every way intact. If it is true that nervous diseases are not symptoms of an unhealthy condition of the nerves, of the brain or of the spinal cord, then of what are they symptoms?

They represent a state of misplaced, divided, or uncontrollable interest and attention and they have their seat in the glands, the senses, the emotional mechanisms and the muscular tissues.

In locomotor ataxia where there is disintegration of the nerve structure, the result is paralysis of the portion of the body controlled by the effected nerves.

Such afflictions are a very small percentage of human maladies, and nervous disorders so-called outnumber all other ailments put together.

Neurasthenia is as apt to be associated with under-work as it is with over-work.

We believe that nervous disorders are more often found among people who have so little to do that killing time becomes monotonous, rather than among sincerely busy people. Very arduous work in no way effects the nerves if it is very interesting.

By reason of being interesting to the individual, it becomes a source of satisfaction to the ego, which is one of our primitive instincts.

Worry is the outstanding characteristic of the neurotic, and as we have heretofore pointed out, worry is just another name for fear. It is sustained fear.

The neurotic generally seizes upon groundless fears and builds them into mountains of worry.

Psychologists say that invariably there is some hidden complex responsible for these groundless fears, which means that somewhere in the unconscious there has been gathered and held a painful emotion and it has been repressed, and as is its nature, it has sought an outlet in some form.

Among the symptoms of psychoneurosis are agoraphobia, which means the fear of open spaces; claustrophobia, fear of closed spaces; astraphobia, fear of thunder and lightning; aerophobia, fear of being in high places; erythrophobia, which is a fear of red (indicating self reproach or shame of some kind); morbid desires for drinks or drugs; pyromania, which is an impulse to set fire to things; arithmomania, which means an impulse to count everything.

There are many other and almost countless fears which are responsible for neurotic conditions.

Fielding, in his book "The Caveman Within Us" has said that "The caveman sick has long baffled the sciences of therapeutics and the arts of healing."

Symptoms have been diagnosed almost exclusively from the standpoint of conscious ideas and ideals, forming superficial observation of the functions of the vital organs, and without any adequate conception of the basic unconscious forces upon these organs.

As a result, myriads of patients have been treated for functional disturbances, and even organic diseases, when the trouble has been in psychic maladjustments of the most elemental character, rather than with physical organisms.

Of course these disorders emanating from the unconscious psychic processes are reflected in pronounced physical symptoms, which in turn are in themselves distressing. They become in fact the recognized seat of far reaching disabilities and practically all attention has been given to this apparent causation, while the real cause remained hidden. Every individual experiences the effects of unconscious conflicts and repressions, as there is always a certain amount of conflict between the primitive biological urges and the demands of organized society (and one's ethical concepts).

Ideas are the most potent forces with which mankind deals. Constructive ideas carried into effect are responsible for the world's progress, but on the other hand false destructive ideas or negative ideas have been responsible for the greater part of the misery that has afflicted man.

It is beyond question that a great many diseases mental and physical are caused by an accumulation of unhealthy psychic material below the threshold of consciousness; emotional shocks in infancy or early childhood that may have been due to excessive fear, worry or other cause which a rational sympathetic explanation could have eased at the time, frequently leave their long festering wounds. They need psychic sunlight and intellectual oxygen.

This sunlight and oxygen consists simply of this -- that the symptoms disappear when one has made his unconscious connections conscious.

The process is to bring up and review the old fear or injury or emotional feeling, point out that it should not have such far reaching effects, and that it was over emphasized and unduly impressed upon the subconscious. Viewing it rationally it loses its effect upon human functioning.

We shall in future lessons show you how far reaching are suggestions, and that all so-called mental or religious healing has its foundation in suggestion. It is hard to conceive the far reaching effect of suggestion upon individuals from earliest infancy to the instant of examination. Such is indescribably subtle.

The power of suggestion is utilized in all schools of therapeutics and healing. This holds true from the most materialistic medical practitioner to those healing cults that treat human ailments exclusively by suggestion, although they may attribute their curative properties to some other cause.

Coue' maintained that the will invariably yields to imagination, and that imagination is controlled and directed by auto-suggestion.

The majority of ills that effect humanity are due to the failure of the complete organism to express itself adequately in a socially acceptable manner.

The human organism is a literal dynamo of energy, and when this energetic force is blocked or divided into conflicting currents we have laziness, ineffectiveness, futility. We see the results but do not realize the underlying cause.

We have in one of our recent letters to you suggested the greatness of the art of coordinating the effort of the primitive in man, man's conscious powers and energies, and the resources of the infinite; and we mention this because the greater part of the maladaptation of human beings to their environment is due to the lack of this coordination. We therefore again stress that which you have heretofore studied, - the value of meditation, the value of periods of silence, and we stress most emphatically the value of rational vision, - the first element in our mental success formula.

Applying these broad principles let us just bring to view a few expressions or human actions that will give you a certain clue to the fact that there is something held back and unexpressed.

If a person tells you that he is going to do a certain thing, and he stresses the fact that he does not care what other people think or say, you can depend upon it that he does care and he is setting up what might be termed a defense mechanism. He is trying to satisfy an urge that plainly tells him that he is not following the true course of action.

There are countless people who always speak disparagingly of others or the achievement of others. Such a person you can be certain has never had true ego satisfactions, and there is something working within him subtly (a course of wrong thinking) which has prevented him from achievement and he views with envy and jealousy the achievements of others.

Any form of expression or action which immediately strikes an unresponsive chord in you and violates your sense of right, justice, fairness, probably is a key to the neurotic symptoms of the one so expressing or acting.

We must however, in our estimate of people, take into consideration the effects of their environment, we must recognize that they have been subjected throughout a lifetime to countless suggestions which may be bearing fruit, and we must not judge too harshly, because society has not done everything that might be done, and is in a sense partly accountable for the human actions as we view them today.

The primitive within us abhors a feeling of inferiority. There is the tendency always to compensate for any sort of weakness.

For instance, many small persons make up in strut what they lack in stature. It is generally the timid who brag. Great numbers of the immoral have the washing mania. The unheroic are the great professors of patriotism. Those with weak stomachs or digestional difficulties (most generally due to thinking and mental attitudes) have an excess interest in vitamins, calories, diets, and food values.

The psyche or spiritual essence of being is almost always affected by any deviation from a physiological normal, and the subconscious by reason of having been impressed with the fact, endeavors to compensate in an intellectual or emotional way.

Human organ inferiority of any kind promotes nervous activity - and if this is not given a constructive creative outlet, some form of neurosis will develop.

One significance of this to which we would direct your attention is how unerringly the subconscious acts upon suggestion - and its ways are devious. That is why so many people doubt that their thinking is the cause of physical difficulties - They say they never thought of such a thing as arthritis - not knowing that long continued feeling of resentment might so result.

Dealing with neurotic people is a problem.

The sick mind of a neurotic is not helped by arguments, nor by abuse. Neurotics try to swamp you by the way they twist everything you say into unkindness, and they accuse you of every sadism they feel. They elaborate your words, they change your meaning, and they put evil intent into anything you say, and the result is turmoil.

In all kindness, remember that neurosis is a condition in possession of the neurotic.

Do not let your way of life nor judgment nor action be influenced by a neurotic.

Decide how you would live and what you would do, had you no neurotic intimates. Then live that way regardless of the uproar. It will pass, and they will begin to get well. Never yield to a neurosis in anyone. Dare to oppose and ignore it.

Modern science expresses the primitive man urges in this way; it says "that you are a product of your chromosomes, those minute divisions of the reproductive cells of your ancestors that carry the psychic potentials of your ancestral line."

We believe that we somewhat simplify and rationalize this scientific statement.

Certainly Life Science is worth while if it teaches you to successfully handle your destiny and to control your troubles, and when it teaches you that you must not carry the consciousness of any guilt about being the person that you are, and that you must take your attention from yourself and turn it into solving your difficulties.

Self doubt, self blame, self consciousness - - - these are potent causes of failure.

In this course of Instructions we would like to show you how to become that which you can become. We want to point the way for you to be what you reasonably and rationally want to be, and this is only possible when you free yourself from emotions of rage and fear and wonder and worry and

doubt, and when you recognize the primitive urgings and provide a constructive outlet and so suggest to the subconscious that your impulses will come within the description of love, beauty, and the other characteristics we have pointed out as the essence of the Universal.

Just two safe, simple rules of human conduct that will take you far along the path of attainment are as follows: Never do anything purely to satisfy an ego urge. In other words, let not the basic root for your action be ego satisfaction; and never commit any act or never make any promise to perform an act which violates your own integrity. Do and promise to do nothing that your conscience tells you is contrary to the best standards of human conduct, and do nothing and promise to do nothing that will interfere with or prevent you from developing a good life for yourself. Expressed in other words -- never compromise yourself. Observing these two rules you have made straight the way.

* * * * *

THOUGHT GEMS

When you have a problem keep it objective. By this we mean do not identify yourself with it. Consider it as though it were the problem of another you were employed to solve. You can better utilize your intelligence if you are not involved and personal.

In that manner of handling your judgment is not warped by emotionalized incidentals or deflected by neurotic consequentials.

How we deal with a problem is all important. With your prayers for money to meet your bills, pray also for wealth producing propensities.

* * * *

"It is not the captain of industry, with a thousand interests, worries and responsibilities, who has neurasthenia. It is his wife, who breakfasts in bed and dresses only in time to get into a game of bridge. It is not the ditch digger working hard every day with an ever increasing family to support, but the young gentleman of inherited wealth who has just returned from a cruise of the Mediterranean whose nerves are all fatigued and granular."

* * * *

Our constant aim is to help you to discover the truth. The true art of teaching is not in telling others what they ought to do, or asserting something as a truth for the world to swallow.

* * * *

If you think you are misunderstood, the antidote is to try to understand your neighbor.

If you lack peace of mind, the antidote is to develop good will toward man and conditions.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE
TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

FRIEND:

To you who receive this letter and this Instruction we not only feel that addressing you as Friend is appropriate, but we are grateful and deeply appreciative of our association and in our thoughts and work we endeavor to be worthy of being your friend.

Will you not after reading this Instruction close it - and again read the front cover - get the full significance?

You witness now and will witness the growing intensity of the effort to reform, remake, reshape and regenerate the masses of this country and of the world. It is not a mass matter. It is an individual problem. Any change for the better in your life and affairs has come from within you. It must be so with all others.

A lot of attention the world gives to food for the human body - so much so, that some would have us believe that our daily diet makes us what we are. We might even concur if they will agree in the broad assertion that diet - as used - includes mental diet, and that spiritual values are equally in need of nourishment.

There is no nourishment for the soul in thoughts of fear. A mental diet of anger, jealousy and hate, is self destructive. To feed the mind upon current events exclusively is akin to feeding the body with bread alone. To devote precious hours to reading of scandals, murders, and the trivial matters included in most newspapers and magazines is akin to the endeavor to sustain the human body by eating wheat straw.

We are tremendously concerned with respect to the future. We are deeply sincere in the worthiness of our mission. We are absolutely certain that we have been helpful to countless persons - and of our intense thankfulness to you and all who make it possible for us to double our sphere of influence at least once each six months - this continued will encircle the world in due time.

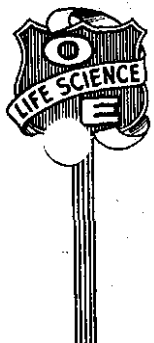
Now here is an opportunity for you. If you know some person who is interested in self improvement - a person of ambition - one who is willing to do something about it - one who does not believe that this is purely a world of luck and chance - and one you believe would be interested to study with us, send in his or her name and we will extend to that one an invitation - and without using your name. We do not think it well to exert influence of a personal friend to induce one to study with us. The only influence we want is their desire for a better way of life and the better things of life.

We are growing - and thank you for your help that makes it so.

Sincerely,

J. Hamner Davis

Enc. 60



THE **Essenes**

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the Order.

Copyright 1943, by The Order of The Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 60

Assuring to the acceptable and accepted
HEALTH, HAPPINESS AND SUCCESS

HENRY DRUMMOND IN HIS ESSAY ON SPIRITUAL DIAGNOSIS
WROTE --

"THE PAST HAS INDEED NO MASSES. MEN, NOT MASSES,
HAVE DONE ALL THAT IS GREAT IN HISTORY, IN SCIENCE, AND
IN RELIGION.

THE NEW TESTAMENT ITSELF IS BUT A BRIEF BIOGRAPHY
AND MANY PAGES OF THE OLD ARE MARKED BY THE LIVES OF MEN.
YET IT IS JUST THIS TRUTH WHICH WE REQUIRE TO BE TAUGHT
AGAIN TODAY, TO BE CONTENT WITH AIMING AT UNITS. EVERY
ATOM IN THE UNIVERSE CAN ACT ON EVERY OTHER ATOM, BUT
ONLY THROUGH THE ATOM NEXT TO IT, AND IF A MAN WOULD ACT
UPON EVERY OTHER MAN, HE CAN DO SO BEST BY ACTING, ONE
AT A TIME, UPON THOSE BESIDE HIM."

A PAUSE FOR UNDERSTANDING

You cannot but have noticed that we differ from most teachers in that we do not append a list of questions, to which you are asked to write the answers. For this there is a basic reason. How sound that idea is, will be appreciated when you understand the psychological explanation.

The objective, or conscious mind - served by the physical senses - grasps that which is brought to it, fact by fact - and it is in turn relayed to the subjective or subconscious mind. The subconscious mind in a most marvelous manner relates it to all else that has gone before. It classifies it, catalogues or indexes it and makes it available, as will be shown in the course of these Instructions, for the return to the conscious mind on the appropriate occasion, or for use in the process of deductive reasoning, when called for at some future date.

Surely you have by now grasped that we point the way to submit the great problems to the subjective or subconscious mind.

In the development of a theme in our instructions we aim to give you a complete picture. It is this completed whole that we desire you to grasp consciously and relay to the subconsciousness.

In the development of a theme we often give facts, examples, reasons, illustrations, and deductions to bring forth a reasonable conclusion with respect to one aspect of the complete conception we desire to convey, and then proceed with other pertinent matter.

The end, aim and object is to properly relate the material and give a completed picture of the theme and its value and uses - with the view to having it reach the feelings and emotions and thereby giving you a spiritual grasp.

What would be the result, if by questions we centered your conscious mind upon going back and defining a word, picking the whole build-up to pieces, and emphasizing detail?

It would be like showing you a beautiful painting - perhaps a sailing vessel, with fleecy clouds overhead, the sun on the horizon, and wave effects and all in colors that blend and inspire you with the thought - "How gorgeous" - "How true to nature" - and then would start to asking you - "Did the boat have two masts or three?" - or "Was it the picture of a sunrise or sunset?" - or "From viewing the picture, how fast do you think the wind was blowing?" - or "Was there a shore line?" or "What was the color of the house on the shore?" or "Did the house on the shore have a thatched roof?"

Do you not think that if you were to take a trip through an art gallery and you were ever conscious during the visit that at the end you were thus going to be quizzed, that the real pleasure and inspiration of the visit would be marred?

Psychologically, the subjective or subconscious mind deals with a complete memory.

There is many a man who has given so much attention to detail that he has lost all sense of proportion and entirely misses the objective.

The executive is the man with a complete memory. His subordinates do the classifying, the indexing, and carry the detail. The one knows the objective - the other the processes. The one knows why, while the others know only how.

From the above no one will gather that we do not want you to understand the meaning of the terms we use. Surely we desire that you sense the full meaning of all we teach. - Somehow we feel there is a difference between sensing a meaning - and knowing an accurate definition of the words we use.

Because we are going to launch into deeper water, metaphysically, it may be well to pause for a period and make sure that we understand some of our faculties and powers and the instrumentalities through which they function, and their attributes.

We often speak of mind - objective mind and subjective mind. Of course you do not confuse mind with brain. A brain is a physical organ; the soft whitish convoluted mass occupying the cranium and constitutes the center of the nervous system and may be thought of as the seat of volition. Mind, on the other hand, is not physical. It is the intellectual faculty in man -- his consciousness.

Speaking of objective and subjective mind, -- conscious and subconscious, - must not leave the impression with you that man possesses two minds. The mind of man is one - and all the sages, saints and saviors have, in the metaphysical distillation of truth, endeavored to teach man that it is one with universal mind - Omniscience - and to induce man to realize the unity and act accordingly.

The subjective or subconscious is that phase of mind most closely related to the soul or psychic forces. It is the mirror which reflects to the world your personality or the real you. It is the reservoir of your real qualities, which constitute character.

In a recent instruction we had much to say concerning "the primitive" - the "case man within us" - the "instincts." The instinct, of necessity, is therefore a phase of the subjective or subconscious. It is the whole of the past, in man's ancestral line, leaning over the present. We know it by the urges and impulses we experience. It is that in man which we must govern by our volition - directed by the functioning conscious mind - if we would conform to the requirements of organized society, or community life.

Having dealt with the subjective or subconscious, we can better appreciate a demarcation - in the phases of mind by a little thought and attention to the conscious or objective phase. The complete man is endowed with five senses, each served by a physical organ - seeing by the eyes - hearing by the ears - smelling by the nose, etc.

Through these organs we gather perceptions or conceptions on the physical plane. These impressions are conveyed to the brain by means of the physical nervous system. The result is a reaction of some sort - creating some sensation - ultimating in a judgment, - beautiful or ugly - good or

bad - true or false - pleasant or unpleasant - pertinent or otherwise.

The conscious mind takes its impressions and reaches a conclusion as to facts. When judgment is passed by the conscious or objective it is then passed to the subjective or subconscious. It is quite evident that the conclusion may be true or false. That which may have been accepted as fact may be an illusion, a lie - a mental mirage, so to speak.

The danger in a misconception by the objective or conscious mind lies in the fact that the conception is that with which the subconscious deals. It reasons deductively only and from the judgment - conclusion or facts given it by the objective. This is the pith and substance of the reason you are admonished often to guard well the portal of the mind (objective - conscious), if you would safeguard the greater value (subjective - subconscious).

Having called attention to the fact that the subjective reasons only deductively, and the objective reasons inductively and deductively, we may pause here to make sure we have a true understanding of the processes.

The inductive method is reasoning from the particular to the general from the individual to the universal. It takes a particular conclusion and reasons backward to determine its correctness. Experimentally, in the sciences, it is the taking apart to find what it is that makes it what it is, or do what it does. It is a sort of backtracking to determine why a thing is true or if it is true. The deductive method is to accept certain things as true and then move forward from that premise, by logical sequences, to other results.

Thus - if a block of wood with six equal square sides or faces - a cube - weighed 100 pounds, and that same cubical content of water weighed 200 pounds - then the block of wood would float on the water one-half submerged and the other half above water. We start with the law of displacement - that a solid body immersed in water will displace the amount of water weighing equally with the solid body thus immersed - all other weight of the solid will remain above water. That is how steel ship designers know in advance how high the boat will ride on the water empty - and know its cargo carrying capacity.

Before that law was fully known and understood, men imagined vessels had to be made of wood to float. They reasoned that wood floats - therefore boats must be made of wood to float. That was false reasoning - an improper result or conclusion.

Had they reasoned inductively, saying - "This wooden boat not only floats, but it carries additional weight. Let us determine how much" - they would have been reasoning back to prove the falsity of their conclusions, and on the road to another conclusion - the law of displacement; and then they could have known that they could build them of steel or stone, so far as floating ability was concerned.

We have often and may in the future more often write about the universal mind - or omniscience, all-knowing-ness, or the all pervading mind. Whether this is a part of or borne by etheric waves or cosmic rays no man can as yet say with certainty - but he can in his own experience prove the presence by meditation and following the suggestions contained in these instructions.

Anyone who has ever written knows that when certain states of feeling exist - when the mind is focused upon some thought, that ideas just seem to "pop out of the blue."

Anyone who has worked in the field of mechanics, seeking to perfect an invention, knows that study and application and concentrated attention to principles - and frequent journeys into the silence, induces or attracts ideas.

Many are those who claim that their writings are "revelations from on high" - With them we have no quarrel. Perhaps they mistake inspiration for "revelation" as generally used. Any man who is seriously and earnestly in search of truth - and undertakes to write upon a subject to which he has given painstaking study - and who knows much of the known on his subject - will have his inspirations.

This same thing is true of public speakers. If they are deeply and sincerely earnest - lose themselves in their enthusiasm for the subject and in their interest in getting over a helpful message to their audience - ideas and expressions will come to them in an even, steady flow.

We believe however it will be found that if the speaker thinks of himself - engages in ego satisfactions - gives thought to gestures and set rules of emphasis - and has some pet oratorical fireworks he wishes to display or some rhetorical garden specimens he is anxious to exhibit - that he has closed his mind and the avenues of entrance for truly inspired expression.

Cordell Hull, Secretary of State in the administrations of Franklin D. Roosevelt, in a public address had an inspiration when he said:

"Today, too many human relationships, within and among nations, rest upon the shifting sands of selfish search for immediate advantage; of mistrust and enmity; of refusal to respect those rights of others, or to fulfill those obligations toward others, without which barbarism rather than civilized existence becomes the scheme of life. Inevitably all of us, the victors as well as the victims in this continuous and blind struggle must become engulfed in the truth of that social structure which we call civilization. History records too many instances of the downfall of civilizations consequent upon moral and spiritual decadence."

"Humanity desperately needs today a moral and spiritual rebirth, a revitalization of religion."

You may not realize it, but you are by your study to this point prepared to assimilate the material to follow in these instructions. We trust you will build a Temple of Understanding upon that foundation. The building blocks will be furnished hewn to fit.

As you build, keep in mind that "humanity needs moral and spiritual rebirth" - and contribute liberally to whatever organizations or influences can best bring it about.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

FRIEND:

One-third of your life - the time spent in sleep - is at least worthy of one Instruction. Here it is, #61.

Innumerable are those who write us and say that a gradual change has been coming about in them and that they were hardly aware of it, and awoke to it quite by accident. Some occasion made them realize that an entirely different person from the old accustomed individual met the situation.

It is true, whether you realize it or not, that you could not seriously study the sixty Instructions to date, without changes. Every thought has its effect. The feeling or emotion you put into your thinking vitally effects the results.

You are quite sure you have understood every instruction. You doubtless have, - but try this. Review your Instructions from Number One to the last. You may be more than agreeably surprised. Many have been and found just the idea that gave them a needed lift.

A British Scientist, Sir James Jeans, gives expression to the truth we would have you grasp when he says - "It may be that the Gods that determined our fates are our own minds moving on the cells of our bodies, and through them on the world about us."

In thinking with respect to yourself just freely admit that you are what you are by reason of what you have been, and you will require no sermonizing upon the law of cause and effect. You will be conscious that what you now are will directly determine what you are to be. Every thought has a material and a materializing effect. No Scientific principle is more firmly established than that.

In the Instructions to come you will not be disappointed. We build houses, one brick at a time. The house of character is fabricated one truth laid upon another. In the house of character is success consciousness born, and the realization of man's unity with the infinite is matured.

With these you can truthfully and trustfully say, "I shall fear no evil - for thou art with me."

Sincerely,

THE ORDER OF THE ESSENES

S. Hamner Davis

ENC. 61



THE Essenes

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the Order.

Copyright 1943, by The Order of The Essenes,
Instruction Headquarters - Tampa, Florida

INSTRUCTION 61 ✓

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

REASON, OBSERVATION AND EXPERIENCE - THE HOLY TRINITY OF
SCIENCE - HAVE TAUGHT US THAT HAPPINESS IS THE ONLY GOOD; THAT
THE TIME TO BE HAPPY IS NOW, AND THE WAY TO BE HAPPY IS TO
MAKE OTHERS SO. HAPPINESS IS THE TRUE END AND AIM OF LIFE.
IT IS THE TASK OF INTELLIGENCE TO ASCERTAIN THE CONDITIONS OF
HAPPINESS, AND WHEN FOUND, THE TRULY WISE WILL LIVE IN ACCORD-
ANCE WITH THEM. BY HAPPINESS IS MEANT NOT SIMPLY THE JOY OF
EATING AND DRINKING - THE GRATIFICATION OF THE APPETITE - BUT
GOOD, WELL-BEING IN THE HIGHEST, NOBLEST FORMS. THE JOY THAT
SPRINGS FROM OBLIGATIONS DISCHARGED, FROM DUTY DONE, FROM
GENEROUS ACTS, FROM BEING TRUE TO THE IDEAL, FROM A PERCEP-
TION OF THE BEAUTIFUL IN NATURE, ART AND CONDUCT - THE HAPPI-
NESS THAT IS BORN OF AND GIVES BIRTH TO POETRY AND MUSIC, THAT
FOLLOWS THE GRATIFICATION OF THE HIGHEST WANTS.

HAPPINESS IS THE RESULT OF ALL THAT IS RIGHT AND SANE.

— Ingersoll

A B O U T S L E E P

We all sleep. Yes - from one-third to nearly one-half of our life is spent in sleeping.

Just what is sleep? We know that persons sleeping turn - and engage in muscular activity - change positions - will brush off something like a mosquito or bug - remove something from over their face or nose.

Muscular fatigue is eliminated by rest - and sleep is not necessary for that.

Some engage in sleep walking. Soldiers have been known to sleep while marching and carrying loads.

Doctors tell us that the optic, auditory, olfactory and gustatory nerves as well as the brain centers governing the sense of sight, hearing, smelling and so forth are awake and active during sleep.

We know that the subconscious which governs the bodily functioning carries on while we sleep.

If our minds and our nervous systems function during sleep, just what is the explanation of this phenomenon we all experience?

The heart keeps beating, so it is not to rest that. There are two phases of the heart beat - the systole, which is the contraction of the auricles and ventricles for expelling the blood and circulating it through the body, - and the diastole, which is the interval of relaxation of the heart muscle. This is its rhythmic rest period.

Sleep is indispensable - but many persons place too much emphasis on it, especially if they find it difficult to gain sleep. The worry over it is more harmful than the loss of sleep. This you come to understand when you realize that sleep is probably necessary as the resting time of the consciousness. Worry is a form of consciousness, a sustained and lingering form of fear. Probably the worry aggravates the sleeplessness. Worry is a way of thinking. Its banishment is best accomplished by a substitution of the objective of thinking.

The best authorities agree that man has many organs and many functions and that sleep is a specialized form of rest which serves the specialized function of consciousness.

Understand, when we speak at this point of consciousness, we are speaking of the intricate process which holds things in the conscious mind, and we are not speaking of the subconscious.

The subconscious never sleeps and never requires sleep, because as you will learn in the next few sets of Instructions, the subconscious is a part and parcel of the Universal consciousness - it is in fact the Heaven of which Jesus spoke as being within you, and it is in fact a part of the spirit which is called God.

Naturally people often ask - "How much sleep do we need?" While sleep requirements vary in individual cases we can set forth some general rules which will show the usual requirements for well being.

The first few weeks in an infant's life - at least 20 hours.

| | | | | |
|------------------------------|---|---|----|---|
| Between the ages of 1 and 2 | " | " | 16 | " |
| Between the ages of 2 and 3 | " | " | 15 | " |
| Between the ages of 3 and 4 | " | " | 14 | " |
| Between the ages of 4 and 6 | " | " | 13 | " |
| Between the ages of 6 and 9 | " | " | 10 | " |
| Between the ages of 9 and 13 | " | " | 8 | " |

Middle aged people can get along very well with six to eight hours, and for extended periods can maintain well being with less.

For aged people the period varies with the state of consciousness. This is why it is so important for them to maintain some form of intellectual interest - but unless there is feebleness or ill health they should not sleep over ten hours.

The Physiological condition for the induction of sleep is an anemia of the brain. Those with a tendency to excessive sleep should have some interests requiring intellectual exercise; reading, companionship leading to discussions, writing, or use some means to produce an influx of blood into the brain, such as hot drinks; or from the psychical standpoint should have something that would arouse their emotions - even to thinking of something irritating.

Our observation is that insomnia - or abnormal wakefulness - is more general than excessive sleeping.

Those who suffer from insomnia are as a rule high-strung, emotionally unstable; and even a superficial examination of their way of thinking would convince the examiner and the examined that a disturbed consciousness is the root of the evil - and of course a change of thinking is indicated as the cure. Surely thinking which arouses feeling and emotion of the negative type should be avoided.

"It is often asserted that the insomniac should avoid late meals. The facts are in direct contradiction to this belief, for, when the meal is not a heavy one and where digestion is not impaired, so that there is little possibility of arousing painful sensation in the stomach, the localization of blood in the gastro-intestinal vessels helps to produce cerebral anemia."

"In cases of very stubborn and persistent insomnia a regular regimen can be followed. Warm baths in the evening when properly carried out are of great assistance. The subject should first stand in the bathtub, the temperature of the room being maintained at about 65 or 70 degrees F. He should then have head and face doused or sprayed with water at a temperature of about 100 degrees F. The cooling effect on the body by the relatively cool air and then the application of the warm water to the head tend to cause a dilation of the blood vessels of the brain and send blood into that region. Then, with the cerebral vessels

now dilated, the entire body is immersed starting with a temperature of 98 degrees F. and rapidly raising it to 105 to 110 degrees F. This brings the blood to the surface of the body, leaving the cerebral vessels dilated but largely drained of blood, with a consequent local anemia, the necessary condition for the induction of sleep. The insomniac should then be immersed in the warm water for only a few minutes; then without drying he should be wrapped in a blanket which will absorb the moisture. He may then be given a little warm food such as soup or gruel. Then, with the least amount of exertion he may change to his night clothes and go to bed, perhaps with a hot water bottle to his feet."

David Seabury, in his book "The Art of Selfishness," has set forth what he deems sure fire sleep inducing formulas as follows: -

"1. Drink a glass of something hot. Several products on the market that are advertised to make you sleep are nearly as good as a glass of warm milk. Did you not know you have a sleep association with milk? 'Why, baby dear, you've had your bottle, now go to sleep and mother will sing.' As you take your warm drink, re-establish the habit pattern of that first happy year.

2. The body rub. Start with your head and massage your scalp. Dig your fingers into the base of your spine. Then rub your neck and stretch it by trying to pull your head off. Do not jerk it; pull gently and not too hard, using only one hand on the back of your head. Next rub your shoulders. Now knead your stomach; shake the old bag a bit, and as you do so imagine how the gastric juices are swishing about. Feel like resting yet? If so, stop and go to sleep. If not, double your fists up under the hollow of your back and jounce up and down to loosen your spine. Now rub your hips and thighs and then those tired feet.

3. Sighing, yawning exercise, When going to sleep, babies gurgle, chuckle, murmur and sing. Birds croon, all animals, except fool humans, do something of the sort. Start sighing quite regularly. Then yawn. Every now and then snicker at yourself for your absurdly stiff tension. Feel the bed; its grand. Sigh some more. Open your mouth and yawn until your ears crack. If you cannot yawn automatically, make yourself do it deliberately.

4. Stretching and turning exercise. Stretch and twist in every direction. Turn over on your knees, keeping your chest on the bed. Now turn over on your back; stretch again. Wiggle all over; kick your feet. If you are married and sleep in a double bed, go to bed first and thrash about until your nerves are satisfied. Then sing out to your partner that you will be quiet.

5. The gentle eye pressure. Press ever so gently on your eyes; lids closed, of course. Bear down on your eyeballs until they feel the weight of your fingers. Now let the pressure up ever so slowly and rub all about your eyes.

6. If you already have a dream that is especially pleasant, use it. If not, pick out the most lulling, languid, luscious, lazy love land you can imagine; a South Sea beach on a moonlit night perhaps. Go there in fancy and dream about how you would feel. Float on the salty waves. Smell the flowers. The rest of your dream should be quite personal and private. Use the same dream every night. You never heard of a Brushwood Boy who had insomnia. It is nonsense, this idea you cannot sleep. You can, if you have a dream to go to, and are not afraid of a little harmless joy.

7. If you are still so persistent as to be awake after floating on a somnolent sea, begin to breathe deeply; long, slow breaths through your nose. Not too long, just heavy, sleeping breaths that sound like the sea breaking on the sandy shore. Lie and listen to the waves, listen, listen, listen, until you are sleeping like a child.

The next exercise is only for very obstinate people, those contentious cusses, who like to prove no one's method will work. They must be willing to work themselves, however, to use them.

8. Psychic deafness. Make a mental image of being unable to hear. Think way into the center of your head. Say to yourself: 'I'm hanging up the telephone. I'm shutting off the radio. I'm not going to hear anything more.' Repeat this process. Surrender to it. Practice it every night for thirty nights. Do not expect it to take effect the first sleepless night you have, for if your unconscious is unwilling to sleep, it will require discipline to conquer it. In about a month, however, you will learn to close up your ears and sleep."

Finally - we repeat: Do not worry about insomnia. If you can't sleep just say to yourself, "Well, if you can't go to sleep you can lie relaxed and get a good rest. This, too, will pass away," - and then don't engage in speculation about sleep or picture to yourself ways of inducing sleep. If you have done the orthodox thing advised by the medical fraternity (warm bath and soup or gruel) or have followed Seabury - don't lie down and wonder if it will work. Just lie down and go to sleep. You can -- you will - - - Bon voyage.

* * * *

* * THOUGHT GEMS * *

"WHAT A WORLD THIS WOULD BE --

- If we spent as much on peace as we do on war!
- If we spent as much on preventing crime as in punishing criminals.
- If we spent as much on culture as on entertainment.
- If we were as careful of our thinking as of our eating.
- If we were as concerned about our souls as about our appearance.
- If we saved all the friends we make.
- If we worked as much as we worried."

* * *

You do not meet life successfully if your concern is for self-glory, rather than self expression.

* * *

"Within yourself all events are written. You master them only within yourself. Today is a moment in your personal history. He who fumes at his quandaries becomes their victim."

* * *

Do not be deceived by what some call "the forces of Evil." Of course as reasonable beings we recognize the existence of evil - but in all instances it is the result of man's misuse of natural powers or forces.

* * *

THE ORDER OF THE ESSENES

2327 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

TAPPING THE WELL-SPRING
OF ACCOMPLISHMENT: -

One of our students has a catalogue describing the merchandise in which he deals - and in it had this quotation from Douglas Freeman.

"Life, after all, contains one great problem - that of so adjusting yourself to the inevitable that you can keep your peace of mind and self respect. The great victory of life is the conquest of worry - The greatest discovery a man can make is how to escape envy and hate."

Analyze that -- doesn't it boil down to a matter of "Know Thyself" - "Govern Thyself" - and isn't that a matter of thought and volition?

Just for a day or some evening - sit and note the thoughts that flit through your mind. Every one of them will be productive of some emotion or feeling - and of course you know that these have physical results - affect you.

Now whence came these thoughts? If you think of some person - and you feel irritation - your thinking is maladjusted, and a long train of maladjusted thinking is certain to show up in functional disorders in the body. It's just that simple. Yet few realize it.

Now do some thinking about yourself. No one goes to pieces all at once, but every thought is cumulative, and the thoughts you think are the result of suggestion - by others or by yourself.

Why think in terms of envy, jealousy, or hate, when you and not the other person is going to be the victim of the strains and stresses - nervousness.

Do you say you can't help thinking of past losses, troubles, failures and tragedies? Well! Stop and reason! Can it possibly do you any good? There is this vital truth to consider. Nothing that happens outside of you is so terribly important, but what happens in you is of extreme importance.

Those outside things can and do effect you only as you let them - it is how you look at them - how you feel about it - how you react - Now this you can control.

Think back! What is the first step in our mental formula for success? Vision. Vision is looking to the future - not backward.

When you know what by some process of divine alchemy - your visions, backed by intense desire, and sustained by faith, do materialize - you certainly will not permit gloomy, discouraging visions to occupy your mind.

Now read Instruction #62. Guard well your mind. Don't let people pour their troubles upon you. Don't accept mentally the suggestions of the forecasters of catastrophe. Don't administer to yourself the poison of gloom or despair.

You can succeed. You are success constituted, but you must observe the law - and it is the law that - As you think so are you. Radiate hope, cheer, optimism, and enthusiasm, and by unchanging laws there will come back to you satisfying rewards.

Very sincerely yours,
THE ORDER OF THE ESSENES

By

S. Hamner Davis

Enc. 62



THE Essenes

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the Order.

Copyright 1943, by The Order of The Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 62 Assuring to the Acceptable and Accepted
HEALTH, HAPPINESS AND SUCCESS.

"THERE IS A LONG HISTORY OF EVIDENCE IN HUMAN AFFAIRS WHICH WARRANTS THE STATEMENT THAT THE GREAT LEADERS HAVE BEEN THE GREAT BELIEVERS -- HAVE FELT THEMSELVES SUSTAINED, SUPPORTED AND STRENGTHENED BY A POWER AT WORK IN THE WORLD NOT WHOLLY THEMSELVES, WITH WHICH THEY FELT THEY COULD COLLABORATE --

WHERE TO HIS OTHER STRONG POINTS, THE LEADER ADDS A CONSCIOUSNESS OF GOING FORWARD "UNDER GOD," HE USUALLY IMPARTS TO HIS TOTAL APPEAL A ZEAL AND A PERSUASIVENESS WHICH ARE UNIQUELY IRRESISTIBLE."

MIGHTY IS SUGGESTION

In "The Man Nobody Knows," by Bruce Barton, he says that Jesus was often reluctant to perform miracles and frequently insisted that the individual who had been healed should "Go and tell no man."

He records that on one celebrated occasion - his visit to his home town, Nazareth - his miraculous power was powerless, and for a very interesting and impressive reason. The people of Nazareth were his boyhood acquaintances and they were skeptical; they had heard with cynical scorn the stories of the wonders he had performed in other towns; they were determined not to be fooled; he might deceive the world, which knew him only as a teacher; but they knew him better - he was just Jesus, their old neighbor, the son of the local carpenter.

And then he adds this most significant sentence. "So of that visit the gospel writers set down one of the most tragic sentences in literature: 'He could do there no mighty work, because of their unbelief.'" And further commenting he significantly points out that whatever the explanation of the miraculous power of Jesus may be, it was clear that something big was required of the recipient, as well as the giver.

Triflers and mountybanks in the metaphysical field often deny such a thing as the subconscious, and leaders of cults and the promulgators of "isms" take deep offense when the power of suggestion is given its rightful place, as in the material set forth in this Instruction.

Some want to say that a "God-law" of which they are the special guardians, does this or that.

A law never does anything. A natural law is a description of the way powers and forces and energies work under given circumstances. The dictionary says it is a rule or axiom of science; established principle. It may be thought of as a rule of action. It is never the action itself.

Others take offense because they want to ascribe the results of suggestion to a teacher, a law giver, a savior, a saint, or a personality, or to some far off God in a far off Heaven, or to some secret, mysterious and mystical power to which they, and they alone, hold the key. Others, jealous of their theological tenets, call it "Black Magic." There is no such thing as "Black Magic" - That is a scarecrow to frighten the ignorant or superstitious - a pure fiction of fanatical minds. All power is God power.

Some are a little more mild and they call suggestion an inferior form of mental activity which should never be confounded with the higher forces of mental and spiritual methods, but they do not tell of what this inferiority consists and they fail to realize that it is a thing which activates the divine powers inherent in man and that it sets in motion the forces of the Universe, in accordance with immutable and unvarying laws, and really demonstrates, by creation, in a most natural way.

When rightly understood - what suggestion can do and does do - we have proof that the subjective or creative mind (or the subconscious) is entirely impersonal, that it has no purpose of its own, that it is subject to the will of man, and that by it the undifferentiated, ever present building blocks of the Universe can be impregnated with design and motivated and activated into the fulfillment of man's desires, feelingly projected into this universal world of supply and intelligence.

That the material to follow comes from the pen of a physician indicates that Life Science, as we gather it from all languages and all areas of the earth, and from the thinking of those in every field of endeavor, is having and will have its effect in the thinking and in the lives of those who know that we are entering the Mind Era and that there is a better way of life, and are doing something about it.

Dr. George A. Greene, in his book entitled "Phenomena of the Bible" has this to say:

"Healing holds a prominent place in the literature of the Bible. Savage as well as civilized minds have wrestled with the problems of human ills. Primitive people looked upon pestilence and disease as visitations of divine wrath, and they sought to appease the cause of their punishment by worship or by sacrifice. Healing in this way became associated with all the religions of the world and with all the superstitions of the world."

"Christian Science, mesmerism, hypnotism, suggestive therapeutics, the totem pole of the savage, charms and incantations have all cured diseases and brought relief from physical pain and suffering."

"All are but different aspects of some great fundamental truth underlying the whole situation. It is one of the important missions of psychology to find the real principle or law governing all these efforts to cure diseases. Pestilence and wars have been the two great scourges of humanity. They have inflicted upon it more woes and sufferings than all the other causes combined. Disease is even more unrelenting than war. The four years of the world's conflict was responsible for the death of ten million men, yet in one year following the close of the war twenty-five million people succumbed to influenza, a toll two and one-half times that of shot and shell in one-quarter of the time."

"Right thinking and right doing would have prevented all the wars that have reddened the earth. Clean thinking and clean living would have, and will, prevent one-half of all the ills that have troubled earth's peoples. Unclean thinking and unclean living by weakening the resistance of the body, are the direct causes of many diseases. The germ happens along and thrives and multiplies only in a soil already prepared for him. He may yet prove to be more of an incident to, rather than a direct cause of, disease."

"History records the examples of many men who possessed a singular power over human ills. It emphasizes the example of one man who possessed an astonishing power over human woes and suffering. To such an extent was he able to bring restorative powers to diseased tissues, to such an extent was he able to bring moral refreshment to the despairing and damaged in

soul, that he has come to be known to the world as the Great Physician. His wonderful success seemed to lie in the confidence he was able to inspire in his patients. Jesus seemed to have a magnetic attraction for the sick and the afflicted. There must have been something in his very mien and bearing that inspired confidence and trust; perhaps all great personalities instinctively do. The diseased and afflicted were always clamoring to hear him, content if only they might put their hands on him or even touch his clothing."

"The sick and suffering are naturally suggestible. They are more open to influences from without and from within than those in health. Their illness has made them more keenly alert to influences favorable or unfavorable; and when they heard the voice of the most unselfish man that has ever lived - a man devoted in every respect to the alleviation of human woes and suffering - it inspired a trust and a confidence that no other personality ever inspired."

"What was the great psychological law or principle underlying all his so-called miracles of healing? Underlying all instances of healing everywhere, of whatever religion, of whatever superstition? All can show cures to their credit. I am convinced that one great comprehensive psychological law governs all mental healing. What is that law? Is it operative in the world today as it was in ages past? Can we come in contact with it, can we get a grasp upon it? Can we avail ourselves of its far-reaching results, and if so, how?"

"All mental healing is due to the subconscious mind being directed toward the cure of a physical or a moral defect or infirmity, a law so simple it almost offends. This, in my opinion, covers all cases of mental healing of whatever age, of whatever country, of whatever religion, of whatever superstition. The subconscious mind directed toward a bodily defect or infirmity may bring bodily relief. The subconscious mind directed toward a moral or ethical defect may bring moral and spiritual refreshment."

"One of the chief ways of reaching the subconscious mind is through suggestion; and a suggestion has been defined as a successful appeal to the subconscious mind. It is any thought or emotion that will arouse the subconscious centers into activity. We must somehow get the suggestion home to the subconscious mind and then direct its activity toward the end we wish to accomplish. If it is a physical ailment it must be directed toward its cure and alleviation. If we wish to bring about a moral or ethical uplift it must be directed toward that end."

"Let us study suggestion for a moment and see some of its effects upon the human organism or body. The deeper, more profound aspects of ourselves have a power and control over the human body almost defying belief. It is our great aim and effort to learn how we may control at will these wonderful forces within us. Our scientific age will never be triumphant till this is done. Let us see how mind sometimes controls the body and what marvelous things it performs upon it."

"Dr. Biggs, of Lima, Peru, suggested to a hypnotized subject that a red cross would appear upon her chest every Friday for four months, and such was actually the case. It is fully reported in Vol. 3, English Society of Physical Research. The hypnotized subject has been made to sweat profusely or chill violently by suggestions of heat or cold. We have

instanced these facts, that we might see the wonderful effects of suggestion upon the human organism."

"All healing in the Bible and elsewhere has been done by stimulating and energizing the deeper structures within ourselves, and coming in contact with mental laws and principles which it is the business of psychology to discover and give to the world. Suggestion is the principal method of reaching and stirring these profound centers into activity. Not all suggestions, by any means, ever reached the deeper healing centers. This explains why mental healing is sporadic, and why it often fails."

"What part does religion play in the matter? Where does it come in? Religion does indeed play a great part in mental and spiritual healing, because religious emotion is one of the most powerful agencies known for conveying suggestions to the subconscious centers. The subconscious mind is the abode of the emotions, and deep emotion is a powerful factor in arousing the subconscious forces into vigorous action. Religion by doing this becomes one of the most powerful allies of mental healing. The subconscious mind, directed into appropriate channels, becomes our great law and instrument of healing. Applicable, we think, to all conditions; adequate, we believe, to explain all instances of authentic record. The Old Testament records some instances of healing that are especially interesting. Let us take up a few concrete instances and see how our law of healing, as we have formulated it, operated even in that distant day."

"When the people of Israel were marching through the wilderness they came into a region infested with poisonous reptiles, and many were bitten. Like all primitive people they attributed every calamity that befell them to the agency of an angry god. Moses made a huge serpent of brass, put it on a high pole so the entire camp could look at it, and those bitten are said to have recovered. Can you not see that suggestion and subconscious activity apply here? It wonderfully exemplifies the law or principle we have laid down and is especially illuminating in other directions."

"In ancient civilizations serpents were worshiped as gods. Evidence of snake worship has been found among the cults of all ancient peoples; in Egypt, Babylonia, Greece and Peru. The serpent was famed for its wisdom and was supposed to know of certain roots that would bring life to its dead. The writer of Genesis pays homage to this ancient and widespread belief by endowing the serpent in the Garden of Eden with human speech, and ascribing to it a wisdom higher than that possessed by its human inhabitants."

"Legends and folk-lore are replete with cures effected with snakes. Cadmus, who mythology says gave us the alphabet, was turned into a serpent in order that he might heal human ills. Aesculapius, the mythological god of medicine, accepted the serpent as a symbol of his art. His disciples founded temples through all Greece and the Orient where they practiced the healing art. In all these places reptiles were kept, and tradition has it that in times of great epidemics Hygeia, the goddess of health, would emerge from the temple and by waving high the sacred serpent would cause the pestilence to be abated or dispelled. Serpents would be sent from these temples to distant places in order to check plagues. Aesculapius came one day upon two serpents engaged in mortal combat and separated them with his olive staff, which became the emblem of peace. The knotted rod of Aesculapius, entwined with two serpents, is the present

emblem of the United States Medical Department. This is merely noted to show the great antiquity of the healing art and its early association among primitive people with serpents."

"When those poisonous reptiles infested the camps of Israel and inflicted bites and wounds on the people, Moses, who well understood the traditions and superstitions of his time - had only to cast a larger one, and set it high above the camp where it would gleam and scintillate in the sunlight. It then became, to their primitive minds, a sacred serpent endowed with miraculous powers of healing. The nation kept it for 784 years after and every year burned incense before it. The thing on the pole got the suggestion over. The cures were effected by an appeal to a healing power deep hidden within the souls of those benighted and afflicted people."

"The old prophet Elisha had a great reputation as a healer. In the entire Old Testament he stands without an equal. A number of young prophets were taking dinner with him one day. Elisha sent out his servant to gather some herbs and plants for the meal. By mistake he gathered a vine with some wild gourds on it and these were cooked up in the pot along with the others."

"The young men, discovering the mistake, were terribly frightened, thinking they would be poisoned. They besought Elisha with cries and entreaties to save them from such a fate: 'O thou man of God, there is death in the pot,' and they could eat no more."

"The old prophet, with a psychology and a wisdom beyond his day and time, sensed the situation. He knew how deadly is fear to human resistance, how the bodily reserves melt away before it. He knew how faith rallies the flagging energies, how powerfully the mind responds to the call of trust and hope. He took a handful of meal and sprinkled it in the pot and by this act he said: 'Now it is all right. This will kill the poison and make the food wholesome.'"

"The meal did not work any chemical change in the contents of the pot. It changed the men's attitude of mind. It turned fear into assurance. Their confidence in the power of the old prophet was so great they went on eating and no harm came of it, believing that a chemical change had been made by the meal. The change took place in their minds - a psychological change and not a chemical one."

"Naaman, a military man of Syria, was afflicted with leprosy. In his home was a little maid of Israel who had heard of Elisha and his success in treating human ills. She told Naaman's wife about him. So Naaman set out with a chariot and retinue and in due time came to the door of Elisha. Elisha refused to see him in person. He sent word to him to go and wash himself seven times in the River Jordan and a cure would result. The sick man came full of confidence and hope. No intelligent man of his standing would have made such a journey and subjected himself to public ridicule unless he was confident of the result. When he received the healer's dictum for his infirmity Naaman was angry. 'I thought,' said he, 'that the healer would come out to me and invoke the name of the Lord, his God, and then make passes with hands over the diseased places and cure me in that way.' He thought God would be so honored by his coming that his servant would rush out and do something spectacular. Fatal mistake; he wanted to be healed after his own preconceived ideas. This may account for so many suggestions that never reach the deeper healing centers of the body; they are

counteracted by the conscious mind. Naaman did not know, could not have known, that the curative power was not in the water running in the river channel, but deep within the structures of his own hidden self, awaiting to be set into activity by some powerful stimulus from himself or another."

"If it is a question of water,' said he, 'we have two rivers of Damascus that hold more water than all the streams of Israel. I could have washed in them and been cleansed.'"

"His servants, who appeared to have confidence in the suggestion of the healer, came to the sick man and said: 'My father, if the prophet had told you to do some great thing, you would have done it, would you not?'"

"Wash and be clean is a great thought. Its very simplicity makes it great. Great men are simple. Great thoughts are couched in simple words. Some one has said it nettles men that truth should be so simple. What so simple as our great Law of Healing -- subconscious activity directed toward a physical or a moral defect? How wide and far-reaching its results!"

"The sick man's confidence came back to him. It is wonderful how an environment of faith and confidence will energize and stimulate. Jesus himself could perform no mighty work except in an atmosphere of confidence."

"The grim old warrior went down into the water, I think, repeating to himself those magical words: 'Wash and be clean -- Wash and be clean.' Not in the waters of that far-off river famed in story and legend did Naaman find healing for his ills - but in the deep restorative powers of his own being and soul, when that transforming thought took hold and possession of his mind, permeating, infusing and suffusing his soul and body with sublime truth. 'He washed' and - as the account goes - 'was made clean.'"

In the consideration of the above the student of Life Science, and he who would become a Master of Life Science, must view this in the light of the formula for attainment that we have laid down.

A suggestion to be effective must be preceded by a mental vision of the objective. It must take its direction from a strong and sincere desire. There must be a perfect confidence in the results, the will must come into play and there must be action; the word must be spoken.

To what is this word addressed? It is to the You of your being, of which you are reminded in our first Instruction.

We must believe in an infinite supply in accordance with the understanding we gained in Instruction Two, and we must not think in terms of economics, of the law of supply and demand; we must think in terms of the law of Life, the law of demand and supply. The suggestion is the demand and the supply is at hand.

Why is suggestion all powerful? Because it gives a pattern to the conscious, which in turn is relayed to the subconscious, which is part and parcel of the Universal consciousness. Think of the far reaching effects of propaganda. That is a utilization of the power of suggestion. Even wars are won by it. It must be utilized to project the pattern of a new way of life.

To understand suggestion and its powers we must awaken our inner consciousness of power, and this comes about with the conviction that our spirit is linked with the eternal spirit and we must know that there is something within us which is superior to conditions or circumstances and we must take Jesus at his word and must know that as a law giver he knew the law, and that he knew man when he said that "These things, and greater, shall ye do with Understanding."

* * * * *

A HELPFUL SUGGESTION

We need our own philosophy of Life every day. We need to develop it, to live it and to make it so much a part of us that it will sustain us when comes the inevitable day that brings us our greatest of all sorrow, the loss of a loved one.

When this sad day visits us, as it must visit us all, there will be little else to comfort us than our own philosophy of Life. The solicitous words of friends, the slight pause in the order of things are all so inadequate, so lacking in the thing we need. Yet they are all that others can do for us. The burden is our own.

On such a day our own individual philosophy of life needs to tell us that grief for the departed cannot bring him back; that really our grief is for our own loss, not his. For he has finished the course that we are yet to run and when we understand that we are grieving over our own loss and our own plight - not his - we find it possible to face life as it is, with the comforting knowledge that our loss has been repaid by a deeper insight into the true meaning of Life and the source from which it flows.

Perhaps this is so - "Our deepest griefs come not from the loss of those who have ministered freely to our comfort and contentment, but when we lose someone to whom we have given the best of our time, our thought, our energy. And the reason? Because we have lost a part of ourselves that we have given to the object of our love."

Perhaps the best way to heal that wound is to give again, to find someone in urgent need of just such care and affection as we have been lavishing upon the lost one, and to give freely to him.

*

THOUGHT GEMS

A person's thought life is a realm that determines everything for him and one in which he is an undisputed ruler.

* * *

Remember the kindness of others; forget your own.

* * *

William James says - "If you only care enough for a result, you will almost certainly attain it - But you must want it with exclusiveness, and not at the same time want a hundred other incompatible things just as strongly."

* * *

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

DEPARTMENT OF INSTRUCTION

FRIEND --

Often there is in one paragraph, or even in one sentence or word, the subject material for a whole discourse.

As you read page one of Instruction Sixty-three you are going to meet this: "Give to the subjective, thoughts upon things beautiful, and it will reflect beauty. Give it thoughts of love and kindness and these things will be mirrored in your experience."

That is sound psychology. We often have expressed to us, by those studying with us, wonder at the changes that have taken place in their outlook upon life, and the material advances that have been made in their material affairs.

Often they are not aware of the changes taking place until they come face to face with some major problem - and when it has been met and solved in the simplest manner, they view the results with amazement and say, "Can that have been I who did that?"

You cannot study this course, or any course of thoughtful material, and be the same individual thereafter. To associate with thoughts and ideas produces thoughts which have a correspondence to the material studied. This is particularly true if the study has aroused emotions.

When you have completed this course of study, you will have been through a course of reading greater in volume than the New Testament of the Bible, - and we trust every word and every idea, understandable.

If you read and re-read and study it, as some people study the Bible - every cell of your body will have a re-education. You cannot be the same individual. That is what association with ideas will do for you.

We have no quarrel with religion, but we would have you consider what Charles Fillmore, the late presiding genius of Unity, has to say: "The popular teachings, in which the personality of God plays such an important part, do not satisfy the logic of the advanced minds of this age. Our colleges teach that all reality is governed by universal laws that cannot be changed at the behest or the arbitrary fiat of God or man. The teaching is proved by laboratory tests and thus lays the foundation in the students' mind for the scientific control of all things, seen and unseen, and breaks down the personal God theology.

When one who has had this academic training is asked to accept on faith the dogmas of a religion based on the assumption that God is a personality displaying anger, jealousy, revenge, and other evil traits, there is an innate rebellion and declaration of absolute unbelief in any religion."

May the reading of this Instruction be resultful in your life - Happiness is the aim of man. We sincerely wish you happiness. We know you wish it for others, and are helpful in taking it to them.

Sincerely,

S. Hamner Davis

Enc. 63



THE Essenes

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the ORDER.

Copyright by The Order of the Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 63

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

THERE IS GREAT VALUE IN A LIFE INVENTORY, AN HONEST APPRAISAL OF ONE'S PERSONAL LIFE. ONE SUCH INVENTORY OR APPRAISAL WE SUGGEST IS THAT YOU SET DOWN ON PAPER A COMPLETE LIST OF ALL FEARS - WORRIES AND DOUBTS WHICH POSSESS YOU. IT JUST MIGHT BE THAT THESE WRITTEN OUT WOULD SEEM FOOLISH OR SILLY TO EVEN YOU - AND IF THEY DO THEY HAVE A WAY OF HANGING THEIR HEADS IN SHAME AND SLINKING OUT OF YOUR LIFE.

IF, HOWEVER, THEY STILL SEEM REASONABLE - ADD A LIST OF ALL POSSIBLE HOPES OF A HAPPY ENDING - AND A LIST OF THE COMPENSATING EXPERIENCES - AND THEN "THINK ON THESE THINGS" AND YOU ARE ON THE HIGH ROAD TO "A MORE ABUNDANT LIFE."

WEAVING GOLDEN HOURS

Having given you the assurance that the result of understanding of Life Science would be health, success and happiness - we must overlook no avenue of approach to any one of these attainments.

The object of meditation is to look upon and contemplate things desirable - for we do by the power of suggestion absorb something of the things upon which we center our attention. To think deeply upon the good attracts to us good. We have heretofore given you a Bible quotation with respect to "looking upon these things" - good. It was just good metaphysics dynamically expressed.

Happiness is an emotional state - a way one feels. It therefore has its originating source in the subconscious, or subjective mind. That which emanates from this source must have "something to feed upon." It must be given by the objective or conscious mind that which can come forth as emotion or feeling.

If there is given to it thoughts of fear - anger - jealousy or any one of a hundred negatives it can bring forth evil. It does in accordance with unchangeable laws.

Give to the subjective thoughts upon things beautiful and it will reflect beauty. Give it thoughts of love and kindness and these things will be mirrored in your experiences.

Upon this basis it is well to give thought to happiness - for surely this you desire. With this thought in mind we give to you some of the expressions upon joy and happiness from our library and files gathered by us over the years and which we often review, that we may be the more worthy to instruct. Unhappy individuals of necessity must fail to carry the spirit of happiness to others - because the truth has a happy way of shining through - and insincerity has a way of revealing itself in all men say or do.

These expressions we append are for the purpose of inducing meditation. Then we shall give you something of the medical point of view with respect to the need of happiness and the physical effects which flow naturally from that state of feeling.

Here are the thoughts of great minds on the subject of happiness. The author is given where known.

*

We were made to radiate the perfume of good cheer and happiness as much as a rose was made to radiate its sweetness to every passerby.

* * *

Generosity is the investment from which we clip the coupons of happiness.

* * *

Not what we have, but what we use; Not what we see, but what we choose ---
These are the things that mar or bless The sum of human happiness.

* * *

Make One person happy each day and in forty years you have made 14,600 human beings happy for a little time at least.

* * *

TALK HAPPINESS

Talk happiness. The world is sad enough
Without your woe. No path is wholly rough.
Look for the places that are smooth and clear.
And speak of them to rest the weary ear
Of earth; so hurt by one continuous strain
Of mortal discontent and grief and pain.

Talk faith. The world is better off without
Your uttered ignorance and morbid doubt --
If you have faith in God, or man, or self,
Say so; if not, push back upon the shelf
Of silence all your thoughts till faith shall come;
No one will grieve because your lips are dumb.

Talk health. The dreary, never-ending tale
Of mortal maladies is worn and stale
You cannot charm, or interest, or please
By harping on that minor chord, disease.
Say you are well, or all is well with you,
And God shall hear your words, and make them true.

--- Ella Wheeler Wilcox

* * *

If I am happy in spite of my deprivations, if my happiness is so deep
that it is a faith, so thoughtful that it becomes a philosophy of life,
-- my testimony to the creed of optimism is worth hearing. My optimism
rests on a glad belief in the preponderance of good and a willing effort
always to cooperate with the good, that it may prevail. I try to increase
the power God has given me to see the best in everything and every one, and
make that best a part of my life.

* * *

Just being happy is a find thing to do;
Looking on the bright side rather than the blue;
Sad or sunny musing
Is largely in the choosing,
And just being happy is brave work and true.

Just being happy helps other souls along;
Their burdens may be heavy and they not strong;
And your own sky will lighten,
If other skies you brighten
By just being happy with a heart full of song.

--- Ripley D. Saunders

* * *

Character is the basis of happiness, and happiness is the sanction of
character.

* * *

Happiness is purely a matter of reciprocity. He who is happiest is he
who gives the most happiness.

* * *

The secret of happiness is not in doing what one likes, But in liking
what one has to do.

* * *

Cheerfulness and content are great beautifiers and are famous preservers of youthful looks.

* * *

You cannot rightly train one to an air and manner, except by making him the kind of man of whom that manner is the natural expression. Nature forever puts a premium on reality. What is done for effect is seen to be done for effect.

---Emerson

* * *

The great secret of happiness is to study to accommodate our own minds to things external rather than to accommodate things external to ourselves.

* * *

There are two things which will make us happy in this life, if we attend to them. The first is, never to vex ourselves about what we cannot help; and the second, never to vex ourselves about what we can help.

--- Chatfield

* * *

Happiness is the most accommodating of all things. It will come to a cottage as soon as to a palace. You need never wait for any outward pomp to come.

As the sunshine of the Almighty will shine through a simple vine as richly as upon the velvet of a king or upon the gilded dome of a temple, so happiness falls with equal sweetness upon all whose minds are at peace and in whose hearts flow the good thoughts and good sentiments of life.

--- David Swing

* * *

To give happiness and to do good, there is our only law, our anchor of salvation, our beacon light, our reason for existing. All religions may crumble away; so long as these survive we have still an ideal, and life is worth living.

---Aniel

* * *

To make any one happy is strictly to augment his store of being, to double the intensity of his life, to reveal him to himself, to ennoble him and transfigure him. Happiness does away with ugliness, and even makes the beauty of beauty.

---Aniel

* * *

To be happy and make others happy is the highest duty and privilege in life. Ill temper is the chief of crimes and misdemeanors. Ill temper is contagious, and a person has no more right to go about scattering germs of bad temper than he has to propagate smallpox or the measles. "Sunshine from all and for all" is our home motto, and instant quarantine is the penalty for a failure to live up to it. I believe a happy disposition contributes more to success in a life career than any other single element.

---Dorothy Storrs

* * *

Happiness is not in the possession of a fortune; happiness is in the self-reliance and industry that makes a fortune.

Newell Dwight Hillis

* * *

Live only in a great TO-DAY, whose happy thoughts weave golden hours.

* * *

From "Middle Age is What You Make It" by Boris Sakoloff, M.D., Greystone Press, New York, we now give you thoughts upon happiness from another angle as promised at the beginning of the series of quotations above.

"The middle-aged man can be far happier than a young one could ever be. But he must believe that he has a right to happiness, and that his age does not and should not rob him of this happiness which is an attribute of his very nature and a prime necessity for his health.

Youth seldom thinks of happiness. When young people are happy, they are careless about it, casual, almost disdainful. They are not haunted by the tragic idea which so often arises in the minds of the middle-aged man and woman: 'Happiness is no longer within my reach. My best years are over.' This attitude, which grows more hopeless and oppressive with the years, becomes what I might call 'the complex of middle age.' An inferiority complex in regard to the feeling that 'the right to happiness' has been lost because of age leaves an indelible impression on the lives, the activity and the health of countless thousands.

The human organism is a unit in which the psychological and physiological impulses are so interrelated that they cannot be separated, and should not be considered apart. And everything that exists in nature has its tasks and its purposes - such is the doctrine of biology. This obvious truth is frequently forgotten. Happiness is an indispensable heritage of each human being and of humanity as a conglomeration of human beings.

Why and for what purpose did nature give to man this attribute of 'happiness'? Why did she put into his soul, and into each separate cell of his body, this need for happiness?

All living matter strives to achieve harmony, and life itself is an urge for harmony, and for its preservation and defense. This is equally true of the harmony of one cell and of the millions of cells that form an organism. This is harmony in a physical, chemical and biological sense, a harmony which is ever undergoing the processes of change, re-creation and, at the same time, stubborn preservation of necessary elements. This harmony suffers constant attacks but every living being, whether a single cell or a man, has the capacity to resist each attack and to restore its own balance. That is life. But when the attacking forces win out and deviations from harmony become more pronounced, we have before us the first symptoms of death. This is the basic, immovable and most important law of biology.

As long as man retains the power of restoring his physical and spiritual balance he possesses all that life can give. Otherwise he is on the way to failure, to defeat and, in the final analysis, to death. And happiness is that tremendously important and precious biological factor which assists man in restoring the easily impaired balance of his body, of his mind, of his whole self.

I think we will all agree that being happy is an ideal condition for a sick man, for a sufferer. Every physician knows from his everyday practice, the therapeutic value of a 'happy mood.' We also know that negative, unpleasant, reactions have a profoundly depressing effect on our vegetative nervous system, affecting our digestion and our health. Pleasant reactions, on the other hand, definitely leave a beneficial effect on our nervous system,

actually improving our health. We may say that the pleasant reactions conserve our energy, whereas, the unpleasant reactions waste it.

It is precisely because of this, from a medical point of view, that a middle-aged man needs happiness and pleasant reactions a great deal more than a young man does. It is exactly on account of this that the middle-aged man needs to conserve the source of his energy for the preservation of his health.

This may appear inconsistent on the face of it. For are we not forever hearing the cry: 'The greatest happiness is youth!' This is just what the middle-aged man persuades himself to believe; he constantly repeats to himself, 'I'm growing old' --and this thought preys on his mind and makes him feel that he should deny himself all the pleasant sensations which would appear to be manifestations of youth. This is a great error of judgment. He or she - man or woman - has, after the age of forty, a greater right to happiness than has youth itself."

Mighty is the power of thought. So powerful is it that the "mill run" of people disdainfully reject even the suggestion of its potency, but it ever remains true, - outward circumstances can and do only affect us as we "view" them, only as we permit them to control our thinking. The mind of man is quite independent of outer circumstances.

The great lesson is that man is given a will and the human will can direct the course of our thinking - for good or ill - and it is equally true that our thoughts, desires, and "word" move upon the building blocks of the universe and are the very essence of man's creative powers.

Thoughts of happiness create happiness. Live with this conviction. Pass the word along.

* * *

And here is a resolution worthy of repetition --

"I RESOLVE"

To create happiness in myself and others.
I will keep a strong body for the work I have to do; a loving heart for those about me; a clear mind for all truth, whose recognition brings freedom; a poised, unconquerable soul for the ideal whose champion I declare myself,
And I will possess a faith mighty enough to rout anxiety, ride over difficulty, challenge hardship, smile through grief, deny failure, see only victory, looking to the end; by which hopeful assurance now attuned, I am at peace with myself, the world, and the Infinite.

* * *

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

FRIEND: -

The word "Integrity" comes to us from the Latin. Every language has a word of similar meaning. In Spanish it is "integridad"; in Italian "integrita". It means the state or quality of being whole, entire or complete; soundness - entireness - completeness.

The approach to truth, to the real, is in the integrity of ourselves.

You just cannot be swayed by every emotion and every opinion that happens to find expression in your presence, and you cannot allow to rage within you storms of fear, worry, jealousy, hate, and preserve your integrity - You lose the approach and the pathway to accomplishment.

On the front cover of Instruction 64, Emerson gives us a suggestion worth while. We must not with reverted eye lament the past, and we must not do too much tiptoeing to try to see the future. Let us live today - and know for a certainty that we, and we alone, create the future in which and with which we are to live.

No! Let's not do any dreaming of the journey's end. It is probably a weakness in the teachings of many religionists that they emphasize too strongly the hereafter to the neglect of the here and now, - and stress too vehemently salvation, filling the air with demons and the earth with shadows, and fail to encourage an inward quest in search of the divine self.

If you get as much from Instruction 64 as some of us have, you will move through tomorrow unmoved by whatever happens. Things that would make others angry or fearful or nervous, will be accepted by you as an enlightening experience, and you will say to yourself - "I preserve my own integrity. Philosophy is largely a matter of interpretation, and interpretation depends upon viewpoint. What has happened has passed away - it can only hurt me if I allow it to linger in my mind. I am now above that - Now for my next experience. The ultimate end is good, for that is my goal - my desire - my prayer, and by operation of law, my aims materialize."

Yes! Quite a few Bible quotations! But all to the end that you may unfold and realize or meet yourself - and enrich your daily living.

The best thing on earth that you can do is to discipline your thinking and feeling. This you owe yourself. You will know true joy when you teach by example - live and act in accordance with your inherent possibilities.

If things haven't been right with you, start over again - "In the beginning" is right now.

Others are getting this understanding and are succeeding and your help to that end is gratefully acknowledged - but our task is never ended until a new light shines for you.

Sincerely,

THE ORDER OF THE ESSENES

By

J. Hamner Davis

Enc. 64



THE Essenes

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the Order.

Copyright 1943, by The Order of The Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 64

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

"MAN IS TIMID AND APOLOGETIC. HE IS NO LONGER UPRIGHT.
HE DARES NOT SAY 'I THINK,' 'I AM,' BUT QUOTES SOME SAINT
OR SAGE. HE IS ASHAMED BEFORE THE BLADE OF GRASS OR THE
BLOWING ROSE. THESE ROSES UNDER MY WINDOW MAKE NO REFERENCE
TO FORMER ROSES OR TO BETTER ONES: THEY EXIST WITH GOD TODAY.

THERE IS NO TIME TO THEM - - -

BUT MAN POSTPONES OR REMEMBERS; HE DOES NOT LIVE IN
THE PRESENT, BUT WITH REVERTED EYE LAMENTS THE PAST, OR
HEEDLESS OF THE RICHES THAT SURROUND HIM, STANDS ON TIPTOE
TO FORESEE THE FUTURE. HE CANNOT BE HAPPY AND STRONG,
UNTIL HE, TOO, LIVES WITH NATURE IN THE PRESENT, ABOVE
TIME.

--- Emerson

TO MAKE NEW LIGHTS TO SHINE

Because you grasp our Instructions intellectually is no sure sign that you "see" - They will become effective when they reach deeply and arouse your feelings and emotions - - and then you step forth and try them.

Let us illustrate what we mean. People say they believe in Jesus - but do they believe Jesus?

If people believe Jesus, what would they do upon comprehending these four simple statements by him, which are incapable of theological twisting and turning, and dogmatic symbolical interpretation.

1. I and my Father are one. The things I do, I do not of myself, the Father in me, He doeth the works.
2. The things I do, you can do and greater things.
3. If you ask anything in my name, believing, it shall be granted unto you.
4. That for which ye pray, believing that ye have it, it shall be given unto you.

Worship of a teacher is a far different thing from the acceptance of his teachings.

Viewing all the religions of the past we find a tendency to deify the law giver, rather than the truths they taught. In all of them there is much of truth.

We have no quarrel with any religion. If it is effective in producing health - happiness and well being, it must be founded upon truth. These things are the natural heritage of Man. We are not endeavoring to found a new religion. In so far as possible we are keeping personalities out of our teachings. We are not claiming special revelations, nor communications received by some individual from a personal God.

Any one who seriously and earnestly studies any subject and undertakes to write thereon, by the very processes of concentration - meditation and deep thought receives inspiration, and his intuitive senses are tuned to the cosmic intelligence - and there will just naturally fall into his hands the great thoughts on the subject by others.

He who seeks the truth is aided in his search, for the underlying purpose of God is to bring forth in expression and in the material love, beauty and truth.

Man's purpose is to give expression to the infinite.

Here are a set of facts you should have gathered from reading our instructions. All things are present here and now (in embryo) (Instruction #1).

These building blocks of the Universe are in the form of etheric particles, so to speak - energy units they might be called.

These units are in a perfect state of equilibrium.

To become material atoms, these universal building units must be moved upon by some force - and given what might be termed a directional, purposeful, objective, and unifying impetus.

Modern Physics teaches that matter and energy are inter-convertible at the rate of one gram for 10.21 energy units.

At this point remember what we have endeavored to teach you - that right now, is "In The Beginning" - Creation is going on constantly. "In the Beginning" the first movement in nature has to and had to originate in a will. It is spoken of often as "The Word" - A word is the expression of the Mind. Intelligence expresses with words.

The power of thought is the greatest power in the universe. It is creative mind in action. We have heretofore reminded you that all of the modern convenience and luxuries we know today originated in a thought - and here again we emphasize the first element in our practical formula for accomplishment - Vision (see Instructions 11 to 13).

Thought is in fact first cause in any created series and form is effect.

Thought is not bounded by time or space as we have heretofore pointed out, as it is an immaterial in the same sense that the building blocks of the universe are immaterial. (See Instruction 51).

Creative mind of man is therefore not limited by time or space - and the creative mind of man is in truth and in fact one with the creative mind of the Universe. Sensing this, Jesus gave it expression in this form "I and the Father are One" - and when you know and live in the light of this truth you create, you make life worth living - you don't just find it worth living - you are a creator.

Your thoughts put the purpose or principle into a seed planted in the universal (again review Instruction Two with respect to the power of a seed in the vegetable kingdom).

That seed, so called because Christians are taught to think in terms of sowing and reaping, must take a natural course as does the seed in the ground. Perhaps it will make it more clear and vivid to say it must take a natural course as in the well understood case of the germinal origin of the individual.

Therefore when you pray - as we have suggested, you have planted the seed. You must not keep digging it up to see if it is growing. Here is where faith plays its part in the drama of life.

Knowing that you do create by your thoughts, as you can know by reviewing your own life, - and that you operate under laws as fixed and

immutable as are electrical or mechanical laws - you should live, think and act the role of a creator - one with God.

When rightly viewed and properly understood, the teachings of Jesus are most remarkable. He stated very clearly many, if not most, of the metaphysical laws we know today and with which the exact sciences are in accord.

We point the way for you to find the solution of your material problems - a mental process (the complete formula of accomplishment - Instruction 11 to 18).

Throughout we stress dependence upon the subconscious or subjective mind and often detail ways and means of making the contact (silence - meditation - faith and expectancy, etc.).

Is there any variance in that from the teachings of that Essene Master Metaphysician?

Did Jesus not say "Seek ye first the Kingdom of God and all things will be added unto you." That there would be no doubt of his meaning he reiterates "The Kingdom of Heaven is within you" - He said it lies in your mind - It is your subconscious mind - part and parcel of universal mind, in which is omniscience and omnipotence - and it is omnipresent (see Thought Gem #1 page 2 Instruction 2).

How often have we urged that you guard your thinking, if you would safeguard your life.

Could there be any other interpretation of "Keep your heart (mind) with all diligence, for out of it are the issues (success or failure, happiness or misery) of life."

In the last set of instructions upon the subject of happiness we placed emphasis upon the eternal fact that - Whatever thoughts you allow your mind to dwell upon, reproduces without fail in your external affairs. Paul taught "Be ye not conformed to this world, but be ye transformed by the renewing of your mind."

Jesus said the same thing - "As ye sow (in your consciousness) so shall ye reap (in your outer affairs)."

We are the apostles of optimism, we know that our ultimate destiny is good, but we know that it can be long delayed if there is permitted to come about moral and spiritual decadence.

There lies real danger in the too rapid advancement of technology, or the science of the industrial arts. Human engineering must keep pace with chemical, electrical and mechanical engineering; otherwise leisure may become a destructive element in the social life.

We must come to realize that negative thinking encompasses the whole field of friction in human relations. The forward march in the field of mechanics has been in proportion to man's ability to overcome friction. This has always and will ever be accomplished by compliance with natural laws.

The advance in the field of Life Science - and in the life of the individual will be equal to any advances in technology with the elimination of friction, and who is it that does not fully realize that strong characters are the foundation stones of a strong society.

The teachings of Jesus were quite simple and very plain. There is more mystery about how they came to be obscured by theological systems, and how plain and simple statements became the basis for what is termed dogma, and how organizations of undreamed of wealth and power came into being to dictate creeds and policies with respect to his teachings, than there is in anything he said. Take him at his word and accept it that he meant what he said, and you engage in the metaphysical distillation of truth absolute.

If man is made in the likeness and image of God as he said - we must with it accept his statement that God is spirit (mind) and must be "worshipped" in spirit.

If God is pure spirit or mind - man (the real You) must be spirit or mind. What is there so complicated about the thought that if the mind of God is creative, and man is an expression of God - the child of God - "in his likeness" - man is a creator? Every day and all about us we see that man is a creator, - That man's spirit (thought) moves the building blocks of the universe just as in the beginning.

That man embodies force or energy is beyond the pale of contradiction - and that energy and matter are interconvertible and that the units of energy required to produce a given amount of matter is known - a finding of the exact sciences.

We therefore of the Essenes, with a deep conviction of the worthiness of our mission, know that we can supply a desperate need of humanity, and that with the aid of understanding souls in search of truth and self improvement, can bring about a moral and spiritual rebirth and can revitalize religion by the simplification of the laws of life - and giving to men everywhere that which they can understand and use and come to the realization that God and man are one.

Upon this rock we stand - and we put it forth with full faith in the law of life that as we give, so shall we receive, that we may take this understanding far and near - and make new lights to shine in the eyes of men.

*** THOUGHT GEMS ***

Feverish activity is the gesture of impotence. Loud talk indicates lack of conviction. The reformer screams because he doesn't quite believe in his cause. Whoever is sure is undisturbed. No true thinker ever had a noisy mind.

There is but one original life from which all life flows - -
What we think life to be, that it becomes to us.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

CALLING ALL
TO THOUGHT: -

If you think about it, recorded history from 2000 B. C. to date, proves that those who disdain the fact that there is a greater power than man, and seek to usurp that power unto themselves always fail, and the true record is ever written "Perished by Egotistical Ignorance."

That is a happy thought at this time.

Biographies are generally written to record the material accomplishments of men. Far too often we are left in the dark as to the thought processes of the world accomplisners. Of course all of the thought processes of a man are known to him and him alone - but they do shine through in his works.

A thoughtful and searching study of the biographies of the great show that univ-ersally they were conscious of a power which they thought of in terms of "above", "about", "beyond", "without", "within" -- recognized it as greater than intel-lectual or "man powers" -- and accepted the guidance which seemed to come in "flashes".

If you have a sincere desire for the better things of life, want and seek happi-ness and the things that can help bring about that state, you should accept wholeheartedly that which science has proven - to wit: - That every human cell is susceptible to thought impressions - because all motive cells of the body have thought impulses.

When you accept that fact and know that you are, or can become by discipline, supreme dictator of your own thought processes, you are on the road to mastery of conditions.

Add to this a complete acceptance of paragraph Two, Page Five, Instruction Sixty-Five and you approach Mastery of Life Science.

It wouldn't hurt a bit to review Instruction Thirty at this time.

This important thing of awareness of your "unity with the infinite" is not some-thing for vague speculation, nor is it a thing that is going to come about as a result of straining or striving - and most certainly mysticism and super-natural-ism will not be helpful. It is a perfectly natural thing - and it comes to you silently as you absorb the truths of life.

The great promises to you, contained in the Bible, you were told would "come about with understanding." This we endeavor to bring to you, ever grateful to those who help to spread this understanding to a world that stands in need of it.

Sincerely,

THE ORDER OF THE ESSENES

By

J. Hamner Davis

Enc. 65



THE Essenes

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the Order.

Copyright by The Order of The Essenes
Instruction Headquarters - Tampa, Fla.

INSTRUCTION 65

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

"WHILE THE BEE ROBS THE FLOWER OF HONEY, THE BEE ALSO BRINGS SOMETHING TO THE FLOWER - THE BEE POLLINATES THE FLOWER. THE 'FLOWER OF HUMANKIND' IS BEING ROBBED: BUT THE ROBBERS WHO WOULD DESPOIL US BY THEIR SELFISH AND GREEDY DESIGNS, AT THE SAME TIME ARE BRINGING SOMETHING VALUABLE AND SIGNIFICANT TO SOCIETY AND THE INDIVIDUAL AS WELL. WE ARE BEING HURT BUT WE ARE BEING AWAKENED. WE ARE BEING DESPOILED, BUT WE ARE FINDING SOMETHING VALUABLE AT THE HANDS OF EVEN THOSE WHO WOULD HARM US. MAN IS THE PERPETUAL MIRACLE, HE IS NEVER TO BE DEFEATED."

OUR CHANGING CONCEPTIONS OF GOD

Constantly our instructions are being revised and kept abreast of the times. This is one that was written in 1943 and is still timely.

There is probably not one normal adult in the countries affected who has not given some serious thought to the present world situation. Why, we ask, are supposedly civilized and Christian nations at one another's throats with an intensity and to a degree never before equaled in history? Why is almost all of civilized humanity exerting every ounce of effort on a program of destruction? After all the centuries of material progress and intellectual development, why is mankind still spiritually savage?

Regardless of what may be designated by future historians as the immediate cause of this present holocaust, we believe there is a cause behind the usually recognized cause for war, and that cause is the lack of spiritual progress. If spiritual progress had anywhere near kept pace with material progress, the world would long ago have outgrown war.

And who is to be blamed for this lack of spiritual progress if not organized religion? Christianity has been allowed to do just half a job: It was allowed to awaken the latent possibilities within man to the extent that wherever Christianity went there went material progress, but his spiritual conceptions were allowed to shrivel up on a diet of ancient mythology. It has done a wonderful job of making man aware of the fact that there is a God, and there it stopped. It has not succeeded in showing man how he sensibly and logically can use this knowledge to further spiritual growth. To know that a God Force exists and to refuse to learn how to use it can result only in stagnation.

Today the world is searching for an answer to its problems, and many will pin their hopes on the formation of some new World Order. Any new order which may evolve from this present conflict will be even more hopeless than the old unless there is a marked basic spiritual advancement. Any movement to bring permanent peace to the world will succeed only to the degree that it takes into account man's common denominator, God: And to the degree that it accepts an approach to God which does not do violence to reason.

Every one needs a new conception of God.

We humans are continually changing our conception of the things about us. From the time we are first conscious of our surroundings until we finally lose consciousness, our concept of things changes with our broadening experience and knowledge.

Many of these changing conceptions took place beyond the range of our memory, hence we do not recall what our very first impressions were. However, we know that at five years of age we had a different conception of the food we ate, the clothes we wore and the home we lived in than we had at one year. Later on our conception of the more abstract phases of life such as family relationships, our emotions, life itself and the world in general changed also. Most adults can remember their reaction when they first found the truth about Santa Claus. We thought we made a great discovery when we learned that our cousin's mother was our father's sister. The impressions left by our early experiences with love, remorse, joy and sorrow are indelibly marked upon our minds.

Naturally our conceptions of the subjects about which we learned the most in the least time, changed the most rapidly. Upon reaching adulthood, the ordinary material things and common experiences of life are well known and our conception

of them remains more or less static, but in the more uncommon fields such as the arts and sciences and technical professions, our individual conceptions vary tremendously. Our concept of these subjects changes as increasing knowledge and experience in these fields molds our thoughts.

The ancient Egyptians conceived the earth to be like a box, one side of which they inhabited. They believed the heavens to be a gem studded canopy supported at four corners by mountain peaks. They worshipped the sun and held fantastic ideas about that body, and these ideas prevailed for thousands of years.

Ancient Chaldeans conceived the earth to be like a saucer, and their conception of the heavens was far from what ours is today. They were close observers of the moon however, and established the Lunar month of twenty-nine and one-half days. Some think that the practice of calling these lunar periods years prevailed in parts of the ancient world, accounting for the unnatural life spans recorded in the scriptures.

For thousands of years fire and water were considered elements. The human anatomy was a vast mystery and practically all of the physical laws which we have learned to harness and employ for our use were still in the realm of the unknown.

Gradually, down through the ages these conceptions changed as newly discovered truths influenced man's thinking. Today, aided by records and marvelous apparatus, astronomers are actually witnessing other worlds in the making millions of light years away. They have discovered the laws that govern the universe and have proved them to the extent that an eclipse can be perfectly foretold any number of years before it takes place. Today we know that our dear old earth which the ancients believed to be the center of the universe, and which seems so large to us, is only a tiny speck in God's creation.

In most realms of human thinking we rise from a lower to a higher plane of thought. As new truths are discovered and adopted, we shed our old ideas and accept the new. The extraordinary becomes commonplace. To one who never hears of or saw an aeroplane, flying is a miracle. But to the person who understands the functioning of the laws of mechanics and aerodynamics, flying is just a natural consequence of this knowledge. The skilled surgeon performs what to the ordinary layman's mind seems a miracle, but to him, because of his knowledge of human anatomy, it may be just a routine duty. Circumnavigating the earth certainly seemed an utter impossibility to the ancients who believed it to be flat, but since we have learned the truth it has become a comparatively simple procedure. Thus truth always has and always will create freedom.

In spiritual matters too there have been changing conceptions, but these changes have been less rapid. It is said that many great scientists agree that the world's next great progress will be in spiritual matters. It seems to me that there will have to be a wide spread readjustment of spiritual conceptions on the part of the ordinary man who does the world's work. Such a readjustment would constitute a spiritual advance. We must accept the fact that the spiritual and the material are very closely related. We must learn that our lives with their successes and failures are not a hit or miss proposition, but that we ourselves hold within us the power to grasp and understand and use the laws which govern our material and spiritual well being. Jesus proclaimed these mental and spiritual laws, but they have not been accepted.

A noted scientist said that every scientific fact must pass through three stages. First, every one disbelieves it. Second, we say it is opposed to religion. Third, every one accepts it as fact.

Science is organized knowledge. Men and women who specialize in gaining and classifying knowledge are scientists. They are often accused of trying to destroy God. Often they do destroy our old conception of God, but they usually leave a wealth of material out of which thinking people can build a new one. A great many scientists were and are profoundly God conscious, and they have greatly lifted the level of our thinking. The world needs scientific spirituality. It needs some genuine searching for truth in the realm of thought and spirit. It lacks the fearless leadership that could be instrumental in bringing about the adoption of spiritual truth when it is found.

As far back as the most primitive human records reach there is evidence that man is a worshipping being. Man always was conscious of some power that connected him with a beginning; some force that lent continuity to life; some urge which caused him to strive ever upward. In his innermost being he has the feeling that he is endowed with the power to know the unknown or to do the impossible. These emotions were variously interpreted by primitive races, but all of them gave evidence of a belief in some higher and mysterious power. Because their knowledge of this vital element in their lives was so totally limited, they made images which gave expression to their mental conceptions, and called them their gods.

That primitive man had many gods is natural and reasonable. The minds of even the most learned were not able to conceive of one single, universal, all-embracing force, unlimited by the natural bonds of time and space. In fact there are millions living today who still have a primitive conception of the force we are learning to call God. Instead of living in harmony with it, they live in fear of it. The vast majority of the Christian world is still praying to a God "Without" instead of being aware of the Presence within its own consciousness.

We humans dislike change. Down through the ages of our development, every change in our material surroundings meant new adaptations involving physical effort. Every change in our mental or spiritual conceptions means the evolvment of new theories and mental effort, and we are lazy. In matters pertaining to our religion, our progress has been especially spasmodic. We have stood in awe of spiritual mystery. We built up theories based upon our knowledge and experience up to a certain period and then cling to these theories until by sheer force of added accumulated knowledge we are forced to adopt new theories. Something like a stream that bounces and gurgles over the rocks for a short distance and then becomes stagnant in a pool caused by some obstruction, until it rises high enough to find a new channel. There is none of that pioneering spirit which we have displayed in other fields. In the material issues of life we have been more ready to adapt ourselves to the new and have made much greater progress.

In spiritual matters we conduct ourselves like flies around a plate of sweets. We settle down to absorbing what we think is the essence of quintessence. Along comes a disturbing element, maybe a new interpretation of an old truth, or a scientific fact in its second stage when we say it is opposed to religion. We flare up and buzz around and many get lost in the turmoil. Most of us go back to the sweets but a few of the most venturesome are led to look for something even sweeter. They find it and gradually attract others.

At any rate we have been slow about changing our conception of God. But that our concept of God has changed from age to age cannot be denied. History is much more revealing when it is studied with this thought in mind. The actions

of man have ever been very largely influenced by his religious convictions, and these convictions are the product of his conception of God.

Any question involving God is of necessity a profound one. No matter what our conception of God is, it can not easily be described. God is more to be experienced than explained, but the very fact that we long to explain God is proof of His existence. Worship is only the desire to know and to understand and to be understood. Just what mental process takes place in the average Christian's mind while he worships God? What kind of a mental picture does he have? That is something everyone should think about. Certainly that picture is different when we reach an advanced age than it was when we were youngsters. Just what does the act of worshipping consist of? We realize that raises theological questions and we can hear a great many answer that they worship Christ on the cross. It may be that worshipping a mental image is one step nearer the truth than worshipping a stone image, but it is difficult to visualize Spirit. Jesus said that God is Spirit, and when we worship Him it must be in spirit and in truth. For many centuries there has been little if any effort made to really find the truth about God. Instead of allowing the individual to experience the thrill of personally discovering God and developing fully and completely as a result, organized religion has circumscribed our thinking with ecclesiastical dogmas handed down from century to century. True, they have been modified a trifle but it is still mostly a case of believing a few creeds and doctrines or be damned.

Worship should be the natural communion each individual conscience has with the force it recognizes as the source of all life, health, wealth and happiness. That force can be found only within the individual himself. If it does not exist there, it surely cannot exist outside of himself, because it exists only to the degree that each individual can be conscious of and interpret its presence. Logically then, the act of real worship is a matter of communion of thoughts. As we think of God as creative spirit, something within us responds to these thoughts. We have the feeling of being a part of the great scheme of things and we become aware of a great latent power within us. We feel some common point of contact for all creation and we see within our neighbor what we feel within ourselves. Such worship is not confined to any particular time or place and requires no ritual or paraphernalia.

Back of every act there is thought. Thought fathers the deed. "As a man thinketh, so is he," so it is easy to see that all progress is the result of thinking. Right thinking produces good results, wrong thinking produces bad results. Man's innate yearning to reach up, to strive for perfection has resulted in a slow upward progress. That this progress can be accelerated by more universal right thinking is evident.

The old Testament of our Bible is a history of a race of people who believed in One God. What a great step forward this was over the many other beliefs of the time involving hundreds of gods. It unified and inspired the Jewish people to the extent that they became an eternal force in the world. Their material accomplishments have long been forgotten, but their contributions in the realm of spiritual thought will always be apparent. They have made the world God Conscious. But why anyone in this day and age should insist that we must accept Moses' conception of God as final is beyond all reason. In every realm of thought except the spiritual, man has respected the conceptions of ancient masters and used them in the eternal search for truth. When truth revealed their fallacy they had to be forgotten. Only organized religion has insisted that ancient conceptions of God must be believed verbatim.

Let us consider Moses' conception of God as expressed in the writing he is given credit for. Let us remember that Moses wrote about 1350 years B. C. when the scope of human knowledge embraced only the most elemental elements and when only a very small portion of the earth's surface was known to man. Considering these limitations, his story of the creation is a masterpiece, but his story reveals his conception of God. Of course he conceived a God who would make a world just about like he would do it if he were God.

The reason that many people today cannot believe this story of creation literally is because it does not fit their broader conception of God. After learning of the harmony of the universe, thinking people cannot believe in the disharmony of a special creation. After observing and recording the orderly process of creation for centuries and reading the indisputable records in nature itself, scientists have completely wrecked our old conception of God, but in the process they have left material out of which we can construct a more accurate and workable one. They have not destroyed God.

In order to contact God, Moses went up into a mountain, or behind a mist or veil. If some people want to believe that God appeared unto Moses under these circumstances as a man and told him what to do, that is their privilege, but it seems like a childlike conception to us. It would seem rather that Moses found it necessary to seclude himself, the better to concentrate on the methods by which he could make himself and his people useful in the great scheme of things as his communion with the God spirit revealed it to him. Of course the results of these communions had to be interpreted to the masses in terms they could understand. Certainly none of us believe that God has changed since that time but our conception of God has changed.

In the Psalms written about four hundred years later, one can detect a change in the author's attitude toward God. Some of them do depict a God who is altogether terrible, but most of them reveal a conception of a God with whom anyone may develop an intimacy that is soul-stirring and powerful. Witness the Twenty-Third Psalm. The God of this Psalm is a very personal one and comes very near the one revealed by Jesus.

Jesus, in the New Testament, reveals God to mankind more fully and completely than was ever done before. In spite of the fact that organized religion has been concerned mostly about the phases of Christ's existence that mean the least in His efforts to reveal the True God. His gospel of the God spirit within and the more abundant life has lived through it, and it gives us a picture into which any subsequent reconstructed conception of God we may have in the future will fit perfectly. Jesus revealed a God who not only allows, but demands spiritual growth. In fact, any individual who once understands the God of Jesus cannot help but grow spiritually. His spiritual development would be as natural and spontaneous as the development of a fertile seed placed in the ground in the springtime.

We think we must admit that some of the interpretations placed upon the Bible by man have been erroneous. Our numerous creeds and doctrines are all the result of numerous interpretations of the same scriptures, and it is the business of thinking people to separate the wheat from the chaff. It seems that the real vitality of Christianity is practically neglected by the organizations which call themselves Christian churches, and they use for the basis for their belief and teaching the things that were said about Jesus by someone else rather than the things Jesus said himself about God and man's relation to Him. We have clung to the vague and theoretical rather than the practical statements made by Jesus, and the numerous interpretations placed upon them have actually split up the Christian world into hundreds of disunited segments instead of unifying it into a whole. A moment's reflection should convince anyone that any system producing such results must be basically wrong.

Early in the Christian era for instance, there were great arguments and differences of opinion on what was called the Trinity. The Father, Son and Holy Ghost were the subject of great disputes which threatened to disrupt the very existence of Christendom. This question was settled, at least to the satisfaction of the majority, at a council held at Nicea and Nicean Creed is well known and widely subscribed to even to this day. Is there any reason to believe that the good men who compiled this creed in the year 325 A.D. found the absolute and only solution to this scriptural question? We believe anyone at any time is exercising a God-given privilege when he honestly questions the accuracy of this or any other creed. We take that attitude toward every other phase of our existence; why not be sensible about spiritual matters also?

Questions about Christ's life such as surround His coming and going. His apparent ability to defy natural laws and a belief in His physical return have been retained by organized religion at almost the complete exclusion of the things he has taught about the ordinary individual's relationship to God and vice versa.

There are some who are beginning to realize that Jesus did not state a kind of a spellbinding preview of the kind of a show He was going to put on when and if He comes again. He did give us the rules whereby we can bring about the return of His Spirit. He devoted his entire effort to promoting spiritual understanding. He demonstrated the power of working completely in harmony with God's spirit. He said "The Kingdom of Heaven is within you," and He gave many illustrations as to the nature of this kingdom. Most of His examples were objects of tiny beginnings but with unlimited possibilities, illustrating what the proper attitude toward God can accomplish in the life of any individual. He called this attitude Oneness with God. He said, "He who has seen me has seen the Father." "I and the Father are one." and He said that anyone could do the things He did if he would but know the Father.

The need of the world today is not the physical return of Jesus; such a return would accomplish nothing. It would violate God's eternal laws and destroy Truth. What the world needs is the adoption of Jesus' Spirit. We need to recognize that God is within us, that for us God exists only to the degree that we are able to be conscious of His presence within us. We need more to cooperate with the God within than to be begging favors from some God without. Such a God is truly "Our Father" and makes brothers of all mankind.

We believe that Jesus should be studied with an idea of finding God as He experienced and revealed Him. The kind of a kingdom He describes demands that we have a growing conception of God, that is the only kind that can some day lift the world out of chaos. Man must learn that there is no God outside of his own consciousness. There is only one agent through whom His kingdom can possibly materialize on earth, and that is man.

The individual must not only be conscious of this Power within, he must understand it well enough to use it in promoting spiritual understanding. A belief in some supernatural force which somehow by hook or crook accomplishes its aims and a simple blind faith in such a force, has had a value in the past. Blind faith is better than none, but faith coupled with knowledge of the truth has accomplished the seemingly impossible in other fields, and what it could do in the spiritual realm would approach the infinite.

This is a Universe of Law and Order, Cause and Effect. There is no reason why anyone should think that the spiritual realm is an exception. It has been said, "Man will be disciplined, either by himself or by the consequences of his lack of self-discipline." That is truth. We know that our physical and material well being depend upon our obeying the laws that govern these phases of our

life. If we disregard laws of health, we know that punishment will follow all too quickly and surely. Unethical practices in business and professions result in unpleasant consequences in the not too far distant future. It is only in the violation of spiritual laws that we have been taught that punishment will be postponed until the hereafter. This is so vague and indefinite to most people that they break spiritual laws with impunity, gambling on the chance of a death bed repentance or some religious ritual to save them from the much talked about eternal damnation.

This idea seems to completely conflict with what we believe Jesus taught about the Kingdom of Heaven. He said the Kingdom of Heaven was within us. It is like a tiny mustard seed or yeast plant that starts when you start, and wants to grow as long as you live. It will grow if given a chance. "Seek Ye first the Kingdom of God, and all these things shall be added unto you." Obviously Jesus conceived a kingdom here and now not in the hereafter, and furthermore, the discovery of this Kingdom is the cause for a fuller and richer and more abundant life, not the result of an effort to live to be worthy of heaven after death.

A child upon becoming aware of this force within him, and who is taught to understand and train it, will in the course of life develop a thousand pairs of eyes, of ears, of hands and feet, and a thousand tongues to speak of and see and hear and do a thousand things which the "Ungodly" are not even aware of. He will really live the more abundant life. He will seek to do right not because of fear of future punishment, but because consciously doing wrong will kill something within him more precious than anything else, the feeling of Oneness with the Father, the Kingdom within him.

To us this seems the vital part of Christ's teaching. Apparently He was not one bit interested in building up His own prestige. He was interested in demonstrating God's laws which He understood. He knew that upon entering the freedom of spiritual understanding, man would be emancipated from the bondage of the letter of the law. This Kingdom is a mental state, which when once discovered or achieved opens the way to a richer and fuller life.

That His advanced conception of God and His disregard of old established customs and beliefs was misinterpreted and won the disfavor of the authorities of that day is perfectly natural. In fact, the world has not yet accepted His conception of God. It would seem that the chaotic world today had better start paying some heed to the spiritual truths of Jesus if it would avoid complete annihilation. Old traditions and superstitious beliefs had better be subjected to some real honest and sensible scrutiny by the nations who call themselves Christian.

Many religious forms and ceremonies have outlived their usefulness in promoting true worship, and are actually a hinderance instead of a help to thinking people. Actual human experience has long ago passed many of the modes of worship still practiced. The distorted conception the ancients had of the physical make-up and shape of the earth made little difference so long as their actual experience did not challenge this belief. Just as soon as men traveled around the earth and probed the depths of space, these conceptions had to be adjusted. Many persons are still spiritually babes who want their emotions stirred by superstitious fairy tales as a result of outmoded forms of worship which are about as useful as an aid in discovering God as one of Ptolemy's maps would be in locating the North Pole. The one score on which organized religion can be justly criticized lies in the fact that many are more concerned about promoting or defending some denominational system than they are in promulgating truth.

Jesus understood spiritual laws and He stated many positive truths which cannot be evaded or discarded. We are forgiven as we forgive; we reap as we sow; we receive according to what we give. He made many statements regarding man's relationship to man which even the Christian world still views as impractical theory. Was He talking nonsense when He said, "Resist not evil; but whosoever shall smite thee on thy right cheek, turn to him the other also?" Was He just an impractical visionary when He said, "If any man would take away thy coat, let him have thy cloak also, and whosoever shall compel thee to go a mile, go with him twain?" Was He just talking campaign talk when He said, "Love your enemies, bless them that curse you, do good to them that hate you?" Was He completely out of reason when He said, "The meek shall inherit the earth?" Or did He understand the functioning of certain spiritual laws the observance of which would positively smooth the way for civilization? We have no more right to say that these laws won't work than the contemporary critics had a right to ridicule the Wrights at Kittyhawk. Haven't Christians been too busy defending Creeds and Isms to the complete exclusion of the real vitality of Christianity? Pre-medieval minds conceived a plan of salvation and ever since, organized religion has ignored reason and insisted on making that plan work. The old Jewish conception established a God apart from man, Jesus insisted that God was the Truth existing in Man's consciousness. We cannot escape the spirit of these and many similar statements made by Him regarding the rules which govern our well being.

When this present wave of insane destruction has spent itself, will there be just another Armistice, a temporary cessation of hostilities? Will it be just long enough for the greed, hate, intolerance and all the other forces that breed war and are born of war to realign themselves into new and more powerful alliances capable of waging even more brutal and more widespread devastation? History is mostly the story of one war after another. Is mankind destined to suffer ever recurring periods of hell? Are the heartaches, the bloodshed, the anguish and suffering of war going to be continued to be looked upon as coming experiences for each succeeding generation instead of awful memories of a dead past? We are afraid they will unless there is a wholesale readjustment of spiritual understanding on the part of the so-called Christian nations.

Almost every other obstacle in the path of progress has been either completely or partially mastered except the scourge of war. In every field except the spiritual, man has advanced, but in that progress he has had to maintain a constant search for truth regardless of consequences to previous beliefs. Only in spiritual matters has it been a sin to doubt. Spiritual laws govern our behavior but they have been buried under a mass of superstition and religious ritual. Too few of us realize that war is the awful consequence of wholesale violations of definite rules of conduct or lack of self-discipline. Too few of us remember that "Man will be disciplined" one way or the other.

Many church members today cannot wholeheartedly endorse many of the doctrines which their belief is based upon. Science has wrecked their old conception of God and they haven't bothered about evolving a new one. If they were asked point blank as to what they believe, they would be torn between the desire to tell the truth and the fear that telling it would be a sin. They are half-hearted Christians. For them religion has lost its punch. Church membership is merely a passport to heaven after death. Somehow, somewhere and some way, some God is going to see that everything is coming out right in the end. They are blissfully unaware that they themselves are the only channel through which God Power can possibly manifest itself. When in reality our churches should be dealing in a dynamic force capable of transforming this world into the peaceful beautiful place it should be, they are lulling us to sleep with the idea that church membership and support will assure us a pleasant hereafter. In the meantime we repeatedly live through hell.

We believe in a God to whom we humans are all alike. We ourselves have magnified our seeming differences by our own false conception of and stubborn refusal to recognize the truth. How absurd to think that some God favors one or the other. How foolish to bicker over small man interpreted differences in creed or doctrine. How utterly tragic, a world divided by a wrong conception of the very force that would unite it. Is there any possibility for wars to cease under conditions like that?

The Christian world had better adjust its conception of God. Men and women had better start thinking about God. The idea that thinking about God is too profound and should be left to the clergy, is the idea which has let the world lapse into chaos. Spiritual laws must be tried, tested and proven without sentimental emotionalism by everyone. Every thinking person should put his belief to the test. "What is my conception of God?" "Why do I believe what I think I believe?" In honestly answering such questions we may be surprised to find that what was formerly shrouded in mystery and diligently neglected will become fascinating and tremendously important in our effort to make the most out of this life.

A Trinity of TRUTH the Father, WISDOM the Son and LOVE the Holy Ghost may be more practical in solving the problems of this modern world. Maybe this is a scientific fact in the second stage of its existence.

* * * *

A PREVIEW

We have gradually acquainted you with the sub-conscious mind. Two things of importance with respect to it you should know. It is amenable to suggestion. It accepts without question that which is given it by the Conscious Mind. From that point it works forward - not backward to question. It is not originative but is formative. It has the power to and does materialize conditions which are the logical outcome of the suggestions given it. The conscious mind furnishes the seed the subconscious furnishes the soil and conditions favorable to growth and maturity. --- It is therefore apparent you should not hold thoughts of fear or worry. That which you thus anticipate is the principle of the seed planted in the subconscious. Doubt not! It is fertile soil, and it will be brought forth. Why? Because it is a part of the Universal Subjective Mind and this is the creative principle of the Universe.

* * * *

Our happiness today is to so enormous an extent in our own hands. A man is happy when he thinks he is. And why should I not this morning think so? Why should I be gloomy when I can be glad? Here inside me is a force that can drive away the clouds. Our will power, which can call up good thoughts and disperse bad ones; which can fall back on gracious memories as a refuge from present evils; which, in a word, can make its own weather --- our will power, if we will only use it, is our philosopher's stone, that turns all things into gold. The more we give it to do, the better it works.

--- J. Brierley

* * * *

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

JUST TALKING IT OVER

WITH YOU: --

Do not confuse what you find in Instruction Sixty-six with your idea of religion.

Theology is a very complicated affair. It deals with creeds, dogmas, theorems, and interpretations to correspond to them.

Throughout the Bible, when the word "heart" is used, you can substitute the word "mind" and get a better meaning. In the early days, and at the time of the early Essenes, they considered that the heart was the seat of the mind and thinking.

Let us take a quotation from the Bible, that you may understand what we mean: "Keep your heart (mind) with all diligence, for out of the heart (mind) are the issues of life" (health, or sickness; happiness, or misery; material well-being or poverty).

There should be no difficulty in understanding that if you would change your conditions you must change your thoughts.

When you understand this you are no longer at the mercy of circumstances; you are the maker of the circumstances you desire. These are "the issues of the heart" (mind).

In this set of Instructions we use the word "God" because we want to relate it to what you have learned in your religious studies. We not only want to make it understandable, but we want to make it workable.

It can be said that God is Universal Mind, and that you are an individual mind. Universal Mind means everywhere and ever present, and therefore your mind must be a part of it.

Certainly if your mind were isolated and independent there could be no such thing as Universal Mind, because within you there would be one place where it was not, and therefore it would not be Universal.

We are deeply desirous of your grasping this Instruction. It does not conflict with Christian teachings, but strictly conforms to them. Like a drop of water in the ocean, we have all of the attributes of the whole. When you believe it and when you act upon it, you will marvel at the changes you can bring about by strict adherence to the mental formula of attainment we have so clearly set forth and so often repeated.

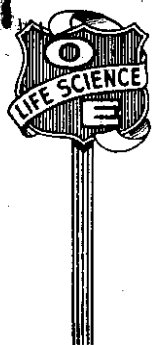
Verily - It cannot fail,

THE ORDER OF THE ESSENES

By

S. Hamner Davis

Enc. 66



THE Essenes

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the Order.

Copyright by The Order of The Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 66

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

"GOD EXPRESSES HIMSELF THROUGH MAN - HIS
PURPOSE CAN ONLY BE REALIZED THROUGH MEN WHO
ARE AWARE OF THEIR ONENESS WITH HIM AND ARE
WILLING TO EXPRESS HIM IN THEIR LIVES. THE
POWERS OF MEN ARE BUT ONE - ALL POWER IS GOD.
THE DIFFERENCE IN MEN'S ABILITIES LIES IN THE
DIFFERING DEGREES IN WHICH THEY ALLOW GOD TO
EXPRESS IN THEM."

- - J. L. Fendrich, Jr.

PERSONALIZING GOD

Jesus, speaking with the woman of Samaria, said "God is spirit" - Let us take him at his word and see how far he was in advance of his time - - - Yes, and even of this time.

With just common sense we can develop an ability to reason on this subject and reach a conclusion which cannot be overthrown by any religious creed, which precludes the possibility of a personal God of parts, and which is soul satisfying as it affirms God within us, ever at hand - available and availing - and which in no way violates the scientific findings of the ages past.

We must gather many threads together. We have expressed it that through our Instructions run golden threads and that they would be woven into a pattern for beautiful and successful living - the object of Life Science, and the legitimate ideal of all religions.

It is basic that the universe consists of matter and spirit. For a thing to have form it must be matter. If it is matter it is finite--not infinite; it is particular, not universal; it comes within the limitations of time and space and is neither omnipresent nor omnipotent.

Going one step further - The source and substance of all things that exist (remember Instruction #2, "All things are here and now") must fill all space. It therefore contains all forms within it and therefore cannot be limited to form.

Science demonstrates that the ether is all pervading and universal; that cosmic waves fill all space. These are within and without every individual. In them he has his existence. We certainly know that radio waves are in the living room, dining room, and bedroom at the same instant they are in the neighbor's house.

Spirit is therefore not difficult to conceive. It is self evident and quite plain that God is not matter. Matter of itself is not and cannot be creative and no one would claim matter to be eternal.

God is therefore and must be pure Spirit. Being universal or omnipresent it must be within us and we must be enveloped within it.

If the characteristic expression of spirit is intelligence or thought - then one of its attributes must be mind - or intelligence. Being unlimited or universal it must be omniscience or all-knowingness, because it is not bounded by time or space - which as you know are relative.

It is therefore not difficult of understanding that the mind of man is part and parcel of the all-pervading mind - and looking about us at any time and any place we can draw the safe conclusion that man is the instrument through which this intelligence works.

Does not this make the statement of Jesus, "I and my Father are one", make sense?

Man, being made in "the likeness of God" has real meaning in view of this understanding. The only likeness man can have to God is likeness of spirit. We now refer you to Instruction Number One, our first effort to acquaint you with the real You of your being.

The source of all life is one. All created series were projected or initiated by thought or intelligence. Therefore spirit, besides embodying intelligence, embodies life itself.

This seems to be generally recognized. In all languages we speak of death as "the spirit leaving the body."

If there is one thing that science builds upon it is the understanding that there is a universal harmony; that the world and the universe show a perfect relation of all parts; that there is an adjustment or perfect order and that the relation is governed by laws - a definite change in the order or arrangement universally brings a definite result.

It can therefore be logically concluded that spirit is the embodiment of harmony. Have we not said that "Life is the constant endeavor of organisms to harmoniously meet existing conditions?" At least it is an accurate description of the operation of the life principle.

Countless are the teachers and teachings which say "God is Love." That love is an ingredient of the spirit principle should be self evident. Through man only can come the expression of the evident desire of the infinite, as we gather it from the trend of life - and the progression of created things. The end and aim is apparently perfection. Seeking perfection is born of the love of creation and love of the thing created.

Likewise we can reason that spirit embodies the beauty principle. Every snow flake has a different design. Man embodies spirit. Spirit embodies man -- The one and same spirit. Does not beauty appeal to man's instinct and his inherent and inborn sense of fitness? Is it not his nature in all he creates to strive for beauty of design and conception?

We therefore conceive of God or Spirit as the principle of life, harmony, beauty and love - and that spirit is governed by laws just as we find electricity has its laws - chemistry its laws - and that things mechanical and inanimate respond in an unvarying and dependable manner to forces and energies applied to them.

Is this not good? We know that when we know the law, conform to it, we can work with it - utilize it in creations of our own - for we are essentially spirit. This is the discovery of the real You of your being - and with it comes the recognition man is a creator in his own right.

Why should those who have conceived God as a person in some far off heaven rebel at the thought of God as spirit indwelling? It cannot be said that what they conceive to be God they cannot give up because they have looked to his love to care for them - believing that in some vague way that love will be partial, when they realize that spirit is the embodiment of love. Is partiality any part of perfection?

Nothing of the personal Savior belief is lost when one comes to the knowledge that it is spirit and is indwelling and ever present.

When God is thus perceived and accepted there is no longer any doubt that "he hears you" - Your prayers are not co-mingled with the prayers of three billion other people, sent afar, to a being to sit in judgment. Judgment has already

been passed - the unvarying law governing spirit insures an answer - in exact accordance with your thoughts. Jesus tried to teach this - using the symbol of sowing and reaping.

"Oh! But I want to feel there is one I can go to, and my sins will be forgiven" some say.

The principle of the forgiveness of sin is written into the very constitution of the universe. If your experiences are not satisfying change your way of thinking and you create a new set of experiences.

What could be more just. Your experiences are a consequence. The fruit of your mental sowing. There is one thing that binds spirit - the thread of your thinking. Create each hour on the spinning wheel of thought a golden thread - and on the loom of life you will weave the pattern of beautiful living which will shine for you.

Not so far back in our Instructions (#65) we considered inductive reasoning. It should be fresh in your mind. We can engage in inductive reasoning by starting with man - an effect - and going back to God - cause.

We have intelligence - we think - therefore it is, so to speak, an inherited ability. How natural therefore was it that Jesus spoke of the "Father in me!"

To conceive of God as spirit and as indwelling should make communion with him a very personal affair. It removes the feeling of detachment -- isolation and separation.

Knowing the qualities of God or spirit as life - harmony - love and beauty, and knowing that by your very nature you are the embodiment of these things - you naturally give expression to these qualities, for is not man's purpose on earth to give expression to the infinite?

Furthermore - knowing that you are a free will agent - you will not, by reason of your understanding, give expression to discord or violate the principle of harmony - because you will realize that you deal with cause - and the consequences are yours.

Knowing that spirit is life - and that life is wholeness, you realize that the healing principle is within you and not afar - and that you can do by direction and indirection - by your thinking - govern its operation.

To come to the realization that your thinking is a thing divine - is creative - and is backed up and supported by omnipotence - will just naturally tend to keep you on guard over your thinking, and this is doubly true when you are conscious that the results will be personal to you.

The Universal laws governing spirit are impersonal, but the consequences of your use of them is personal. The law is exact and exacting - but it is a source of comfort and faith that when you conform in your thinking and acting to the nature of Spirit and give expression to love - beauty - harmony - and what you know as good - that only good can be the harvest of your mental sowing.

Verily to "know thyself" is to know God. We assure health, happiness and success as a result of understanding Life Science. Knowing you are the embodiment of life itself - you will learn to give full and complete expression to it. This is health.

Knowing that happiness is a state of mind and that harmony is the basis of all happiness and that this is a quality of your being, ever striving to be uppermost in your life and affairs, you will learn to give it right of way.

Knowing that success and material well-being are the result of a consciousness, and that consciousness consists simply of a realization and the things you desire are existent - that they are natural and normal and appropriate to your station, needs and requirements - and are yours by reason of your deserving them and having obeyed the law of balanced compensation - you will be able to crystalize your consciousness and materialize your desires expressed with faith and expectancy.

Personalizing God resolves itself into becoming aware of the real You of your being. That heaven is as Jesus said within you - and that therein is God - personalized within you - ever ready to serve you, bringing to the task omniscience and omnipotence.

Faith in these things is resultful. Prayers, in the manner we have endeavored to instruct you, are resultful. God is ever present. Be ever conscious of this fact and you will be unerringly guided on the path of attainment.

* * * THOUGHT GEMS * * *

"All energy of all spirit comes from God. It never becomes power on earth, until we ourselves turn it into action. If you turn God's energy into talk you turn it into weakness. If you turn it into action, you turn it into power supreme."

* * *

"Religion seems so often a celebration of something which has been; it is like an eddy in the stream of life, something apart."

* * *

"Christian faith is a grand cathedral, with divinely pictured windows - - Standing without, you can see no glory, nor can imagine any, but standing within every ray of light reveals a harmony of unspeakable splendors." - Hawthorne

* * *

"The happiness of your life depends upon the quality of your thoughts, therefore guard accordingly; and take care that you entertain no notions unsuitable to virtue and reasonable nature." - - Marcus Antoninus

* * *

"Thinking is the talking of the soul with itself."
- - Plato

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

SERIOUSLY CONSIDER

THIS: -

We hear a lot in religious circles about repentance. According to the dictionary and common understanding this means a sorrowing for sin.

Jesus spoke in the Aramaic. It was translated into all languages - and from one language into another before it was translated into English. Little wonder is it that the true meaning was often missed.

"Repent ye" said Jesus and John - They were too good metaphysicians to advise any one to think in the past - or to sorrow over past sins (mistakes).

Just translate "repent" into "change you mind (thinking)" and it squares with the true teaching. You may not yet realize it, but it is true nevertheless, if your circumstances are not to your liking, then change your thinking and circumstances must change. It is just that simple - so simple that it is most difficult for some to grasp.

There is something else you may not have yet discovered. If you have seriously and earnestly studied these instructions, you are quite a changed individual from what you were in the beginning.

All concede that associations and environment effect each of us. The association with ideas effects us even more than does association with individuals. You are associating with ideas - truth - universal principle, in the study of these instructions.

If you have not reviewed the early instructions recently, do it. You have but to read them, and an association of ideas will flow from it that was not possible in the beginning and you will marvel at the new meaning you grasp. More than that - there will be a spiritual "pick up" - a sort of uplifted feeling. That's exactly what you want to strive for - that feeling sustained. Why? Because it will put something into your demeanor, something into your daily contacts and efforts, which will tend to attract to you the heart-desire you have implanted in the subconscious.

Others less gifted than you have changed their lives by so doing - and you have helped them to it by your support of our work.

Feel the uplift of this - Determine you will do no less!

Sincerely,

THE ORDER OF THE ESSENES

S. Hamner Davis

Enc. 67



THE Essenes

This Manuscript is published by the ORDER OF THE ESSENES, a Corporation not for profit, and always remains the property of the Order.

Copyright by the Order of the Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION NO. 67 Assuring to the Accepted and Acceptable
HEALTH, HAPPINESS AND SUCCESS

THE OLD AND ONCE POPULAR VIEW OF LIFE THAT REGARDED
MAN AS A SINFUL, LOST, FALLEN, DESPISED, DESPICABLE AND
DAMNED THING HAS VERY NATURALLY TENDED TO KILL IN HIM
ENTHUSIASM, HEALTH AND SELF RELIANCE.

WHEN MAN COMES TO REALIZE THAT HE IS PART AND PARTICLE
OF THE DIVINE ENERGY THAT LIVES IN ALL HE SEES AND FEELS
AND HEARS, HE WILL, INDEED, BE IN POSITION TO CLAIM AND
RECEIVE HIS BIRTHRIGHT. AND THIS BIRTHRIGHT IS TO BE
HEALTHY AND HAPPY.

THE RELIGION OF HUMANITY DOES NOT SEEK TO PLACATE THE
WRATH OF A NON-RESIDENT DEITY, NOR DOES IT WORSHIP AN
ABSENTEE GOD.

AN URGE TO HARMONY

When you feel afraid - precisely what do you feel? You, of course, do not feel the thought; thoughts are productive of feeling (remember that) but there is no sense of perception of thought processes -- What you do feel is perhaps a pounding of the heart - a tension of the muscles - cold sweat on the forehead - shaking of the knees - a trembly feeling all over. You perhaps turn pale - you perhaps have a feeling of nausea - your breath comes in short gasps.

Some of the things taking place within you are: The suprarenal glands are pouring adrenalin into your blood, your lungs are endeavoring to pump more oxygen into the blood, your liver is pouring more sugar into the blood, the course of the blood stream is blocked from the head and diverted to organs which control the processes of "running or fighting." The old cave man or primitive within you is functioning. What is the lesson? THERE CAN BE NO QUESTION BUT THAT THE THOUGHT PROCESSES DO AFFECT THE BODILY FUNCTIONING.

Worth careful consideration is this: - These results may be said to be brought about by indirection; by proper training can we not by direction bring about the same results?

Let us go a step further -- Does it not seem reasonable that an individual by a direct command, backed by the emotions, can bring about a result equal to a result which comes about by the contemplation of a picture of the imagination? The mental and emotional in each case being the cause - In one case we have indirection - contemplating a possible material result entirely foreign to the bodily functioning; in the other, we have direction - a contemplation of bodily functioning.

The answer is Yes - Neurotics do just that. There are "heart neurotics" - Palpitation of the heart is too often self diagnosed as heart trouble, when in fact it is the result of temperamental thinking - and the heart is a perfectly sound organ. It may be here remarked that negative "heart thinking" brings disfunctioning - and long continued can bring the organic changes which have been so persistently contemplated.

Turning the coin over - happiness, a good "belly laugh," ecstasy, great joy, great elation, enthusiastic contemplation of expected good have functional results. The organs of the body throw nutritive substances into the life stream. The glands supply the God intended substances - the blood stream becomes normal and all the life processes function normally - and health is the result. That is by indirection.

By direction he who can vividly picture normality - abounding health - and the buoyant and vibrant feeling that is attendant upon perfect wholeness, and can mentally claim it as his own ("believing that you have it") and can with faith and confidence hold the attitude of expectancy (knowing the "seed will bear fruit") and acts appropriately to that thinking - will materialize perfect health.

About "acting appropriately" -- Do or perform some little things that you would do, upon attainment of your desires, every day; in some instances, every hour.

For instance, in a case of paralysis think of the movement of the member or some part of it - and keep trying. Persistence has its rewards.

The late President Franklin D. Roosevelt said to a friend who marveled at some of his qualities of perseverance - "You are looking at one who took two years to learn again to wiggle his toes."

Text book psychology lays it down that (1) "Most of our mental operations are inseparable from images, or are produced by images." Note the words images and imagination (vision). It is so simple to understand as we teach it, that mental pictures clear and definite are the basis of creative thinking, and are the forerunner of demonstrations or materialization. (2) "That those images closely respond to wishes or repulsions, to things we want or do not want, so that this wanting or not wanting seems to be the ultimate motive power in our psychology."

How logical therefore is our mental formula - the second step of which is to put desire power behind your well chosen, thoughtfully produced visions, and avoid the implanting in your mind by others of negative images (fear phantoms). (3) "That inevitably, people will reveal in their thoughts and speeches, in their outlook upon life, and in their lives themselves, the quality of the images filling their minds."

Do we not stress, as do all philosophies and all religions, that as a man thinketh in his heart, (mind) so is he?

Let us therefore glory in the justice of the universal and immutable laws that make it so. Let us accept the promise that as we paint upon the canvas of the soul, so shall it be out-pictured in our material affairs. The end is foreseen! A health-consciousness brings health - a happiness consciousness is productive of joy - a consciousness of material well being manifests in the here and now.

In Bible phraseology we would say unto you, "Verily, that which is seen cometh from the unseen; the well springs of life are within thee; Thou art the creator of thine own destiny. Think ye therefore upon that which is good and desirable; Stand ye as a sentinel at the portals of the mind, and let no image enter that thou wouldst not welcome in the material, for verily it is decreed that thou shalt dwell with the children of thy thought creation. If thou wouldst cast out the only devils that ever were or ever will be, cleanse thy mind of evil images. Heaven is within ye or nowhere. Ye are one with the infinite, when ye accept it as so. In the father's house are many mansions. It is given unto thee to choose the mansion in which thou wouldst dwell by the choice of the thoughts ye harbor and the choice of consciousness ye create by thy habitual thinking."

It is just - it is good - It is Truth absolute. It is now, ever was and ever will be so, the true purpose of the creation of man with free will - the great liberty - the liberty of the Universe.

Yearly life's span is growing longer and as we learn more of the functions of the endocrine glands (since many of the glands which produce the hormones are depositories for the vitamins) we will be able to enlarge this span even to greater length by correcting disturbances in the chemistry of our bodies, and thereby the whole concept of the prime of life may be changed.

We ask that you pay particular attention to the fact that vitamins and hormones are part of the economy of nature - invisible to the naked eye - and to carefully note that science reached the conclusion that the "chemistry of our bodies" may be the controlling factor.

We mean to demonstrate - and you can demonstrate - and it is an accepted fact that your thinking processes have everything to do with the "chemistry of the body."

Is there, therefore, anything out of line - or beyond reason in "mental healing" - "spiritual healing?"

Let us note what the Medical fraternity has to say. Boris Sokoloff, M.D., in his book "Middle Age is What You Make It" tells of a conversation among doctors. A New York doctor said "We have learned to diagnose nervous ailments. But I feel we have made precious little progress toward curing them. It sometimes seems to me that we keep circling around something very important in man and in human nature, something we don't touch and even avoid touching - and yet it is that very something that lies at the root of all nervous troubles."

In the study of Life Science it is that "very something" we deal with - call it Mind, Spirit, Principle, God, or what you will.

In that same conversation a St. Louis physician agreeing, said - "I am inclined to agree. Our science is too formalistic. It aims at the impossible, at treating human beings as pieces of machinery which are in need of repair. We are hampered by the mechanistic tendencies of our age; man is a machine plus 'something' - Yet this 'something' is probably the more important ingredient."

To show you that they were "circling around something important, and avoiding touching it" Sokoloff himself said, "I think we all agree that being happy is an ideal condition for a sick man, a sufferer. Every physician knows from his every day practice the therapeutic value of a 'happy mood.' We also know that negative, unpleasant, reactions have a profoundly depressing effect on our vegetative nervous system, affecting our digestion and our health. Pleasant reactions, on the other hand, definitely have a beneficial effect on our nervous system, actually improving our health. We may say that the pleasant reactions conserve our energy, whereas, the unpleasant reactions waste it."

"The human organism is a unit in which the psychological and physiological impulses are so interrelated that they cannot be separated, and should not be considered apart."

You will quite agree that this eminent scientist came very near to the true answer - "As a man thinketh in his own heart, (mind) so is he." He certainly hovered very close to the expounding of the truth, so simply stated by the Master Metaphysician.

He even went further, saying "All living matter strives to achieve harmony, and life itself is an urge for harmony, and for its preservation and defense. This is equally true of the harmony of one cell and of the millions of cells that form an organism."

Does that bring to your mind that which you have heretofore met in these Instructions - "Life is the constant endeavor of organisms to harmoniously meet existing conditions."

If this be true, as it is, why is it so difficult for individuals to grasp it - have faith in the principle, "Believe" as the great Essene teacher admonished, and not inject improper thinking into the life processes.

To live a life in harmony with what we know to be the attributes of the Universal -- Love, Harmony, Beauty - is to reap the rewards of the universal intended for each and for all.

These are health - happiness - and success.

We have no quarrel with medicine or physicians. We rejoice that they are fast breaking away from the old school - which was symptomatic in method - directed against the symptoms of the disease - and now are seeking causes.

They will go through a period of seeking the causes in the material realm - For instance, they will find that rheumatism, arthritis, gangrene, high blood pressure, and countless other diseases are due to focuses of infection far removed from the seat of the symptoms, pouring poisons or bacteria or germs into the blood stream, or veins and even arteries strangulated by nerve tension.

Their attention will be directed to the attempt to correct these material conditions. The fact is that these conditions have a cause back of them - and it is mental - due to thoughts, emotions, fears, worries and tensions due to mental pictures, and finally must arrive at the conclusion that man by a violation of principle, of law, the laws of the universe, reaps as he sows - and that the sowing is calling forth into materialization, from the unseen - from the universal - and that this calling forth is a mental process.

The constructive and creative use of these powers we possess is the sane and sensible road to a complete life. Such is the object of your study of Life Science.

To do this we must have some very definite beliefs - we must act upon them - and then we know.

We do approach a crisis in human affairs - probably you who read have reached a crisis in your personal affairs - It should be heartening to you to know that metaphysicians - physicians, religionists, scientists and philosophers are fast approaching a common understanding - and more heartening to you to know that the solution of your problems lies within you - and that the solution of our common problems lies in the enlightenment of individuals.

He who helps to spread this understanding knows a satisfaction and a joy - and that joy and satisfaction carries inevitable rewards. It is true service - It is helping people to help themselves.

Realize that you are primarily a spiritual being - accept it that you are an immortal. Believe in your divine source and that the connection has never been severed. Believe in yourself - as a part of omniscience and omnipotence.

You know the qualities of the universal. Incorporate them in your life and undertake whatever you may in the spirit of love and service - and perhaps to your amazement - you will find yourself possessed of health, happiness and all things material to meet your every need.

But forget not - An attribute of the universal is omniactivity - always active - conforming to this quality you must not only believe - but Act - The rewards await -- Reach forth and grasp them.

* * * * *

THOUGHT GEM

Nothing can bring you peace but yourself;
Nothing can bring you peace but the triumph
of principles. -- Emerson.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

LET US CALL IT

MENTAL SUNSHINE:-

"There are some people who have the quality of richness and joy in them and they communicate it to everything they touch. It is first of all a physical quality, then it is a quality of the spirit. It is probably the richest resource of the spirit; it is better than all formal learning -- it grows in power and richness with living. It is full of wisdom and repose, since the memory and contrast of pain and labor are in it."

"People who have this energy of joy and delight draw other people to them as bees are drawn to ripe plums. Most people have little power for living in themselves, they are pallid and uncertain in their thoughts and feelings, and they think they can derive the strength, the richness and the character they lack from one of these vital decisive people" - so says Thomas Wolfe.

Never were opportunities greater than today. The great majority center their thoughts upon "freedoms," "rights," "privileges," "security," and "mass planning" - and are unmindful of building within themselves the quality of richness and joy, and thoughtless of the value of self discipline. They mistake rights and privileges for unbridled license, and are heedless of individual planning. They squander their youth and dissipate middle life and pursue material butterflies to the neglect of mental and spiritual values and real security.

When it dawns upon you that each thought is a deposit in the bank of the future-and will surely return to you without change in character or value, when you realize that every feeling and emotion is registered in the living cells of the body - and from these registrations will be projected, like moving pictures your conscious thinking - and hence your material circumstances - you will be more careful of your thinking.

Why fear, hate, envy or worry? - You must live with the children of your thinking. Why deposit in the bank of the future the seed of thorns and thistles, when you know that they will ruin your garden of memories?

Your thinking of today is the vital thing in your life - and we would impress upon you the understanding that life is a science - and why these things are so.

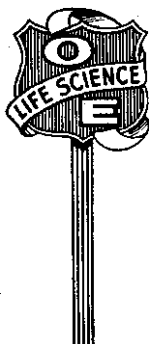
We share with you the joy of helping to spread this understanding.

Sincerely,

THE ORDER OF THE ESSENES

By *B. H. Hammer*

Enc. 68



THE Essenes

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the order.

Copyright by The Order of the Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 68 Insuring to the acceptable and accepted
HEALTH, HAPPINESS AND SUCCESS

"WHOSO WOULD BE A MAN MUST BE A NONCONFORMIST. HE
WHO WOULD GATHER IMMORTAL PALMS MUST NOT BE HINDERED BY
THE NAME OF GOODNESS, BUT MUST EXPLORE IF IT BE GOODNESS.

NOTHING IS AT LAST SACRED BUT THE INTEGRITY OF OUR
OWN MIND.

ABSOLVE YOU TO YOURSELF, AND YOU SHALL HAVE THE
SUFFRAGE OF THE WORLD. -- I AM ASHAMED TO THINK HOW
EASILY WE CAPITULATE TO BADGES AND NAMES, TO LARGE
SOCIETIES, AND DEAD INSTITUTIONS.

--- Emerson

"SAY THE WORD"

Having comprehended that the universal, omniscience, and omnipotence, is absolutely impersonal - and works alike for all and is available to all, and understanding that it is omnipresent - everywhere and at all times, you can come to appreciate the meaning of "without limitation of time or space," (Review Instruction #51.)

You have also learned of the subconscious which is that part of our make-up which governs our bodily functions without conscious effort on the one hand and which on the other contacts the superconscious - is a unit of it - and in effect materializes our conscious commands. We trust too that you are very definite in the conviction that this subconscious reasons deductively and not inductively, and accepts as true what the conscious mind conveys to it - and acts upon it.

To contact - to get the messages of the superconscious or subconscious is the all important thing - The conscious mind is constantly giving to the subconscious - and if you will just examine your own thoughts you will realize the nature of those messages. They are colored by and reflect the visible, the created, the relative - that which you see - read - hear and contact - and your conscious arrangement or interpretation or translation of the meanings.

How few there are who give thought or concern to the matter of getting still and letting the messages come to the conscious from the superconscious. The great majority overwork the one way system, little realizing that the world accomplishes, the great, the successful, the healthy and the minority who know and experience life abundantly, consciously or unconsciously draw or have drawn their inspiration and sustaining power from the universal.

If it be the nature of the subconscious or superconscious mind that it does not recognize external relations or the relative - but it is ever conscious of the absolute - meaning the laws, principles, harmony, and orderly arrangement of the universal - does it not seem logical and sane and sensible that to contact this mind we must rise to its level - open our minds to the interior and essential make-up of all things. In very simple terms, does that not mean a dismissal of our own interpretations and translations of outward appearances and circumstances, our too great emphasis upon effects, and a substitution of the nature of the superconscious we would contact.

We all know some people who are always talking - they have fixed ideas on every subject - they are sure of the rightness of their ideas, and to put it mildly are poor listeners and hence miss many opportunities to learn.

Perhaps that is the way the majority are in matters concerning the conscious and subconscious - and by the confusion of messages to the subconscious bring about confusion in their life and affairs.

There is one thing we can know - That the Universal is not made up of good and bad - good and evil - the constructive and destructive. It is pure life itself - any other element within it would make it self destructive and certainly its nature would not be complete harmony, which we know and can demonstrate it is.

Do you catch a new meaning of the value of true meditation, as touched upon in recent instructions?

It is a preparation for getting en rapport with the subconscious - your subconscious - which is a bay in the great ocean of consciousness - and partaking of the complete nature of the whole.

When you in your thinking are true to the great principles of truth, love, beauty, harmony and rightness --- envy, selfishness, jealousy, hate, fear and the negatives have disappeared and you are "in tune with the infinite." Then can the two way system work - and the messages from the superconscious can come through - subconscious to conscious.

There is this, too, to think about - Your subconscious accepts as true that which you give to it - and works on that basis - deductively.

Perfect "in tuneness" - perfect reciprocity and true cooperation would require that you accept as true the messages of the subconscious - and this too in spite of physical evidence you can see and experience, provided of course the messages gathered by the senses, you have given the subconscious, were the facts.

That is quite easy -- A condition can exist as the result of errors but basically and behind it all is good - the true answer - and an entirely different condition. Conditions change. This is a world of change - evolution is change, perfection is ever the direction and aim of change - The whole world's history is the evidence thereof.

A man may have a wrong answer to a mathematical problem - He is sure of the rules and principles by which he worked it out. He thinks he applied them correctly - and he believes in the wrong answer. When it is checked it is found an error in one part of the solution threw all other parts of the subsequent solution into error.

Life's situations and conditions are but answers - - get that. The laws and principles are fixed, impersonal and unchangeable. If you have put error into the early solution of life problems the error continues throughout until corrected.

If life can be made complete in every respect - and it can - the answer is in the Universal, then how to contact the Universal mind is of first importance.

Emerson it is said went forth every day into the woods - into Silence - opened his mind - and as thoughts came to him he put them down in a notebook - a daily diary of thoughts - and when he came to write it was but the putting into expression the thoughts that came to him.

In the life of Tennyson as written by his son we find that he withdrew his thoughts from things - circumstances and conditions and invited the messages of the subconscious.

There is nothing difficult in this - You just can't do it, however, when your thoughts run along the line "Nobody loves me" - "She said so and so and meant to slight me" - "I am afraid my husband won't come back" - "I am going to lose what money I have" - "Why do people avoid me" - and on and on, ninety percent of which thoughts are selfish thoughts, - what one can have, keep or get.

We must be eminently practical. We have heretofore given you suggestions as to how to give to the subconscious a problem that you may get an answer from the superconscious, of which it is a part - but until it is with you, the student, a workable thing giving you results in your daily life - we must give it to you in many forms of expression.

We have heretofore told you that the truth is the truth no matter where you find it - and that these instructions are taken from every language, every religion, from all times and all countries. There is truly no originality. It all comes from the Universal. In the Essenes we seek to glorify no individual - It is not founded upon the worship of teachers - but upon the veneration of truth by whom-ever expressed. Mysticism has no place in the search for the simple truths of life. - We repeat - Life is made up of simples and the great art of accomplishment is but to arrange them in right and harmonious order -- Then will the riddles of the Universe be solved.

Now for a manner of submitting to the subconscious the every day problems of life.

We will now quote from a lecture of T. Troward of India - delivered in Edinburgh -

"The purer our intention the more readily we shall place ourself en rapport with our subjective entity (he speaks of subjective and objective mind - meaning subconscious and conscious as we use it) and a fortiori (meaning, "for a greater reason") the same applies to that great Subconscious Mind of which our individual subjective mind is a particular manifestation."

"In actual practice the process consists in first forming a clear conception in the objective (conscious) mind of the idea we wish to convey to the subjective (subconscious) mind: then, when this has been firmly grasped, endeavor to lose sight of all other facts connected with the external personality except the one in question, and then mentally address the subjective mind as though it were an independent entity and impress upon it what you want it to do or believe."

"Everyone must formulate his own way of working, but one method, which is both simple and effective is to say to the subjective mind. 'This is what I want you to do; you will now step into my place and do it, bringing all your powers and intelligence to bear, and considering yourself to be none other than myself.' Having done this, return to the realization of your own objective personality and leave the subjective mind to perform its task in full confidence that, by the law of its nature, it will do so if not hindered by a repetition of contrary messages from the objective mind. This is not a mere fancy but a truth daily proved by the experience of increasing numbers."

"The facts have not been fabricated to fit the theory, but the theory has been build up by careful observation of the facts; and since it has been shown both by theory and practice that such is the law of the relation between subjective and objective mind, we find ourselves face to face with a very momentous question.

"Is there any reason why the laws which hold good of the individual subjective mind should not hold good of the Universal Mind also? And the answer is that there is not. As has been already shown the Universal Mind must, by its very universality, be purely subjective, and what is a law of a part must be the law of the whole."

Certain it is that matter of itself possesses no power of voluntary activity. There is a certain inherent activity in every material thing - It is this which determines it to be what it is. When a force outside of itself acts upon it and changes its inherent activity it becomes something else. Substance, mind and spirit co-exist in the Universal. That substance as a part of the universal is without form or is unformed, fluidic, ever-present, and to materialize must take some form of activity. The activity it takes is determined, must be determined by mind or spirit. Mind or spirit must impart to it form or rate of activity and thereby is determined what it is to be.

The seed of tree - fruit - flower or plant has within it as we have demonstrated, one purpose. That purpose may be said to be its mind or spirit - a one cell mind or spirit, so to speak, but with the power to call forth from the universal the material required for its unfoldment and expression, and therefore the power to determine the activity of the undifferentiated substance of the universal and thereby determine the form and quality thereof, appropriate to the fulfillment of its one purpose. Man-given freedom of choice or purpose could have no less power.

As man gains singleness of purpose his power is multiplied, we all observe.

Now let us take health - Certainly it is the natural state of man. Health is harmony throughout the physical body - comfort - ease. Disturbance is called dis-ease. Now certainly matter of itself had no power of voluntary activity to bring on dis-ease. It had to be acted upon by some power to change from a normal to dis-ease -- and that something had to be mind or spirit. The physical condition therefore is a condensation or materialization of the mental or spiritual activity. If it be dis-ease it is the universal substance in a disorderly or inharmonious arrangement. Remember - Perfect building material can be arranged to erect palace or hovel.

The determining influence in your life and in our life and in all lives is the inner life - It is the mind - the thoughts we think - and the spirit in which we labor - the emotions we arouse and utilize which determine health, happiness, and well-being -- or the opposite. Thus we rationalize "As a man thinketh in his own heart, (mind) so is he."

Conditions are thoughts condensed. Thinking is the great solvent for that which has been erroneously condensed. Metaphysics as we teach it, and as the great Essene Teacher, Jesus, taught it, is but a revelation of the inner powers and possibilities of man - revealing to mortals their immortality.

"Ye shall know the truth and the truth shall make you free" - This is very definitely a promise. Jesus made many promises but he was careful to say that those things promised would come about with Understanding.

The way to put one's self in line for the fulfillment of the promises is therefore an inner process. The development must be mental and spiritual. How is that brought about? By mental and spiritual exercise - just as physical exercise develops physical strength. The material things of life are effects, - sequences - and as Ralph Waldo Trine has said "There is a divine sequence running through the universe."

Too much of praying is seeking for that which one feels he does not possess. It emphasizes lack and need and want and limitation - Is that praying, "Believing?"

You who would become Masters of Life Science - contemplate this: If you say to another or to yourself - "You are sick" - and it is accepted as true and a consciousness is congealed to that pattern - sickness IS. It is then and there. Turn the coin over. You say - "You are well," and the consciousness responds - Wholeness is then and there present.

It resolves itself down to "suggestion" - The great task is to prepare the soil (soul) for the acceptance thereof. You are a creator. "The word" is suggestion. Say "The Word."

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

FRIEND: -

There are several things that you know, and we just want to refresh your memory: You have often done three or four times the work that you do ordinarily, without fatigue, and memory will disclose that on those occasions you worked with joy or enthusiasm or with faith in the results.

Another thing you know: You never did a good piece of work when you are in a negative frame of mind or were troubled with fears or doubts.

In the study of Life Science you must comprehend that the great business of life is thinking, and that when you control your thoughts you are the maker of circumstances.

Our students often send us poems and Gem Thoughts, and one of the truest we ever received is this little poem:

"If you think you are beaten, you are;
If you think you dare not, you don't;
If you'd like to win, but you think you can't,
It's almost a cinch you won't;
If you think you'll lose, you've lost,
For out in the world you'll find
Success begins with a fellow's will ---
It's all in the state of mind.

"Full many a race is lost
Ere even a race is run,
And many a coward fails
Ere even his work's begun.
Think big, and your deeds will grow,
Think small and you fall behind,
Think that you can, and you will;
It's all in the state of mind.

"If you think you are outclassed, you are;
You've got to think high to rise;
You've got to be sure of yourself before
You can ever win a prize.
Life's battle doesn't always go
To the stronger or faster man;
But sooner or later, the man who wins
Is the fellow who thinks he can."

Does this not rationalize the Bible passage, "According to your faith, be it unto you?"

Our ambition for you is, and yours should be, to better your condition. Keep this letter about you for ten days, and read it often. That is good auto-suggestion -- it is good medicine for you and every one -- let us share it.

Very sincerely yours,

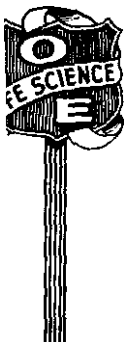
THE ORDER OF THE ESSENES

By

Director

B. H. Hamner

Enc. 69



THE Essenes

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the order.

Copyright by The Order of the Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 69

Insuring to the acceptable and accepted
HEALTH, HAPPINESS AND SUCCESS

IN JOHN 18:37 WE FIND THIS - "TO THIS END WAS I
BORN, AND FOR THIS CAUSE CAME I INTO THE WORLD THAT
I SHOULD BEAR WITNESS TO THE TRUTH."

"A LOST WORLD IS A WORLD WHICH HAS LOST THE TRUTH
ABOUT LIFE; AND A LOST MAN OR WOMAN IS SIMPLY ONE WHO
HAS LOST THE TRUTH ABOUT LIFE; AND THERE IS NO OTHER
WAY UNDER HEAVEN TO SAVE THE LOST BUT BY TELLING THEM
THE TRUTH ABOUT LIFE."

--- Wallace Wattles in "What Christ Says."

A KEY TO MENTAL MEDICINE

"There are persons today who feel that life has defeated them, and they go through the weeks, months, and years in a state of mental inertia, their ambition dead. They have no plans or hope for the future. They feel that it is useless for them ever again to make an effort to climb out of the groove in which they find themselves, or to achieve anything that has even a semblance of their early aspirations. There are others who have relinquished their vision of health, of peace, of happiness. Someone comes bearing the message to them that their chance has passed, that they are too old, that they do not have the necessary training, that their health is gone, that their dream is already dead, and that they need not trouble any more about it." Is that not an accurate description of a pitiful state of mind?

May we suggest that you again, and now, reread Instruction No. 23, and to that list of those who accomplished much after they had passed into what some people call the sunset of life, add this authenticated list of some of the people who lived beyond the century mark.

"The Turk, who attracted so much attention in this country, because of his 156 years, was outclassed by two contemporaries, Rafai Rabal, an Arab Sheik who was 157; and Dr. William Feldman of Stamboul vouched for Fatma Harum's 163 years. William Edwards of Cardiff, who died in 1787 was 167. Louisa Truxo of Brazil lived for 174 years. Petratsch Zartan of Hungary died in 1724, after having lived 185 years. Thomas Caron, of Shoreditch, England, as shown upon his tombstone, lived for 207 years. David Fernison, of Chicago, was 117 years of age at his death; Robert Bowman, of England, 119; the famous Countess Desmond, 120; and Joshua Hightree, 126. J. Brakenberg, the Swedish sailor and the adventurer, was 146 years and eleven months old at his demise."

Could you imagine that any person thinking along the lines set forth in the first two paragraphs of this instruction would ever go down in history as an accomplisher after reaching the evening of life?

If a man at fifty should start reading well selected material from nine to twelve each evening and keep it up only until he is sixty he would in those ten thousand nine hundred and fifty hours, become a well-educated man. Three hours a night for even one year on any particular subject will make one an authority on that subject, if the material studied is authoritative and well chosen.

One of our students is ninety-four years of age -- a member of the American Medical Association -- and a member of the American College of Surgeons, and still active in the practice of his profession. One of our most treasured possessions is a letter from him telling us that he has bound all of our instructions, and that he considers them the most valuable instructions he has met with in his ninety-four years of experience.

Think of it -- at ninety-four still maintaining his interest in the Science of Life. Does not that put to shame one thinking thoughts like those set forth in the beginning of this instruction? This man who still studies at ninety-four writes a steady hand and his signature to his letters and checks shows steady nerves -- there is not a trace of a hesitation when he writes. We purposely

mentioned his checks, because it shows not only his desire to help take this understanding to others, but it indicates a continuing interest in society, and that he cooperates in the endeavors he deems worthy.

We set forth these few facts with reference to this Doctor, whose residence is in the State of Ohio, for another reason. It shows that he recognizes the potency of man's thinking; and after a long life of service in the medical profession, he, from experience, knows that most human ills have their originating source in the mind -- and wants to see the message we have to deliver broadcast, that much of human suffering he has met with in his practice over the years be prevented in the days to come.

We are dealing now with health, the physical, and we recognize that to the individual it is a thing precious and much to be desired. We must therefore tread with caution and must look to the medical fraternity for confirmation of our conclusions as to the power of thought - of faith - and the emotions, in working cures.

The Drs. Sadler of Chicago, authors of Mind at Mischief and Psychology of Faith and Fear, have this to say:

"It is very easy to take the most scientific and fundamental principles of mind cure and make them ridiculous. Nevertheless, few persons who have not had experience in the practice of mental medicine are able to appreciate what vast possibilities are embodied in mind cure, and how many thousands and tens of thousands of invalids and chronic sufferers could be more or less completely cured, speedily delivered from their sufferings and tortures - restored to lives of self-confidence, usefulness, and service - by its intelligent practice.

"Suggestion is the systematic and scientific employment of various methods designed to bring about a process or state of mind and thereby to determine the physical reaction. There are only two ways of removing a set idea from the mind - First, by a process of re-education, and Second, by the persistent cultivation of 'opposite ideas.'

"Suggestion has been consciously or unconsciously practiced since time immemorial. It is one of the secrets of success in the work of the doctor, the lawyer, the preacher, and the tradesman. There are scores of different methods of treating disease, all more or less successful -- notwithstanding their opposite and contradictory teachings -- because the chief element of efficiency in nearly all healing procedures is simple suggestion, faith.

"Suggestion is, figuratively, a form of mental contagion. In fact, it often becomes epidemic when large numbers of persons are involved. Here we see the psychology of the crowd, or the herd instinct. Suggestion may effectually deceive the special senses. Taste, smell, and touch are by no means infallible.

"Mind-cure fads and psychic cults are all shortlived unless they are hooked up with religion.

"You see, a religious mind cure is destined to be more successful and pleasant than scientific and secular mind cures. The divine-healing form of mind cure gives people an excuse for immediate recovery; dignifies all their past performances of doctoring and fussing over themselves; glorifies them as special pets of the Almighty; saves their faces at home and helps them to get right up off their knees and go about their business - cured. In medical mind cure

we have to spend weeks and sometimes months in camouflage treatment in order to give the patient an excuse for getting well."

In the Truth about Mental Healing these Doctors say:

"In the light of scientific revelations, we must look upon man as a whole -- a unit -- despite the fact that the human body is composed of some twenty-six trillions of little cells. These cells are all interrelated; there exists a community of interests. The unification of the individual is effected by two distinct influences:

1. 'Chemical messages,' which are carried to every cell by the circulation (Hormones); and
2. 'Mental messages,' which reach the cells by way of the nervous system (nerve impulses).

Mind exerts an undoubted and far-reaching effect over all the physical functions. The balance of power in health and disease not infrequently rests with the mental attitude.

"The sympathetic nervous system is the mental safety-brake. All mental messages from the higher brain centers reach the vital organs only after passing through the various ganglia, or relay stations, of the sympathetic system, where they are properly censored or at least so modified as to be less injurious to the normal action of the organism. The definition of mind must be enlarged so as to include the whole of that mysterious power which so marvelously presides, not only over the realm of thought and intelligence, but also over the vital physical functions.

"Faith almost invariably inspires one to find a way out of difficulties. At his best, the pessimist is only a barnacle on the ship of civilization as it moves on through the ocean of time. We have known innumerable cases where brain-fag and various nervous infirmities were destroyed by the sufferer's taking an enthusiastic, sanguine interest in some political cause, religion, or romance.

"And so we see that faith promotes normal circulation and restful sleep, begets courage and action, prevents hypochondria and worry; while its antithesis, fear, prevents natural rest, lessens energy, and produces discouragement and despair.

"In its relation to the complexion, skin circulation, and heat regulation, we find striking examples of mental influence. The bloom of health is seldom found on the cheek of the downcast and despondent. Cheerfulness and happiness help much more toward beautifying the skin than does the long-continued use of a multitude of cosmetics, skin foods, and complexion improvers. There is an indirect relation between the bloom of health and buoyancy of spirits."

"In studying the effect of the mind on the nervous system, we find that paralysis of the legs has been cured by the terrorizing influence of thunder and lightning. An old lady who had been confined to her bed for fourteen years with supposedly complete paralysis was one day left alone in the house. While all the family were absent, the house caught fire. The building was at the edge of town, and the flames did not attract attention. The paralytic patient shouted 'Fire!' and called vociferously for help, but no help came. Finally, the flames broke through into her room, whereupon she simply crawled out of

bed and made her exit through the window. Her paralysis was cured. From that day forward, she walked with increasing strength and confidence. Prayer, suggestion, or any other faith-arousing procedure would have worked as well as the conflagration.

"Paralysis has been cured by a patient's sitting with a clinical thermometer in his mouth for one hour each day. The patient supposed it to be a new kind of treatment, and when it was discovered that he felt better after the application, he was required to come and hold the thermometer in his mouth daily for two weeks; and this treatment, unaided by any other method, resulted in rapidly curing his supposed paralysis.

"Fear possesses the power of perverting, distorting, and even originating painful and other disagreeable sensations. Faith and joy are able to lessen, to minimize, and in many instances, actually to banish painful feelings and disagreeable sensations."

We think that a summary of their findings is included in this statement by them.

"Fear can cause practically any and all functional diseases -- and any disease that fear can cause, faith can cure. Faith becomes, then the master key to mental medicine. Mind cure is the real explanation of many an apparent miracle; and understanding of psychiatry helps us to explain many otherwise mysterious and remarkable cures of human disease.

"There exists an enormous field for the operation of mind cure by the average practicing physician. It is our belief, our personal opinion, that, outside of surgical disorders, contagious diseases, and accidents, nine-tenths of all the people who come to the physician seeking relief for their ailments are suffering from functional disturbances which have had their origin in the indulgence of some form of fear; that this great host of human sufferers are victims of circulatory, nervous, and digestive disturbances originating in the imagination; and that the vast majority of these patients can be successfully treated and cured by some system of mind cure.

"Faith is the keystone in the arch of healing. The faith life includes the factors of optimism, satisfaction, happiness, confidence, assurance, trustfulness, hopefulness, certainty, love, cheerfulness, courage, patience, enthusiasm, conscientiousness, and determination; while the fear life includes the factors of pessimism, dissatisfaction, grief, alarm, timidity, anxiety, despondency, suspicion, hatred, worry, cowardice, anger, moroseness, remorse, and vacillation."

In concluding this Instruction we want to leave with you a thought.

Malfunctioning--disfunctioning--non-functioning, and malfunctioning can be brought about by mental processes. Such mental processes long continued and the subsequent long continued malfunctioning as in the case of worry - can bring about organic disorders or disease. With this all physicians will agree.

Now think of this: "Malfunctioning can be cured by mental and spiritual processes."

Is it not logical therefore that organic troubles can be likewise cured? The process may be longer or require more concentrated mental and emotional treatment. Surely we possess a two-way system and the tracks are as long coming back as they were in going. With faith you can think daringly and divinely, and travel the path to wholeness (holiness).

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

SCIENCE VS OLD AGE

More and more we read in our magazines and newspapers that man is extending his stay on this planet. Some of our foremost professors of physiology are delving deeper into this study and are coming up with remarkable discoveries.

Dr. Anton Julius Carlson (emeritus professor of physiology at the University of Chicago) a man who has had years of research in Gerontology sums up his findings in these words: - The best insurance for a healthy and satisfying old age is never to stop learning and never to stop working.

He believes learning should be along lines that will broaden our outlook and enable us to expand, both spiritually and materially. He also tells us that the type of work we do is unimportant and should be the kind that will bring us a satisfied feeling within ourselves.

These facts we have stated in our instructions and letters to you since the beginning of this course. We suggest at this time a review of Instruction #24.

Make up your mind that you're going to live to be a hundred or more, and think of the years ahead of you. Have definite plans for the future and start working toward the accomplishment of those plans, and it will do much to help you attain your goal -- it will lengthen your life, and following the definite instructions we give you, you can accomplish that which now seems remote and hardly possible.

Above all things, do not talk about and think about your age. This alone will be worth all of the time that you have put into the study of these instructions. We would awaken you to your possibilities!

THE ORDER OF THE ESSENES

Enc. 70

B. H. Hamner



THE Essenes

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the order.

Copyright by The Order of the Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 70

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

"CERTAINLY WE CANNOT HELP THINKING ANY MORE THAN WE CAN HELP BREATHING, BUT JUST AS WE CAN CHOOSE TO BREATHE PURE AIR IN A PINE WOOD ON A HIGH HILL, WE CAN PLACE OUR MIND WHERE THE IMAGES IT WILL WORK UPON WILL BE OF A HIGHER NATURE."

IS YOUR MIND CREATIVE OR ANALYTICAL, DO YOU INDUCTIVELY AND DEDUCTIVELY REASON? DO YOU REALLY THINK? THERE IS SUCH A THING AS THE MIND BEING JUST LIKE A MIRROR, JUST REFLECTING THE THOUGHTS OF OTHERS, RIGHT OR WRONG -- DESTRUCTIVE OR CONSTRUCTIVE IN ACCORDANCE WITH THE IMAGES MIRRORED. INTELLECTUAL INDEPENDENCE IS A JEWEL WITHOUT PRICE.

THE CREATIVE POWER

We have now progressed in our studies to the point where we begin to see that the great basic truth underlies all religious, psychological and metaphysical systems, regardless of their age or place of "discovery."

No matter what terms we use, there is a definite and universal method of creating; a definite process which must be followed; use of this method invariably leads to a definite and predictable result.

Let us examine this process under the various names used by different schools of thought:

| <u>METAPHOR</u> | <u>RELIGION</u> | <u>PSYCHOLOGY</u> | <u>PHILOSOPHY</u> |
|-----------------|-----------------|-------------------|-------------------|
| The Sower | Spirit | Objective Mind | First Cause |
| The Soil | Soul | Subjective Mind | The Medium |
| The Seed | Causation | Thought | The Form |
| The Harvest | Experience | Consciousness | The Result |

It can readily be seen from the above that all schools of thought are talking of one and the same process even though they use different terms. Changing terminology never changes principle.

Words are tools we use to describe things of which we are conscious. As an example of what we mean, take the word "Mother." An English or American child says "Mamma." A French baby says "Mamman" and a German youngster says "Mutter." But regardless of the term used, the mother-principle remains the same.

So it is with the great basic principle of life. This principle is immutable, unchangeable. Each demonstrates his understanding by the term used to describe them.

A full and complete understanding of the fact that there is one great truth running like a golden thread through all religious and philosophical systems is absolutely essential before there can truly be a brotherhood of man.

This universal truth can be summed up for Essene purposes as:

1. Infinite Intelligence is the only cause and creator.
2. Infinite Soul, the universal subjective mind of which we all partake, creates in accordance with principle and law.
3. The universe we know is the result of our use of the subjective mind, acting in accordance with the laws governing the use of the universal and individual subjective, laws which are "no respecter of persons" and act alike for the sinner and the saint.

Now you may say, "This is probably all very true of the complete universe, but how does it affect me?"

Several thousand years ago a great philosopher laid down the dictum: "As above, so below." Man is, on a reduced scale, exactly what the universe is on an infinite scale. In other words, man is the microcosm and the universe is the macrocosm.

No two people have the same combination of fingerprints. And no two people see the same universe.

You are at the very center of your universe. You look outward and see RESULTS. You look inward and see the CAUSE. Now don't just skip over this paragraph. Stop right here and meditate on these facts until you have a clear conception of them, for our entire work is based on a complete understanding of cause and result.

You may recall that the great Essene Teacher taught us to pray to "Our Father, which art in heaven." He also told us very specifically that there was no use in looking outside of ourself for that kingdom. He said: "The kingdom of heaven is neither Lo! here, or There! The kingdom of God is within you."

Your world is what you make it. It has been said that: "There is no such thing as a 'victim of fate' for such a man is truly a victim of faith." Paul, the great metaphysician stated a great truth when he said: "Now faith is the substance of things hoped for, and the sign that the things not yet seen are true." (Basic English New Testament.)

The Bible tells us that man is made in the image and likeness of God and it is equally true that man's world is made in the image and likeness of man. The world you see and experience is the world that you --- consciously or otherwise --- have created. You can only see yourself expressing that of which you are conscious.

If, as so often happens, one says "I have tried my best to do what is right and yet everything seems to go wrong. How can you say that I made my world?" The answer lies in the lack of understanding of the inquirer. Time and space, right and wrong, good and evil --- all these are man made concepts. This is not a doctrine which can be taught to those who have no understanding, hence the necessity for all the preliminary instruction you have received.

You have reached the point where you know that "Virtue is its own reward." It pays to be good. Not because of compliance with any legal or canonical code, but because we know that evil is discord and discord is always reflected in the experience of the person creating it.

True, the person who asked the above question did not willingly create discord but undoubtedly he had harbored thoughts of envy, self-pity, criticism and other inharmonious conditions and these manifested themselves in the consciousness of the thinker sooner or later.

Why? Because the principle and the law with which we deal is absolutely impersonal. It is neutral. Like all laws, it is for the high and low alike. It is the rule of action for all. Only by compliance can perfect results be obtained.

Herein lies our power to choose and select, our power to create. The Old Testament (and many other sacred writings) repeatedly state that we are made in the image and likeness of God. This is simply the writer's way of stating that we have in our own universe all the power that the Divine Mind has in the great universe. At the very center of our being we have all the attributes of God.

Man is not a body with a soul; man is a soul with a body.

Being good is so much easier than being evil that we often wonder why perverse humanity insists on doing things the hard way. The exact figures are not at hand, but it is a scientifically proven fact that it takes twice as many muscles to frown as it does to smile. Yet walk along any street in any village, town or city, and note how many more people are frowning than are smiling. This is just

one minor example of the needless wear and tear to which we subject our physical and spiritual bodies.

Life is a process of development. Our objective consciousness is the sum of our experiences. As previously stated, the universal subjective mind is shared by all of us and it is the link which binds us in one great brotherhood.

The new born baby has no objective mind. It does not think or reason. But it does share the subjective mind, the mind which causes its little heart to beat, regulates the temperature of its tiny body, digests its food and tells it when more food is required. But as the child grows, week after week, it starts to develop an objective consciousness, one which looks outward and learns from experience.

Give a baby a spoon and watch it examine it and then taste it, using the senses of sight, touch and taste to build up an idea form. The child learns to make sounds and then to form words. It learns more quickly than a grown-up because it sets no limitations on its ability to assimilate new ideas.

Only after we accept the race-thought "I am too old to do this" or "It is too late for me to learn" do we become static. Perhaps you cannot teach an old dog new tricks, but then we are not dogs. We are made in the image and likeness of God.

This is what Jesus meant when he said "Unless ye become like unto one of these (little children) ye shall not enter the kingdom of heaven" (the kingdom of understanding). Why? Because a child never questions. It never says that a thing is impossible. It has sublime faith. It recognizes no barriers of race or creed. It desires happiness, not only for itself but also for all with whom it is acquainted. Have you ever watched a baby eating a piece of chocolate and stretching it out for others to bite on? There, personified, is unselfishness and a desire to share happiness with others --- truly an exhibition of two of the qualities required "to enter the kingdom."

There is a saying of the Master which has been perverted and misunderstood for twenty centuries. That is "If two of you shall agree on anything, I will establish it on earth." All kinds of sacred rackets have been based on these words, yet their true meaning is plain to any student who realizes that the Bible is written in symbolical language.

Jesus never claimed to have any power not available to others. The real translation of the above, in modern language, would read somewhat as follows: There are two qualities resident in every man which, if brought into agreement, will result in the desired manifestation. These qualities are Faith and Desire. In other words, if you greatly desire a thing and have faith in your power to get it, the real YOU, the "I," will bring it forth into manifestation - - - establish it upon earth. We do not know how this is done, neither need we be much concerned about the method. It is enough to know that "It works!"

Now many will say "This may all be true but it is so impractical." The answer to that is that the human race has been "practical" for thousands of years, yet today we find the whole world torn with bloodshed and strife. Isn't it about time to try the so-called "impractical?" When we really understand the laws we are studying, we will find that that which we now mistakenly term "practical" is in reality the most impractical of all.

No man ever lost anything by exhibiting kindness, tolerance, patience or pity.

We have heard a great deal about divine love, but there has been a woeful lack of instruction on how to demonstrate that godly quality. Yet it is so simple that most persons have overlooked it.

We must give before we can receive. We must serve if we would be served. We must expect tolerance only if we are tolerant. And what does this all add up to? The Law of Compensation, the final ingredient in our formula for attainment (see Instruction 18).

Subsequent instructions will explain the creative process and give the rules which must be followed for successful demonstration. But there is much meat in this instruction, meat which must be absorbed and digested before the rules can be understandingly applied.

Reading these instructions without a study and meditation will avail you naught. Your success or failure is simply a question of consciousness. We can only instruct; you must make application of the instruction. You do not need any occult master or Thibetan Llama to lead you into truth. Where there is a master, there is also a slave. It is our purpose to free you from the superstition that any power outside of you can affect you in any way.

There is but one Power in the universe. That Power is almighty, omniscient, and eternal. And that Power resides in you. It is YOU. "The works that I do ye shall do, yea even greater."

Seeing is believing? No! Believing is seeing. Instead of being a victim of fate, be a beneficiary of faith. In closing, let us quote from an article by Dr. Harvey Hardman in Mental Science:-

"Just as God causes the seeds planted in the garden to spring forth into things that correspond to the nature of the seeds, so will he cause good things to grow in your life when you keep your mind and your emotions attuned to the law of righteousness and praise the good things of the spiritual world. This, we must admit, is the province of our own minds, the work which we must do if we are to get out of trouble and find peace, security and success in life. If you don't like what you have, prepare the soil of your mind and plant a different kind of seed. You can depend on God to bring it forth.

The ground is certainly an impersonal medium which receives the seed without protest when it is poisonous or noxious, and with equal readiness it causes the good seed to spring and grow up, we know not how, but it grows. Clearly then the creative power of the inner Mind (soil) -- the Kingdom of Heaven---receives the thought--seed we sow into it without discrimination as to the nature or type of the seed sown by us, and causes it to grow into outer experience."

You can succeed if you know the power that is in you. It is up to you. No one else can do it for you.

"Stir up the gift within you."

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

YOU WILL BE EXALTED:-

Instruction Seventy-one is comparatively short, but it with other instructions which seemed simple enough, is doing something for you which you may not have realized.

It is exercising certain of your faculties - it is opening and widening and deepening channels which lead to certain areas of the brain.

The man who studies mathematics grows more efficient as he devotes his time and thinking to the solution of his problems with numbers.

The writer who is serious develops his ability in the use of words as he progresses - writes.

In just a few more instructions you will be prepared to grasp material which we will present and which so far as we know has never been presented by any other teachers in the metaphysical field -- not even attempted.

Without all of the material furnished to date, we seriously doubt that many would comprehend the very scientific material we shall offer. But if you have seriously studied our instructions to date, these instructions will hold your attention, - in fact be a revelation to you - and will make very clear to you that which might still be hazy and not fully accepted, and better yet, it will be so convincing - so fortified by reason, experience and scientific findings that you will then be prompted to utilize in your life and affairs the teachings in Life Science. You will clearly see and understand "what it is all about" - and will know that your body is a wonderful mechanism - a living mechanism - complicated it is true, but the most perfect in the world. Being a mechanism you know it must be moved by a power - an energy or force. What this energy is - its source - the method of application and the results will be fully explained.

Just as a preview! You have heard about mind, conscious and subconscious - objective and subjective. What is it?

How can scientists be convincing when they can't tell what the thing is they are trying to explain. Life is a science. We are, when we know what the mind is and what it does and how it does it, approaching understanding that will make the truths we teach workable in your life - if you just apply that understanding.

You will be exalted by the consciousness of your helpfulness in taking this understanding to the world.

Very sincerely,

THE ORDER OF THE ESSENES

S. Hamner Davis

Enc. 71



THE Essenes

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the order.

Copyright by The Order of the Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 71

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

THE HARMONY OF THE UNIVERSE IS MAINTAINED THROUGH
CEASELESS ACTIVITY, AND THE ARISTOCRACY OF ANY
COUNTRY SHOULD BE THE MEN WHO HAVE AIDED IN UP-
BUILDING THEIR COUNTRY -- WHO HAVE CONTRIBUTED TO
THE EFFICIENCY AND HAPPINESS OF THEIR FELLOW MEN
-- THE MEN WHO HAVE MADE THEIR DAILY TASK A WORK OF
UNIVERSAL LOVE, AND WHO KNOW THAT WORK IS THE GREAT
LAW OF LIFE; THAT IT IS WISDOM, POWER AND LOVE IN
EXPRESSION. --- IF AMERICA IS TO HAVE AN ARISTOCRACY,
LET IT BE SO BUILDED.

THE MOVING FORCE

In Florida but a few years back, runted, scrawny range cattle roamed through the woods. At that time the state was infested with cattle ticks which gave to animals not immune the Texas fever.

It is a wonderful tribute to the State and to the rainfall that these cattle were never fed nor watered from the day they were dropped until they were slaughtered. Naturally, they were small of frame, and did not take on a great amount of weight, and were really a joke to people from other states, who were used to seeing purebred animals.

The scientists of the Department of Agriculture discovered that by systematic dipping, the cattle tick could be eradicated, and a long campaign resulted in the elimination of the tick from the State.

Cattle raisers then began to import Brahma bulls to cross with the native cows, with the objective of giving them larger frames; they increased in size.

Then they began to fence areas and grow pasture crops and to cross these larger framed animals with Hereford, and other purebred bulls, and today there are many wonderful specimens of beef animals, and the State ranks high among all the states in beef production. The character of animals was changed.

To read of the work of Burbank in California is inspiring. To see what apple growers have done by cross-pollination, and plant breeding, is an object lesson.

To read of the wonderful specimens of Chrysanthemums and about the wonderful roses that have been produced by floriculturists is a fascinating story. The character of plants has been changed.

It is inspiring to learn of corn growers who have by seed selection doubled and trebled the production of corn.

What is the great object lesson to be learned from the work of these floriculturists, of these scientists who have ceaselessly worked in the field of animal husbandry, of these horticulturists who have worked seeming miracles with fruits and berries, and the agriculturists who have made two blades of grass where but one grew before! There can be but one answer ---

Man has demonstrated that the forces of nature are subject to the direction of man, and that the Bible's promise that man should become a ruler and a creator is being fulfilled. And this is but the beginning. Man was promised dominion of the earth and the things of the earth, and he was told that this dominion would come about with Understanding. Man is advancing daily in his Understanding.

Man has changed the nature of fruits, flowers and animals - but he first observed and then utilized nature's methods. Nature has a mind, but it is passive (subjective). This intelligence, so to speak, in plants, trees, and animals is moved - It moves when the intelligence of man moves upon it. The result--the character of trees and animals undergoes a change - and they bear a different fruit - they mother a new species.

Can there be a doubt in the world but that man can undergo a complete change in character? Countless times it has been done. It is being done. The time required would be no greater, the mental effort no more, than the time, thought, and effort men have spent to change apple varieties, or the size and color of roses.

The pollen that can change the character of an individual is thought. The carrier is not a bee - but the printed or spoken words of men who have gleaned something of the truths of life - Better yet! - Attuning to the voice of nature in silence and in meditation, during which period the deep desire is self realization and the seeking of a new way of Life -- Then is the carrier Omniscience itself. With a changed way of life, the inevitable result of changed thinking, will come naturally life's material blessings - health, happiness, and material welfare; for are not these the fruit of consciousness?

Synthetic rubber, synthetic camphor, synthetic vitamins, and thousands of the wonders of science evidence the fact that man's dominion is coming about.

Burbank took the little, sour plum, which was practically all seed, and made of it a delicious fruit, and countless others in the field of horticulture, agriculture, and floriculture have done equally remarkable things.

Chemical engineers have produced countless seeming miracles.. Had these things been done but a hundred years ago they would have been pronounced miracles.

This leads us to the thought that man has not done so well with respect to the development of his own inherent qualities. Man's thoughts have been turned away from himself to material things, and little Steinmetz, whose acquaintance we enjoyed during his lifetime, when asked with respect to his vision of the future, said, in effect, that the greatest discoveries of the next decade would be with respect to man himself.

We have in a number of instructions shown to you that the life span of man himself is ever widening.

It seems an inherent desire of man to live. If man has been given 30 - 40 - or 50 years more of life by the miracles of science, does not man owe it to the world to make those 30- 40 - or 50 years productive and useful?

We have indicated in our Instructions that by technology leisure is being provided for mankind, and that there is danger in leisure if man is unprepared to use it constructively. There is equal danger in extending man's life span if the extended years are not made fruitful.

There is a science of life and a science of living. To it man must give increasing attention if civilization itself is to survive.

If we have had from our students one letter, we have had a thousand to the effect that their one regret was that they did not learn this science 20 - 30 - or 40 years ago.

Knowledge is not power. How to use knowledge in the service of mankind is power, and we are but at the threshold of the new era that Steinmetz foresaw when he forecast that there would be a chemistry of the emotions, when man would come to the development of his extra sensory perception, and when men's minds would work more divinely, and man would come to realize his Oneness with the Infinite, his power to utilize the forces of nature in the development of all things for the service of man, and by self realization man would develop in the mind era in a way that today we would consider miraculous.

Man has in natural ways changed the life purpose in a seed. Man has changed the life purpose of plants, of fruits and flowers. He has changed the coloration of flowers. He has changed the character of fruits and vegetables, and he has learned to transmute solids to fluids, fluids to solids, and from one product to make a hundred different products.

Observing all of these things, how can man fail to recognize that the forces of nature and the building blocks of the Universe are subject to the will of man? All things are here and now for the benefit of man, and man has but to move upon them with the invincible forces of thought, and they materialize before his very eyes.

There is nothing that we may desire, which is not already provided. Next year's wheat crop awaits in the undifferentiated universal. Our harvest of it will depend upon our sowing and our loving and expectant care and cultivation. This much depends upon man.

It is equally true that nothing more will ever be provided for our good than has already been provided for us. One of our first instructions gave it to you in this manner: "All things are here and now."

The building blocks of the universe are omnipresent - They await materialization - and that simply means that they must be moved upon by a directive force. That man can supply and does supply this motive power or force, we can know, not just believe, by every day observation of the created.

Across the face of all man's productions it is written indelibly that Harmony is one of the attributes of the Universal. It logically follows, therefore, that man must be attuned and be in harmony with the forces of nature; and this simply means that the man whose life is filled with turmoil, fear, and worry is not in harmony with the universal.

One of the attributes of the natural is Beauty. When man is not working for the beautiful, he is not attuned. No man ever produced a beautiful thought, or a beautiful created thing, who did not have love in his heart.

Therefore, it follows that man, to be a creator, must be imbued with the spirit of Love -- love for that which he creates and love for those who will use his creations.

We call these things to your attention with the desire to impress upon your mind the conviction that when we have talked about silence and about meditation and building into your life Love and Beauty and Harmony, we were not speaking sentimentally, but that we were expounding the laws of the Universe, and we were giving you the necessary ingredients of character and personality that would enable you to change your life and fortune, by the simple process of changing your Mind.

* * * *

* * THOUGHT GEM * *

"My thanks go out to every person or circumstance that stirs me emotionally. Never yet have I surrendered to my emotions without gaining an intellectual victory. There comes to me from some mysterious region a new supply of energy. I become more ambitious. I hunger for more work. Tasks that were drudgery become play. I feel power surging through me. Life becomes richer, more colorful, more joyous. My faith becomes greater. There is a feeling that the world is governed wisely -- that the great natural laws may be trusted. It becomes easier to forgive and forget. There is the reward, after the emotional outburst, of serenity -- peace -- quiet understanding."

--- Thomas Dreier

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

DEPARTMENT OF INSTRUCTION

Dear Friend:

We are grateful for your loving thought in sharing with us a portion of your bounty, that we may continue to send forth these Instructions that have proven to be so helpful to so many. We are all of us stewards of the Kingdom, so we have the privilege of choosing our supply and using it as it pleases us most.

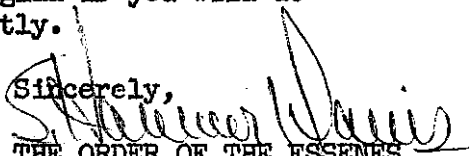
One of the Instructions tells you that prosperity is the presence of God in our lives, therefore omnipresent and universal. Being everywhere, one does not need to go from place to place to get it, for we really find it within. You carry it with you, you are your own prosperity. You are your own idea of wealth. If you can see that prosperity is one with God, it will not be temporal and changeable. It is eternal, not limited in any way.

Good luck is not a thing of chance, not a matter of our stars or our karma, but its cause lies in laws fulfilled, either consciously or unconsciously, the latter with most people, but the former with the enlightened.

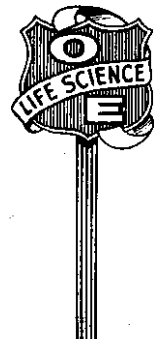
We can receive as freely as we give and in so doing, open the channels for a greater inflow of abundance. "But thou shalt remember the Lord thy God; for it is He that giveth thee power to get wealth". Deut. 8:10. Great principles of prosperity are announced in the Scripture, listen to this one from Jer.17:5 "blessed is the man who trusteth in the Lord, and whose hope the Lord is. He shall be as a tree planted by the waters, and shall not be careful in the year of drought, neither shall cease from yielding fruit."

Daily we state some of the truths concerning our good, the good of the whole Order, and we will be glad if you will do the same that we may all prosper abundantly.

Sincerely,


THE ORDER OF THE ESSENES

SD



THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

BE OF GOOD CHEER!

This letter accompanies Instruction Seventy-two. It seems simple enough, and if you can just mentally attune to it and "Know thyself" - "Forget thyself" and "Be thyself" you can go a long way toward the correction of any condition in your life and affairs.

These are certain life values - to know the true values "makes straight the way."

Freedom is not a value in itself - It is good only because it provides opportunity to achieve values.

"Principles" are lasting values - "things" are transient.

To know the power that creates a condition is far more important than the condition itself. The mentally indigent are ever engaged in combating effects and are unmindful of causes.

All human experience stems from the one invisible source - mind. We are shortly going to go to great lengths in showing you what mind is. You will love it.

When you attain the understanding which leads to the mastership of these Instructions, you will feel sympathy for the great host of spiritual vagrants who wander over the face of the earth looking for something outside of themselves to solve their many problems.

Too great attention to the messages brought to the mind by the physical senses centers interest in effects - and one loses his sense of direction.

To know thyself is the one way to know God.

Jesus spoke a parable when he said, "Straight is the gate, and narrow is the way that leadeth unto life, and few there be that find it."

We are sincere in our belief that we can chart the way.

That we have continued you in this study is our expression of confidence that you will find it - and follow it, and our assurances on every cover of every instruction will be fulfilled.

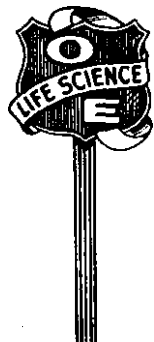
When you recognize that your life is an integral part of All life - and live, give and serve in the full acceptance of that ideal, attainment is a natural sequence.

Very sincerely yours,

THE ORDER OF THE ESSENES

By *S. Hamner Davis*

Enc. 72



THE **Essenes**

This manuscript is published by the ORDER OF THE ESSENES, a Corporation not for profit, and always remains the property of the Order.

Copyright by The Order of The Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 72 Assuring to the Acceptable and Accepted
HEALTH, HAPPINESS AND SUCCESS.

ACCEPT THE TRUTH THAT HUMANITY'S CONTINUAL EFFORT IS TO MULTIPLY GOOD MATERIALLY. PEOPLE ARE ALWAYS ASKING FOR MORE. GIVE THEM WHAT THEY WANT, SUPPLY THEIR NEEDS, AND THEY TURN TO YOU AND REWARD YOU. YOUR OWN SUPPLY IS INCREASED BY INCREASING THE SUPPLY OF OTHERS. THE MORE YOU HELP DISTRIBUTE, THE MORE COMES TO YOU FOR DISTRIBUTION. MAKE A REPUTATION FOR GOOD WORK IN ANY FIELD AND DEMANDS WILL BE MADE UPON YOU FOR MORE OF THAT GOOD WORK. PEOPLE ARE ALWAYS SEEKING MORE MONEY, MORE HEALTH, MORE OPPORTUNITY, MORE COMPANIONSHIP -- ALWAYS MORE OF SOMETHING. THEY GIVE GOOD WILL TO THOSE WHO HELP THEM GET WHAT THEY WANT. THE WAY TO SUCCESS IS SIMPLE. ALL YOU NEED DO IS SUPPLY NEEDS.

-- Thomas Dreier

BE THYSELF!

Our constant endeavor is to acquaint you with the possibilities you possess, and to establish in your mind firmly the fact that so long as you have life you are intimately connected with the life principle, it is within you, and therefore you do on all occasions create, and it depends upon you whether it be the creation of health, happiness and well-being, or the opposites.

All of those who are learned with respect to mental processes advise that the one certain way to overcome self consciousness, timidity, and the natural train of fear thoughts attendant upon that condition, is to "Forget Thyself."

A good way to do this is to become interested in others, to center your attention upon the interests of others; be a good and sympathetic listener, and to learn the great art of giving pleasure, encouragement, and understanding help to others.

Those understanding souls who would be most helpful to you in pointing the way to accomplishment advise - "Be Thyself."

The chief enemy of man's effectiveness and power is unnaturalness. You are here on earth to express some part of the Infinite, and there is some one thing that you can do better than any other person. The great search should be to find what that is, and this process is simplified by finding that which you love to do.

This thought has been beautifully expressed in this way; "If a man gives the world himself, unafraid and with unselfish candor, he becomes interesting, beautiful and powerful."

In this world as it is now constituted, if you attempt to be or to appear to be what you are not you plant within the subconscious seed of frustration and uneasiness.

As you meet people, you will find that those who boast or brag or show off or strut are those who are trying to compensate for an inadequacy of which they are conscious, in their own personalities.

In building our Temple of Wisdom, let us inscribe on it - KNOW THYSELF --- FORGET THYSELF - AND - BE THYSELF --- and then in all affairs of life be perfectly natural, attune to the within of thyself, and get the message of the infinite that is always present on all occasions. Thus you achieve Harmony, and when harmony is achieved, you have health, happiness, and material welfare, for these things are God-intended.

There is deep significance in this introduction to this set of Instructions, which will be highly scientific, but we trust it will not thereby be robbed of its interest - and our endeavor shall be to make it not only understandable, but a real instrument of utility in making your life what it can be - A SUCCESS.

Why "Be Yourself?" Every effort to appear to be that which you are not creates a tension or a strain, which will have its material effects within you -

We would describe one who was "not himself," as unnatural. The natural is the normal. Naturalness gives nature - the life principle - the opportunity to constantly endeavor for perfection, which is its nature. Every organism can then meet existing conditions harmoniously.

Life Science is and must be dual in its character. It must deal with the physical, as well as the mental. They are so interrelated -- one effecting the other

-- that they cannot be separated. The true scientist does not undertake the study of energy as separate from matter. In the denial of materiality lies a fatal error.

At this point let us make it plain that in Life Science we do not throw away the material gains of science.

If you have a broken bone - at once see your doctor. If you have a streptococcic infection, go to a competent medical practitioner that he may administer the appropriate drug. If you have injuries, burns, lacerations, wounds, torn flesh - do not discount the wonderful discoveries of the medical science - Use them. The medical practitioner will freely admit that nature works the cure, and that what he does is to assist nature and that what he administers is with the view - to giving nature full and free opportunity to function.

You should just as freely admit that Nature is resident within your body and that the body has curative substances within it - but that they have their limitations; that the battle often calls for outside help.

Above all - Seek medical advice from one qualified and in whom you have confidence, and then do not have fears, worries, or mental pictures of catastrophe - and thus hamper the curative substances and processes of the body.

Do you suppose that any one can take the above to mean that there is no value in mental healing?

Let us go into the subject of physiology - the material body - and observe some of its functions, processes, organs and organisms and see what effect thinking can have.

Each of you has a heart. You know that generally speaking its function is to pump the blood to every part of the body. You have long since learned in these instructions that every living cell is laved, bathed, and has its being in moisture. The blood is the life stream - supplies the life sustaining moisture. The heart beats, we say. The heart contracts and that pumps the blood into the arteries, veins and capillaries.

Your doctor on examining you takes your blood pressure. There are two blood pressures; the systolic and the diastolic. The word systolic is derived from the Greek, meaning contraction - so the systolic pressure is the pressure as the heart contracts and forces the blood on its mission. The blood flows continuously in the arteries. The diastolic pressure is the pressure during the dialation, or rest period of the heart. The normal systolic pressure is about 125 millimeters of mercury. The diastolic pressure about 80 millimeters.

Perhaps you have heard that the blood pressure of a normal person should be 100 plus his age. That is pure superstition, although variations are encountered in healthy individuals.

There are some highly interesting things about this pumping operation of the heart. In a normal individual each systolic beat pumps from two and a half to three ounces of blood. If you are curious to know how much that is, you can get your druggist to show you a three ounce bottle. Imagine it full of blood and you have an idea of the amount of blood through the heart at each heart beat, and then count the heart beats - and you have a slight conception of one bodily process. The heart beats are approximately seventy-two times per minute - one hundred three thousand a day.

More marvelous than this to contemplate, however, is the fact that the arteries, veins, and capillaries of a normal person, if put together in a straight line, would equal a distance four times around the earth. With such a gigantic task the wonder is that it does not get out of order more often and more easily, rather than that it sometimes gets out of order.

Bruises, bumps, and accidents cause the blood to clot, or form in what we might call lumps, and then we have a clogging in the great blood irrigation system of the body, but nature sets to work immediately to repair the damage.

Anger changes blood pressure. It tightens the arteries and has a blood clotting effect also; so that we see that mental processes effect the life stream. There is a layer of muscles all along the arteries, veins and capillaries, and we shall point out in this Instruction that mental processes effect these muscles, and thus effect the life stream.

In the course of these instructions we have advised stretching, and the tensing of the muscles, and then perfect relaxation. One of the reasons for that advice is that it helps keep the circulatory system elastic and the arteries soft and pliable. Exercise, like walking, is good because it effects the heart, and the muscles contacting the circulatory system. It keeps the pipelines cleared. It is a massaging process in itself.

In taking shower bath, if you have first warm water and then cold water, you give the capillaries and veins a sort of exercise by contracting and expanding them. Physical exercise is good for an individual, just as mental exercise is good for him. We have heretofore recommended massage. All massaging, however, should be done in a manner to push the blood toward the heart, and not away from it. For instance, in massaging the forearm, the pressure would be upward. In massaging the limbs, the pressure would be upward.

It is also very helpful at times to lie on the bed with the feet higher than the head. You recognize that this is a draining of the blood by gravity toward the heart.

Muscular exercises such as we have recommended in the early lessons in this course, automatically give the blood carrying vessels a sort of massage and help in the life process of pumping blood to every extremity.

High blood pressure is a very common disease. It has been estimated that in the United States as many as ten million people have hypertension, or high blood pressure. High blood pressure is very common in the United States, the British Isles, Russia, Germany, France, and Italy, but in China there are very few cases of high blood pressure.

People whose blood pressure is high are invariably high strung, nervous, and excitable, although many with high blood pressure will deny it. One explanation why the Chinese are not effected is that they are self controlled, passive, calm, and have a different philosophy of life from the Occidental. This may not be the sole cause, but it is a most plausible explanation when we know the effects of thinking upon blood circulation, and that mental emotions have a profound effect upon the small arteries and capillaries and do influence blood pressure.

Any physician will tell you that the heart action is exceedingly sensitive and highly responsive to the most delicate shades of variation in the mental state. It has recently been discovered that abnormal mental states can in a measure actually deteriorate the blood.

The heart being a muscle and being regulated by nerve centers, it is perfectly logical that that which influences the nerves, must influence the heart. Faith on the one hand, and fear on the other, do profoundly influence the nerve centers which do regulate the heart.

It is a matter of common knowledge that our breathing is largely a matter of our thinking, and we know that our breathing or respiration is greatly effected by our thinking. The man of faith and confidence, and who keeps calm, breathes deeply, thereby the oxygen intake is increased. When that oxygen reaches the lungs, the heart has the blood there for purification by the oxygen breathed.

Let us look at it from another angle. If a man is fearful and worried and subject to mental depression his breathing is shallow and this lessens the amount of the oxygen entering the lungs, and the blood stream is not fully purified.

Faith and fear not only effect breathing and the oxygen intake and the purification of the blood, but they profoundly effect secretory glands. For example, fear decreases the flow of saliva, and one's mouth feels dry and parched. If one eats while in a mentally disturbed state, the digestive fluids do not flow and one is predisposed to stomach trouble.

When one has the attitude of faith, the entire digestive process is helped. Fear, hate, anger and negative thinking deranges and retards the digestive functions. Do not overlook the fact that the blood is the life of the mind, as well as of the body, and that a pure life stream is a matter of the observation of mental and physical hygiene.

We can now go back to the start of this instruction, wherein you learned that every effort to be that which you are not creates a tension or a strain, and that tension effects the life stream. The curative properties within the human system are carried in the blood stream, and therefore any tension effects the health of the individual. It is therefore highly essential that each of us learn to be ourselves. When we study the circulation of the blood, as we have in this instruction, we come to know ourselves.

When we really understand that timidity, self consciousness, and many fear complexes are the result of thinking about self, we come to understand the wisdom of "Forget Thyself."

We have the most profound respect for the medical profession, but many of its members are inclined to treat disease as an entity and they are inclined to overlook the influences of the mind and the emotions as factors in the cause and in the cure of disease. It is likewise true that some who profess to practice spiritual or mental or faith healing, ignore the body and its organic and functional structure, and that the body is intimately related to the mental and spiritual life; and some go so far as to deny materiality.

It is quite simple to understand that every thought travels the network of the nervous system, and the nervous system is a physical thing, but profoundly effected by the messages it carries. Messages of abstract thinking, such as the working of mathematical problems, have no particular effect upon the functioning of the body -- but those thoughts that arouse emotions, do effect the functioning of the body.

Fear, grief, worry, anger, jealousy, and the negative thoughts, are destructive. Thoughts of joy and happiness and all that is good are constructive. These are the natural thoughts. Happiness is the ultimate aim of man. Naturalness induces harmony. Harmony induces happiness. Therefore, be natural - **BE THYSELF.**

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE.

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

IN THE MOST CORDIAL SPIRIT:

If you have not heretofore sensed it, we want you to know that you are rapidly approaching material in these Instructions of far-reaching import. To understand it one must give it study.

There are a few, and we are happy that it is mighty few, who receive these instructions and are a little neglectful about giving us their assurance that they are understandingly reading and studying them.

If you happen to be one of those who has not written giving us this assurance, we believe that you should do it, because we have reached a point where we are soon to have another checking up process to determine those to be continued.

This is one course of Instruction which carries a man continuously if he shows the proper interest and shows that he is understandingly studying our material, regardless of what he may contribute.

This is possible because many have benefitted - prospered and are grateful and appreciative, and have grasped the spirit of this organization and have contributed, not only sufficient to cover the cost of their own instruction, but to help extend this understanding to others.

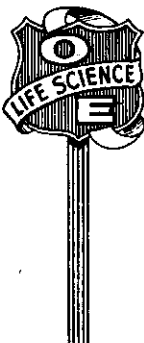
We cannot be true to them unless we are careful to see that the Instructions reach the earnest, serious, and appreciative.

If you continue to receive these instructions, you may be sure we have found you worthy.

Very sincerely yours,

THE ORDER OF THE ESSENES

S. Hamur Davis



THE Essenes

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the order.

Copyright by The Order of the Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 73

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

MEN OF THE EARTH - BROTHERS IN ETERNITY --- SHAKE YOUR SOULS!
AWAKE!

THE HOUR SO LONG WAITED FOR, THE PROMISED HOUR, HAS COME.

OVER THE DARK FIRMAMENT OF SUFFERING HUMANITY IS RISING THE
MORNING STAR HERALDING THE DAY WHEN YOU WILL UNDERSTAND THAT
MAN'S MOST SACRED DUTY IS TO BE MAN - THAT IS - TO MANIFEST
LIFE, INTELLIGENCE, TRUTH AND LOVE.

THERE IS NO HIGHER AIM - NO VASTER PROBLEM, AND YOU WHO
REALIZE THIS, WILL BREAK THE FETTERS WITH WHICH IGNORANCE
AND FEAR HAVE BOUND UNCONSCIOUS HUMANITY, WILL STAND UP FREE
AND KNOW YOURSELVES TO BE THE ETERNAL MANIFESTATION OF THE
UNMANIFEST, - WITNESS OF THE ABSOLUTE - SONS OF THAT GREAT
ALL, WHOM YOU CALL GOD.

THE KEYSTONE OF THE ARCH

This set of Instructions measured in words and pages is a short one -- but one that should long be remembered.

With one reading of this Instruction you are not going to get the full significance of it. It calls for the exercise of your reasoning power. If you once get it, however, you are advanced mightily on the road to understanding.

When Moses was asked to deliver Israel, he asked, "What is God's name? When they shall say to me, 'What is his name?' what shall I say unto them?" And it is related that God said unto Moses, "I am that I am:" and He said "Thus shalt thou say unto the children of Israel, I Am hath sent me unto you."

You have often heard, "I think, therefore I am," which has been credited to Descartes.

You have read our Instruction #37, touching upon "I Am" and were advised in other instructions to avoid saying "I am poor" - "I am sick" - and the negatives in connection with "I Am."

Perhaps you are familiar with the fact that certain cults have been built up around "I Am". Likewise it is a fact that some Metaphysical Teachers have attached mystical importance to these words - some have called "I am" - "the lost words of power" - whatever that may mean.

If they have been lost, it is a strange thing, for each of us daily uses them thus - "I am splendid - how are you?" or "I am terribly worried" or "I am extremely happy" or otherwise.

In the mental test tube of our own laboratory let us dissolve the mysteries - let us use common sense and arrive at an understanding of the meaning of the alleged conversation of Moses with God. Moses was a great teacher. His great thoughts he attributed to God. This is easily understandable.

Please follow us closely. Let what is to follow fall as a seed in fertile soil.

LIFE IS BEING. When you say "I am" it is the assertion and recognition of "being" - of life. You experience a state of consciousness. You are conscious of "being" - aware that "you are," and of the state of existence.

Along with this consciousness of being there is always an awareness or consciousness of outward conditions - of our outward conditions. Our awareness or consciousness bears a definite relation to our conditions.

Those conditions of which we are thus aware are an effect. This none can deny. The cause or originating source must therefore be in the mind - thought. Thoughts along certain lines produce a consciousness - The consciousness is the motivating principle of creation.

All science agrees that perfect order is the nature of the universe. The creative order is therefore from states (of consciousness) to conditions. Practically, the whole human race has this order reversed. It says, "If such and such conditions existed I would be happy, etc." - as though the conditions created the states. The Master of Life Science must come to know that he is the creator of conditions.

Consider therefore the processes - The imagination creates a picture of the desired condition. This is vision, the first step of our mental formula of attainment.

Next - The attractiveness of that vision, plan or purpose kindles the fire of desire, our second ingredient. If to that combination we add confidence that it is a condition appropriate and normal to us - which is the true meaning of what the religionist calls faith - we approach fulfillment of our desires - which will be a condition of which we will be conscious.

--- and why not have faith? The whole of creation was in equilibrium in the beginning. It was moved upon by creative thought and took form -- In other words it was energy in balance, science says electrons and protons; it was given directive impetus, it congealed or the electrons and protons combined and materialized. Energy and matter are interconvertible. There could have been but one motivity - Thought - and thought gave birth to the desire. Desire is but formative thought.

A principle of Nature is - "As above so below." The great secret of self realization then is the recognition of our relation to the Supreme Mind - or Omniscience.

Now we can go back to the law as Moses expounded it - "I am that I am". The creative ability of the infinite is resident within us. God's expression is through man. We repeat what we have heretofore taught, that the infinite can do for man only that which he can do through man. Add to that this fact - That thought is man's creative instrument - the maker of conditions. You can then complete the arch, if you will use the keystone - Man's mind is a part of Infinite mind. - Get still and attune to it!

Herein we have reviewed our mental formula of attainment with the exception of the last two ingredients which are that man after visioning - and after having developed a desire, and after having generated faith, must determine to do or be. Put another way, he must use his volitional powers or exercise his will - Man was created a free will agent - (emphasis upon the word agent).

To complete the formula and to bring about the conditions which he would desire to greet his waking consciousness - man must observe the Law of Balanced Compensation -- must do something about it. What to do and how to do it will just come to you or anyone who "keeps his eye single" upon the object of his desires.

Thought upon any subject is attractive of the thoughts that relate to it - It is just a matter of receptivity - The attitude of receptivity is the attitude of expectancy. This calls for calmness and relaxation and faith that the answer awaits in the Infinite and that you are One with the Infinite.

A word about this being "One with the Infinite," or as Jesus expressed it - "Oneness with the Father." The word man means a distributor or measurer - as do all words derived from the Sanscrit root M. N. such as moon - month and mind. This explains why in the Bible man is spoken of as a dispenser or "steward" of Divine gifts.

It is not with any thought of self praise or commendation of our Instructions that we mention the fact that countless people write us that "Life Science is my religion." If religion is an attitude toward life and a way of living - then Life Science is a religion. If religion does not enrich our lives, bring about the understanding of our real natures, powers and possibilities, and relate us to the universe and to our fellow man, and help us to live more securely, intelligently and happily, then religion is destined to lose its place in the hearts of man.

None of us study life entirely from books. We do not - in early life at least, dedicate ourselves to the study of life. We are all actors in the play before we are observers. All of us need, however, to be warned against being misled by the trivial - when we are concerned with the essential.

In whatever business you may be engaged, no matter how small, realize that within it is the germ of a bigger business, and if it serves man, it is "God's work."

He who farms and produces food is "feeding God's sheep" - or doing "God's work," for man has physical as well as spiritual needs.

Of this we may be sure, - that whosoever helps to spread the truth, and true understanding to the world, now so greatly in need of it, - is doing "God's work."

You can be equally sure that he who decries the dignity of labor, knows not the truth, and understanding is not in him. In the divine economy, leisure is for those who have earned it, and know its uses. Leisure, for the sake of leisure only - as an ultimate aim in life - is "a snare and a delusion."

There is no obstacle to the realization of your fondest dreams, except your own limitations. Your "fond dream" is vision. Your limitation is in your consciousness. You must be permeated with the conviction that the thing you vision is normal for you. You can and will "do or be," if you are fully aware of the simple truth "I am that I am." That is simply realizing your "divine heritage" - your "one-ness with the Father," that you are the "agent" of omnipotence - a channel of expression of the Infinite.

We are back to our premise - "Life is Being" - the recognition that you are an I-dentity - I am - I am that "I am" - "I am" is the "name of God."

Following up the premise - Yes! Your surroundings and conditions at birth, are a carry-over from the consciousness of your parents or forebears - but you likewise inherit "free will" - the ability to vision, desire, and exercise faith and volition. These are the instruments of creation - the maker of conditions. Ever changing conditions should make you conscious of this - and this is self realization.

If you are ever in search of causes outside of yourself to explain your limitations - your search is in the wrong direction -- "Within is the empire of man." Yes! First is consciousness, and conditions are secondary - effects. Consciousness is the creative principle within you.

Face life as it is! Soft jobs or "snaps" make soft individuals. Overcoming forces that resist us is the certain road to strength. Our powers are not brought to a focus by the things that "come easy."

Let us turn to the psychological aspects of all this. If someone encourages you - praises your work or abilities you get a "lift." If you praise and give recognition to another for work well done, or express appreciation of his good qualities, you add to the sum of human happiness - both his and yours. This is a form of suggestion - the affirmation of the existence of higher qualities.

If you believe that within you are higher qualities and that in some way you are linked with the infinite, and that by giving of these values and a division and sharing of what you have you build and grow, you have surprises in store for you. The greatest joy that can come to you is to be surprised at your progress, to discover that you have more powers and abilities than you suspected. Then you will see life unfold like a rose, and bring you face to face with new and unexpected beauties.

This is not a Utopian dream. It is not based upon a belief in a far off God in a far off heaven with the human qualities of envy, favoritism, jealousy, hatred or the spirit of revenge. It is based upon principle. Cause and effect are just as much in evidence in the spiritual realm as in the physical.

The building blocks of the universe are ever present, they respond in accordance to laws - or the "Will of God" - But the motivating influence, governed by laws, is a thing apart. This you may call God or Principle.

To be effective you must come to know that while it is a thing apart from the building blocks themselves, and from the laws governing them, it is not and cannot be a thing apart from YOU. It is resident within you. Life - Being - Principle and God are synonymous. With understanding - "I am that I am" is the great affirmation - Truth Absolute!

* * * * *

THOUGHT GEMS

The best and noblest lives are those which are set toward high ideals. And the highest and noblest ideal that any man can have is Jesus of Nazareth.
-- Almeron.

* * *

Real life is, to most men, a long second-best, a perpetual compromise between the ideal and the possible; but the world of pure reason knows no compromise, no practical limitations, no barrier to the creative activity.
-- Bertrand Russell.

* * *

The life of every man is a diary in which he means to write one story, and writes another; and his humblest hour is when he compares the volume as it is with what he hoped to make it.
--- James M. Barrie.

* * *

Life is hardly respectable if it has no generous task, no duties or affections that constitute a necessity of existence. Every man's task is his life.
--- Emerson

* * *

We should not be so taken up in the search for truth, as to neglect the needful duties of active life; for it is only action that gives a true value and commendation to virtue. -- Cicero

* * *

What man knows should find expression in what he does. -- The chief value of superior knowledge is that it leads to a performing manhood.
-- Bovee.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE
TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

INNATELY WE KNOW -

The Instruction accompanying this letter speaks for itself.

Science has learned to measure distant stars that it cannot touch, to weigh the earth without leaving it, to detect lights that cannot be seen and sounds that cannot be heard.

Science is now turning to the investigation of man - to the study of that within man by and through which he comprehends these things - To millions the science of living is still a dark mystery. Life Science is on its way to a position of primary importance.

The thinking man of tomorrow is going to require that his religion be scientific and that the truths he accepts be demonstrable. He has long been submissive to the requirements of religion, but with reason he is going to require something of religion - that it appeal to his common sense, to his inner sensitiveness of right and wrong - that it be truths with practical application in his daily life, by the use of which he can enhance his personality and promote his own welfare, and all men can do likewise.

Innately a man knows that there is one source of life, power and wisdom, and he wants practical help in aligning himself with that source. He accepts that we have evolved and are evolving physically and mentally - that understanding, discovery, and invention have evolved tremendously in recent years - and vaguely feels that religion has not hitched its wagon to a star, but has remained chained to an ancient past.

In the last decade business organizations have been subject to scrutiny to detect monopolistic tendencies, if any. Religion has become organized.

Freedom in its broadest sense means an absence of dictators. - Dictators there have been and are in the religious and spiritual, as well as in the political and business field.

It is possible that in the new era we face, the training for leadership in the religious field will be more in the nature of scientific training - and that expressions in this field of endeavor will have to be more exact - capable of one meaning and one meaning only, as is now required in the field of the exact sciences, and perhaps our symbols, illustrations and demonstrations will be drawn from late findings which are the result of evolution in our thinking and research endeavors.

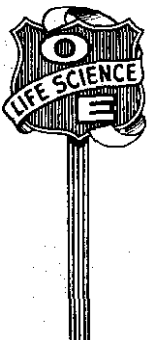
Truth needs not the protection of organization. Chemistry - engineering and mathematics need it not.

The need will be and is Educational Institutions devoted to the study of man - the crowning masterpiece of the Infinite.

Very sincerely yours,

S. Hamner Davis

Enc. 74



THE Essenes

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the Order.

Copyright 1944 by The Order of The Essenes
Instruction Headquarters - Tampa, Fla.

INSTRUCTION 74

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

COUNTLESS VOLUMES HAVE BEEN WRITTEN ABOUT MIND
-- SOME BY INTELLIGENT PEOPLE AND SOME BY THOSE NOT
SO INTELLIGENT.

IF, IN HUMAN ENGINEERING, IN HUMAN RELATIONS,
AND IN LIFE SCIENCE, MIND PLAYS AN ALL IMPORTANT PART,
IT WOULD SEEM LOGICAL THAT THERE SHOULD BE AN UNDER-
STANDING OF WHAT MIND IS.

SO FAR AS WE KNOW, THE ORDER OF THE ESSENES, IS
THE ONLY ORGANIZATION IN THE METAPHYSICAL FIELD WHICH
FOCUSES ALL THE FINDINGS OF THE EXACT SCIENCES UPON
THE SOLUTION OF THIS PROBLEM.

A FAR REACHING PROMISE

Metaphysics is defined by the ordinary household dictionary as mental philosophy; the science of first principles; the philosophy of being and of knowledge; mental science; psychology.

The Universal Dictionary of the English Language says, "It is a term popularly employed to denote a science dealing with subjects incapable of being dealt with by physical research."

So far as it being a philosophy is concerned, we find philosophy defined as a reasoned science - and more accurately defined as a hypothesis or a system upon which natural effects are explained; a philosophical system or theory.

A hypothesis cannot be demonstrated except by results from its application - because a hypothesis is simply the statement of a theory and that everything happens just as though it were true. In other words, a hypothesis is something assumed for the purpose of argument.

If a hypothesis is sufficient to account for all of the facts and any and every phenomenon connected with the subject, it is as good as the natural law. Everything that occurs is within natural laws - otherwise this would not be a world of law and order -- and that is unthinkable.

So far as metaphysics being psychology is concerned, there are many kinds of psychology. Social psychology deals with the desires and instincts of man as related to society. Abnormal psychology deals with defects and abnormalities of the human mind. Mob psychology deals with "the crowd" as distinct from the individuals making it up. There is a so-called Oriental psychology dealing with the mystical; educational psychology; animal psychology - dealing with instinct as something apart from mind; supranormal psychology dealing with psychic phenomena, and even dream psychology - which is in some way wedded to psychoanalysis.

Other systems of psychology teach that the mind reasons, wills, feels, remembers, associates, forms concepts, perceives, imagines, concentrates, compares, deduces, induces, discriminates, possesses habits, thinks abstractly; is subject to illusions, delusions, hallucinations, insanities, flights of genius, flow of thought - experiences, emotions, and so on endlessly. In many we find a sort of co-mingling of the physical and the psychical - and minds spoken of as separate - as objective things, as things apart.

Now if this subject of metaphysics can be brought down to earth and taken out of the hypothesis or theory class and really put into the true list of sciences so that scientists must concur in the findings and conclusions, and we can prove and demonstrate that it fits all circumstances and all conditions, we will move forward rapidly - we will establish truth. When you find truth it is never at variance with any fact.

Some of the old dictionaries defined metaphysics as - "Supernatural arts" - and from the handling of the subject by some, supernatural is stressed. There is nothing supernatural. It is just as logical to talk about God and a super God. If the forces of nature were dual, or conflicting and not governed by one principle, there would be no science - but destruction.

For the purpose of simplification, and with the idea of clearly defining that for which we search, let us create a new definition of metaphysics.

Physics, the last part of the word we know is the study of the phenomena presented by bodies (the physical) and treats of matter, force, motion, liquids, gases, acoustics, heat, light, magnetism, and electricity.

While it is probably correct, the prefix "meta" comes from the Greek word "meta" meaning change, let us assume it relates to mind - and approach the study of metaphysics as a study of the relation of mind and the physical.

In things scientific we cannot have ambiguous terms - we can't double-talk. There must be just one meaning and one meaning only. Is not science simply knowledge so well arranged that it can be proven to be true? We repeat all truths agree with each other. If we are to really have a science revealing the relation of the mental and physical - mind and matter - we must be very definite about what mind is. We know what matter is. But before fathoming what mind really is, we must refresh our understanding with respect to matter, as agreed by chemists, physicists and biologists. Matter is made up of molecules and atoms - and these are fabricated from electrons. Electrons are nothing but pure electricity - but electricity is not matter.

We trust that there is no student of life science who does not appreciate that there is a difference between the brain and the mind.

The brain is a physical thing - an objective thing, and it too is made up of physical molecules and atoms and electrons - which are nature's building blocks - and more scientifically speaking, are the ultimate structural units of nature.

In these instructions we have often discussed mind - objective, subjective and universal - mind conscious, subconscious and omniscient. At no time and in no place and in no expression did we ever mean to convey the idea that they were entities or objective things - and never did we consciously or knowingly leave the impression that they were three - but always have we stressed the unity. They were spoken of as three phases of the one mind.

In the revealing of what the mind is we owe everything to science. It has made known and understandable forces, energies, etherial vibratory forces - light waves - sound waves - cosmic rays and hundreds of other truths which have always been existent, and the transformation of one kind of energy into other types of energy - and has applied these forces and energies in such a way that we can understand that the brain (the physical) is a finely constructed physical mechanism of many instrumentalities, parts, and functions, parallelling mechanisms and instruments utilized in our every day affairs and in the great laboratories of the earth.

Most certainly we do not look to ancient pyramids, lost continents and extinct people or races or civilizations for our understanding.

When we understand the mind and its relation to the physical, and when we prove that all phenomena of the mind - telepathy and all other psychic phenomena is a product of forces playing upon the brain - then we can truly say, "I am wonderful." (Remember Instruction # 43).

If we show to you definitely and positively that the mind is a product of the brain, by reason of certain definite forces and energies, influencing or playing upon it, and if we prove beyond peradventure of a doubt that mind has its fountain source in the brain, we will certainly refute the definition that metaphysics deals with subjects incapable of being dealt with by physical research.

Certainly the brain is a physical thing. Certainly we are not going to invent or assume any new forces or energies which science does not now know and utilize.

When we demonstrate that mind is a product - the result of forces and energies exerted upon a physical mechanism, forces and energies so light and delicate they are hardly conceivable, you cannot say - and scientists will not say it has not existence. Electricity has not existence in that same sense, but we create it and utilize it - and man every moment of his life utilizes mind - and every act, experience, observation, sensing and use of mind is creating a new individual mind.

All agree that the living body is a mechanism - complicated it is true - but the most perfect in the world. You know that you get certain results from the body. You see - you feel - you hear - you taste - you receive the sense of smell. You walk - you run - you exercise - you play - you laugh - you weep - and do countless things.

Walk into any factory - large or small - and you see machines, mechanisms, Immediately you know there are three things associated. (1) There must be power, force or energy to operate, (2) the machines, and (3) that there is a product or result.

Is the human mechanism any different. You know (1) that there is a power or force or energy that enables you to be or do. You know that you are (2) an entity - a living mechanism, and (3) you know that a result takes place - there is a product of human manufacture.

It is no answer to say that a living being has the ability to produce its own power. You consume food - you breathe - you drink water. From these new materials are formed by chemical action - and these supply the power, energy or force.

The different organs in the body are different mechanism and they produce different results - and all because of a force.

Then why is there any difference between the brain and any other organ? There is the instrument - only a power or force can make it produce results.

We have telescopes, magnifying glasses, moving picture machines, telephoto machines, telephones, radios, phonographs, sound recording instruments, thermometers, theodolites, comptometers, adding machines, chronometers, dynamos, transformers - and a thousand other kinds of machines. We transform light waves to electric currents - we transform mechanical vibrations to sound waves and sound waves to mechanical vibrations.

In radio we step up and magnify tiny etheric waves and transform them back to sounds.

It doesn't seem to us it is going to be difficult for you to understand that man has never yet produced mechanisms equal to the human mechanism and it should be simple to realize that in the human mechanisms are counterparts of all man has created, and yet infinitely finer.

Within the course of the next few lessons we are going to show you the forces that play upon the brain and what the effect is, and we are going to show you a counterpart in the physical field and we are going to show you when you shut off one source of power what the result is. We are going to show you further when you cut off another source of power, what the result is. It is always unfailing.

We are going to further explain the avenues to the brain and we are going to demonstrate that just as in any factory - when you change the power - you get a different result. We are going to show you that just as in any factory - you change or alter the machine - you are bound to have a different result.

Before undertaking this, however, we are going to deal with some of the instrumentalities and physical machines with which you are familiar, in order that we may explain how certain things are produced and how certain powers and energies are transformed.

For instance, we will explain to you how light waves are changed into electrical impulses, and how sound and photographs can be sent around the world on the etheric waves, and we are going to have a little to say about electrons and what they are. We are going to tell you something about machines that can be touched to certain parts of your head and written records will come forth showing whether the brain is functioning normally or abnormally - and we are going to explain how this is done, so that when we describe what the brain produces and the results that occur and are mind, it will be understandable.

After you have this understanding, you are then going to realize what takes place in the brain and the cells and the atoms and the electrons of the brain when you vision; and how and why a strong desire creates a force and a power that sets forth action in the electrons of the brain, and in the etheric waves of the universe, and we are going to show you what takes place when you have confidence and when you exercise determination and when you follow the directions we have laid down in the early instructions. Then will you understand that mind is a product and that it is electrical in its nature, and that we have not been giving you hypothesis and theories, but that we have been giving you truths and laws that work, and we hope to make of you a Master of Life Science, and through you to help bring blessings to all mankind.

Verily, it is true that the truth will set you free, but it must be free to do it, and this means that you must have overcome in the weeks and months past, by reason of these instructions, preconceptions that would have barred you from understanding, had it been revealed in the early stages of your instruction. As we give to you, you will give to the world this Understanding, and demonstrate in your life and affairs its **efficacy**, and human engineering and Life Science will come to the recognition it deserves.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

BREATHING LIFE

INTO A PAGAN MYTH: -

"A man can fail many times, but he is not a failure until he begins to blame somebody else" - culled from a daily paper.

Robert Collier, known to millions for his inspirational books, in his "Secret of the Ages" has this: - "Remember the story of the sculptor Pygmalion? How he made a statue of marble so beautiful that every woman who saw it envied it? So perfect was it that he fell in love with it himself, hung it with flowers and jewels, spent day after day in rapt admiration of it, until finally the gods took pity upon him and breathed into it the breath of life."

"There is more than Pagan mythology to that story. There is this much truth in it - that any man can set before his mind's eye the image of the figure he himself would like to be, and then breathe the breath of life into it merely by keeping that image before his subconscious mind as the model on which to do its daily building."

As long as a man believes that such thoughts are beautiful theories - the basis of some senseless cult or "ism" or is "something beyond me", he cannot profit by the thought. He is unmindful of his own power and ignorant of its application in the every-day affairs of life.

When a man knows what mind is - that thought is an actual, active, effective force - and that by his thoughts he does create actual patterns in the electrons of the brain - and that the ether of space is by that pattern effected and that he thereby in a material sense moves upon the building units of the universe, he begins to generate faith - and by his faith becomes effective.

We move forward to understanding - to the comprehension of that which will give sane religious beliefs dynamic meaning - and make of them effective instruments in the creation of a more abundant life.

To know the science of true living is not enough - It must have daily application that you "may breathe the breath of life" into "the figure you yourself would like to be - "

The coming Instructions are vital to understanding. Painstakingly study them.

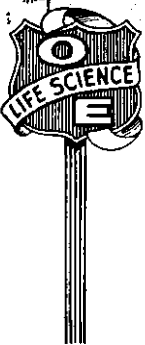
Sincerely,

THE ORDER OF THE ESSENES

By

J. Hammer Davis

Enc. 75



THE **Essenes**

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the order.

Copyright 1944 by The Order of the Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 75

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

THE MATERIAL IN THIS AND FOLLOWING INSTRUCTIONS WE
SUGGEST YOU GIVE SERIOUS AND EARNEST CONSIDERATION.

THAT THE FAR REACHING IMPORT AND SIGNIFICANCE OF
THIS UNDERSTANDING CAN HARDLY BE OVERESTIMATED, IS THE
FIRM CONVICTION AND MATURE JUDGMENT OF MANY WHOSE CON-
CLUSIONS MERIT ATTENTION AND CARRY WEIGHT.

"PROFOUND" - "A REVELATION" -- "INSPIRED" - AND
"THE ANSWER" ARE SOME OF THE EXPRESSIONS THEY HAVE
EVOKED.

THOUGHT - A MEASURABLE ELECTRICAL DISCHARGE

Mind is a product of forces playing upon the physical instrument, the brain. What are these forces? There are three distinct groups or classes of forces. We will take up first those with which you are most familiar. These can be grouped or classed as those which are the result of the five senses - Seeing - hearing - feeling - tasting - and smelling.

There are some things about these perceptions which you probably do not know. - You do not hear with your ears - you do not see with your eyes - you do not feel at the point of contact - you do not smell with your nose - or taste with your tongue.

We will now examine these statements one by one, that we may know the truth. Sounds are air vibrations, we know. Sound is not communicated through a vacuum. We know that these vibrations travel through the air only at the rate of 1093 to 1130 feet per second. Think of the slow speed of sound in the air compared to the speed of light, 186,000 miles per second.

You have probably seen the steam out of a locomotive whistle or from a steamboat in the distance and noted the delay in the arrival of the sound - or perhaps have often seen a vivid streak of lightning and noted how long it was before you heard the clap of thunder which resulted.

If you held a stop watch when you were observing these things and accurately measured in seconds the difference between seeing and hearing, you could well estimate the distance to that which caused the air vibration which we receive as sound.

Should you see the smoke from a gun discharged in the distance, and you counted five seconds before you heard the sound, you would know that it was approximately one mile between you and the gun - five times 1093 feet.

We know much about the human physical structure and that in the normal ear is what we call the ear drum, and that when these sound waves hit this ear drum it is made to vibrate much as does the flat metal disc in your telephone receiver. The eye does not recognize or respond to sound. The vibrations are too slow. It is equally true that rays of light do not affect the ear - in this instance they are far too rapid.

It is right at this point one not scientifically trained, and one unfamiliar with the exactness of scientific reasoning and investigation would exclaim "Ah! You see! You do hear with the ear - the ear drum does it."

When you say you hear a thing, you appreciate that exactly speaking, you mean you are conscious of a sound. No one claims the ear, or the ear drum, as the seat of consciousness.

We know very definitely that only certain regions of the cortex of the brain will receive impressions of forces from the ear apparatus.

A man may have a perfect ear apparatus, but if that section of the brain which receives the impressions from the ear is injured or removed, he is not and cannot be conscious of sound.

It is known and accepted that there are certain nerves called auditory nerves that lead from the ear to the brain. The nerves to the ear receive certain vibratory impressions set up by the ear drum and these are carried to the brain and there records, or impressions, are made and then the mind becomes conscious of sound. The brain is the seat of consciousness.

The brain is double, so to speak. It is on both sides of the cranium, or head. These sections of the brain are called hemispheres.

When an impression is made by the force or energy of sound, the record passes across from either ear to both hemispheres of the brain. The record is made in both hemispheres at once, as the nerves from the ear spread to both sides of the brain.

We mean that a record is made in the brain, literally. When you know this you will better understand that mind is constantly being created.

Grasp this fact; that the ear itself is but an instrument. The essential principle of the human ear has been reproduced in various types of equipment for accurate auditory observations of direction of sounding objects.

If, instead of listening with the naked ear, we employ two sensitive microphones set apart at a distance much greater than that of the human ears, and let one microphone activate a receiver at one ear and the other microphone connect with a receiver at the other ear, we can greatly increase the accuracy of our auditory perception of space. This is the principle employed in instruments used in listening for approaching airplanes - or to distant guns. When each sound comes in with equal intensity you are pointing at the source of sound.

Similar devices are used in ships to detect submarines. Microphones are set below the waterline at various parts of the ship. The microphone nearest the submarine activates its receiver the most vigorously, and thus points to the submarine.

These vibrations, which cause when they reach the brain, the sensation or consciousness of sound, may travel through almost any material thing, - through water they travel at a speed of 5000 feet a second and in a steel rod about 15,000 feet a second.

The simple fact is that the vibrations which we call sound vibrate the delicate instruments in the human ear -- these vibrations travel along what we call the auditory nerves to the hemispheres of the brain and we are conscious of sound.

Probing into the make-up of man, we find that he is a combination of organs - cells - molecules - atoms - and fundamentally, electrons -- the ultimate structural units of nature.

Now these auditory nerves, over which we loosely say vibrations are carried to the brain, are like all of man made up of electrons.

In these little sub-atomic units, the smallest particles known at the present time, we find new properties. Many of them are found to be electrically charged - some positively and some negatively - and there are some particles with no charge at all. The electrically charged particles are the only ones that are properly to be called electrons. The neutral particles are called neutrons. One scientist graphically describes electrons as the small change of electricity.

The nerves of the body may be likened to tiny electric wires over which is carried to the brain impulses and forces. When these reach the brain, then we have the consciousness of that which has been sensed.

Today an electric current is regarded as a procession of electrons, each carrying its own little charge of electricity.

We therefore find that air vibrations striking the ear drum are transformed into electrical impulses. There is nothing strange about this. We are soon to explain to you many mechanical devices now in common use which make such transformations.

When these impulses reach the brain there is an actual physical record implanted in the cells of the brain.

Keep in mind that the cells of the brain are made up of electrons, and we shall definitely show to you that the living cells of the brain, as well as the molecules, atoms, and electrons, of which and from which all of the brain is constructed are activated by electrical forces, and that the result of all of the responses is what we term behavior, and the records made in the brain cells constitute what may be termed memory files, and upon these and with these we reason and form conclusions.

Next, we take up the statement that we do not see with our eyes.

The eye is simply a lense. In the human eye, when light falls on the retina an impulse is transmitted along the nerves to the brain, and these nerves are called the optic nerves, and we have what is accurately called the sensation of sight, and the sensation of sight in the last analysis is a photoelectric effect.

A little later we are going to show you that there are instruments and mechanisms in the physical world that are a counterpart, and there will be nothing difficult about the understanding of photoelectric effects.

We next take up the statement that you do not feel at the point of contact.

The skin is crowded with little structures that we may compare to four kinds of tiny radio -- one set to receive and report cold; another set for warm; another tuned to pressure; and still another to report pain. If we think of it in this way, we can say that

the nerve endings all over the body are just tiny little reporters, and each is to watch for and report some kind of happening.

From millions of points in the skin tiny fibres called nerves run into the spinal cord and up into the brain.

Each contact sets up an impulse in the nerves and the nerve action is electronic.

There is really no distinction between electronics and electricity - so we have in the sense of feeling a mechanical or physical contact, transformed into an electric impulse, and when it reaches the brain then do we have the sense or consciousness of pain, or pressure; heat or cold; and this is implanted in the brain cells and is recorded.

We are stressing the point all along that there is a recording made because we are going to show definitely what is memory, and that mind is an effect of forces playing upon the physical brain.

We now take up the statement that you do not smell with your nose nor taste with your tongue. Running from the nose to the brain are certain sets of nerves called the olfactory nerves, and from the tongue to the brain a set of nerves called the gustatory nerves.

The elementary tastes are sweet, sour, salt and bitter. Sour you taste on the side of the tongue; salt on the middle; bitter in the back, and sweet with the tip of the tongue.

Many tastes, or what people think are tastes, are really not tastes at all, but smells. For instance, vanilla has no taste. Finely chopped onions really taste the same as finely chopped apples. The difference is purely one of smell. Castor oil has scarcely any taste. Cod liver oil is another oil with very little taste, but a strong smell.

By breathing through the nose and blowing the air out through the mouth, you know that there is a very close connection between the nerves of smell and the nerves of taste.

Just as in other sense nerves, an odor creates an electrical impulse on a set of nerves, and this is transferred to the brain, and when it reaches the brain we have the consciousness of odor; and likewise there are nerves from the different parts of the tongue that go to certain hemispheres of the brain, and along these nerves travel electrons, or we have what we call electrical impulses, and when these reach, and only when they reach the brain do we have the consciousness of or sense of taste.

Now the thing to be remembered is that while one is conscious there is a constant stream of impulses reaching the brain, and making registrations or records in the electrons and cells of the brain, and that these forces coming from the physical senses are but one group of impulses or forces playing upon the brain.

When one is asleep or when one has been placed under the influence of an anesthetic or a narcotic or has been hypnotized, this stream

of impulses has been cut off, so we can have a cut-off of this group of forces and of course still possess mind.

Now let us examine carefully to prove that these things are so, because we are bringing metaphysics or what may be loosely termed psychology within the domain of the exact sciences, and are engaged in proving that the mind is produced by certain forces acting upon certain living mechanisms, or a physical thing, the brain, and we're going to show what the nature of mind is, and that mind of itself is not a physical thing or an entity unless we could say that the electron is a physical thing.

Let us review that all matter including ourselves is made up of atoms and molecules, and atoms are made up of electrons, and roughly speaking, electrons are but little worlds of electricity revolving about a center and may be spoken of as electricity, but electricity is not matter.

We know that electrons are everywhere, or in other words, electrons are universal, and we know and can demonstrate that thought is a process of the mind and that thought creates or is a measurable electrical discharge.

How to proceed to proofs. If you sever the optical nerves between the eyes and the brain you may still have a perfectly good eye lense, but you cannot see. Therefore, you do not see with the eye. If you sever the auditory nerves, you may still have perfectly good and sound ear drums and auditory implements, but you cannot hear because the impulses cannot reach the brain, and so it is with all of the other nerves. Their severance prevents the impulses from reaching that portion of the brain which receives that character of force, and you have not perceptions which ordinarily come by way of those nerves.

If you injure or remove the section of the brain where the gustatory nerves center, you have no sense of taste, and so it is if you injure or remove the section of the brain which receives the records or impressions from the optical nerves, and so on through the list of nerves.

Therefore we know positively that we do not hear with our ears, we do not see with our eyes, nor feel at the point of contact nor smell with our nose, nor taste with our tongue, -- and we are safe in the conclusion that the consciousness of things is a product or a result from forces reaching the brain.

In the next set of Instructions we shall take up and prove that thinking or the use of the impressions and recordings in the brain are electrical in nature, and shall take up one of the other group of forces which play upon the brain and play an integral part in the result called mind.

* * *

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

YOU APPROACH MASTERSHIP: -

You are going to have something to think about in this and the next few sets of instructions. We know something good about you. - You are going to get an uplift when you find out about yourself.

This reminds us of a poem we want to share with you. We know not the author.

"Wouldn't this old world be better,
If the folks we meet would say---
I know something good about you---
and treat us just that way?

Wouldn't it be fine and dandy,
If each handclasp warm and true,
Carried with it this assurance---
I know something good about you!

Wouldn't life be a lot more happy,
If the good that's in us all,
Were the only thing about us
That folks bothered to recall?

Wouldn't life be lots more happy,
If we praised the good we see---
For there's such a lot of goodness,
In the worst of you and me!

Wouldn't it be nice to practice
That fine way of thinking too---
You know something good about me
I know something good about you!

Now follow most carefully through the recent instructions and through eighty-six. We will give it to you in homeopathic doses - short and to the point.

When you get it, you have something that is in no other metaphysical course and you can make some records that will play back to you a life symphony.

You will not just believe -- you will know, and knowing you will have much to share - and sharing it will result in living more abundantly, - health, happiness and well being. You do approach Mastership.

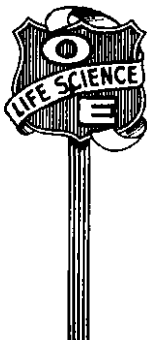
Sincerely,

THE ORDER OF THE ESSENES

By

J. Hamner Davis

Enc. 76



THE Essenes

This Manuscript is published by the ORDER OF THE ESSENES, a Corporation not for profit, and always remains the property of the Order.

Copyright by the Order of the Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION NO. 76 Assuring to the Accepted and Acceptable
HEALTH, HAPPINESS AND SUCCESS

"SWEEP UP THE DEBRIS OF DECAYING FAITHS;
SWEEP DOWN THE COBWEBS OF WORN OUT BELIEFS,
AND THROW YOUR SOUL WIDE OPEN TO THE LIGHT
OF REASON AND OF KNOWLEDGE. BE NOT AFRAID
TO THRUST ASIDE HALF-TRUTHS AND GRASP THE WHOLE."

— Ella Wheeler Wilcox

MEASURING HUMAN ELECTRICAL DISCHARGES

In the last set of Instructions we told you that we would prove, generally speaking, the electrical character of thinking.

From a study of biology and physiology and well known experiments with very real laboratory equipment, we know that every activity of the brain and every impulse that passes through a nerve has its electrical component. In the eye-ball a current flows between the transparent cornea, and the photo-sensitive retina. Every muscle contraction, every movement of a finger, wink of an eyelid, and shiver of the skin discharges electricity.

Until recently it has been impossible to measure the voltage generated in the human body, for the electrical charges were so tiny or minute, or speaking technically, so microdimensional that the measuring instruments consumed the electrical units in the process of measuring it, but scientists have now worked out a highly sensitive voltmeter that can measure a millionth of a volt without taking toll of the quantity it is measuring.

For a moment let us see what some of these marvelous instruments can do, and let us identify these appliances used by science.

We have what is known as the electrocardiograph. This instrument measures the currents generated by the beating of the heart.

Its operation is quite simple, but of course its make-up is not. The operator of the electrocardiograph straps one electrode to the patient's wrist, and the other to his ankle over an artery, and the instrument makes a record on paper, making little curves, jagged peaks, and spikes.

In this you can understand that an electrical impulse is transformed into a writing or a record by means of instruments which magnify or step up the volume of the current and then record it in these little jagged or saw tooth lines which you will more readily understand when later we describe the making of sound pictures.

In a perfectly normal person we have markings made by this electrocardiograph which are more or less regular, and in the normal person certain markings are made which show the regular working of the heart when the four chambers of the living pump are synchronized.

If markings are not in accordance with the general pattern, doctors have learned to read from it just what the difficulty is that makes the changed pattern. If the ventricle of the heart begins to contract before it has received its full load of blood, which you have heretofore learned is approximately two and a half ounces, there is a backward thrust of the undelivered blood, and this is what doctors call a heart block.

This shows up in certain patterns on the record.

By constant experiments and comparison of records, an accurate diagnosis can be made of just which action of the heart is not normal, and many disorders in the first stages are detected, and remedial measures are administered and thus many lives are being prolonged.

There is another laboratory instrument which is now standard as clinical equipment. It is known as the electroencephalograph. This instrument measures the electrical discharge from brain action -- mental processes.

It has been pointed out to you that in the two hemispheres of the brain in certain specific and known areas are the registration of the optical nerves; in other areas, the registrations from the nerves of touch or feeling; and in others the registrations from the auditory nerves. These centers are known to the medical science. For instance, if a man has tumor of the brain over the area of the brain relating to sight, his sight will be effected.

In the operation of this machine it is not necessary to pierce the skin or have any operation of any kind. The electrodes are merely laid on the scalp over the section to be examined, and these electric currents are picked up, magnified, and the energy is transformed to make a written record by way of little markings like the teeth of a saw.

By long experimenting it is known what a normal brain action in that area produces in the way of a record, and when the brain wave pattern is abnormal, then they know that something is the matter.

A man, upon physical examination, may be found to have apparently normal eyes, and yet he may say that he cannot see and that he is blind, and if this electrode is put over that section of the brain in which center the optical nerves, and it produces a pattern different from that of normal cells, then they know that something is wrong, and a brain tumor, for instance, can be definitely located.

Very often thorough physical examinations and Xray photographs reveal nothing which indicate a difficulty, and yet the patient knows that there is something wrong with him, because his action is not normal and he may be doing strange and peculiar things without volition or exercising his selective and directive thought processes.

In all such cases, a tumor or a clot or a brain lesion is suspected and the electrode of this electroencephalograph is moved over the entire dome of the skull in just a few moments, and it reflects the activity of the brain cells underneath, and when a tumor or clot is located, then the exact spot is known and a brain operation is then comparatively simple.

Without this instrument and knowing that a blood clot or tumor existed, large sections of the skull would have to be removed in order to find the exact spot.

The point that we are stressing is that from the physical instrument, the brain, come forth electrical discharges or pulsations. As we said a while ago, every muscle contraction and every wink of an eyelid discharges electricity.

There is an electrical instrument which measures the electrical potential of the stomach.

With an empty stomach, there is one voltage. If food is introduced into the stomach there is another voltage, and if a stomach ulcer is found, there is a voltage change.

If the stomach is affected with a cancer, there is yet another record, and it has been found that early cancer gives a more pronounced indication than late cancers or old cancers.

It is hardly necessary to point out that the nerve systems to the brain from every part of the human system is so to speak, a two way telegraph system. Sense perceptions are telegraphed to the brain and from the brain come impulses which result in behavior. Let us make this clear. - You touch something hot

with the finger. It is telegraphed to the brain, and back comes the message - "withdraw the finger."

There is something marked about the impulses or messages from the brain. They are always to the end or have the objective of self preservation.

That we may lay a perfect foundation for understanding, let us repeat, that electrons are everywhere, or are universal. We again stress that they are of themselves electrical in nature and are in almost inconceivable minute form worlds revolving about a center common to each. Otherwise expressed, man's body is made up of trillions of miniature solar systems, each with whirling planets and a central sun, and that man is made up of these basic units, and that there is communication between all units in the human system.

We know that man exercises dominion over his thought processes, - or can - and the thought processes are electrical discharges or impulses, and that every cell of the human body is capable of receiving the impulse.

If you well remember this you are going to come to the point when you can dissolve mystery and the mystical, which has been built up round and about human behavior and human reactions, and you can well understand the relation between the mental and the material; and God, the omnipresent, the omnipotent, and omniscient, will be understood without symbolism, metaphor, or wild speculation; and metaphysics will be taken from the field of hypothesis and theory, subject to whims of theorists and preconceived theological interpretations, - and established as a science.

In Instruction 75 we laid it down that there were three distinct groups or classes of forces which played upon the physical instrument, the brain. We have sufficiently explored and explained one group of forces originating in the physical senses.

We are next going to take up what may be termed the organic class of forces.

These are the forces which are inside of the living mechanism called the human body.

We know that we breathe. We know that we drink water, and we know that we consume food, and we know that this creates very distinct forces and that we do not have to have such delicate instruments as the electroencephalograph to measure some of these forces in the body.

At the outset we call attention to the fact that the forces or energies received through the physical senses can be entirely suspended, and man still lives, but we call attention to the fact that when all of the organic classes or forces cease, man dies. Therefore, at the outset we can know that the organic forces are constant and continuous.

It is not our purpose to go deeply into the study of biology and physiology, but to point out three distinct classes of forces acting upon the brain, and that all of them arise from entirely different sources and reach the brain by entirely different routes, and that they have entirely different actions and methods of action.

Once having clearly defined and separated these different forces we are in a position to recognize the particular action which they have and observe that they each can change the mind, or the result produced by the brain.

If a factory made up of a great variety of machines was operated and set in motion by several kinds of power being exerted upon the machines, we would know very definitely that if we change the setting of a machine or something about the machine itself, that we're going to get an entirely different product or result.

There is another observation we want you to fix in your mind. If the machines in a factory were different from the machines in any other factory on earth, you would know that the product was in some way different from any other product.

Another observation that may help in the ultimate understanding of mind is that if three classes of power were necessary or were used in the operating of a machine and you shut off or changed even one of the sources of power, you would have a change in the product.

We are more or less familiar with the human mechanism, and we know that we have blood, and that this blood is circulated throughout the length and breadth of the human system from the tips of the fingers to the tips of the toes, and that this circulation of blood is necessary to the maintenance of life and to the well being of every part of the body, and from the very early instructions in this course we know that every living cell is laved, bathed, and has its being in moisture.

We know that only in solution can the body utilize the elements necessary for the maintenance of life drawn from food, water, and the air.

We know too that the environment, the sense observations, perceptions, and impressions, the organic make-up, and the food, and the resultant chemical reactions, and glandular and metabolic make-up of each and every individual in the world is different, just as are their thumbprints, and therefore every individual mind in the world is different, which leads to the observation that each individual is the center of his own universe.

The human body, which is a living mechanism, cannot be fully comprehended in a lifetime of study, but it is a marvelous example of the extreme division of labor to produce given results.

We know that the brain will not function unless the heart functions, and we know that the heart will not function unless the lungs function, and that the lungs will not function unless the nerves also function, and thus we can demonstrate that all of the organs of the living body are dependent upon all of the others.

We know that the organic forces are constantly changing and from our study of the past we know that our thought processes can and do change organic functioning, and it is likewise true that organic functioning can and does change mental processes. For instance; if one by improper eating or eating while greatly mentally disturbed, upsets the digestive system and the digestive system creates certain poisons, and those certain poisons give him a headache---in the manner we have described in one of our instructions---then his sense perceptions are dulled or changed, and thus we have a change in the forces playing upon the brain. Hence we have changed the mind, because the mind is the result of all of these forces playing upon the brain.

We believe it will be very fascinating to you when we reach the point in these instructions where we show to you how the impressions or recordings in the brain are used, assembled, and reflected in thought processes, but at this time our endeavor is to show you the forces that are playing upon the brain to make the recording and impression.

It is a fact that the bodily temperature must be kept at about 98 degrees. A bodily temperature ten or twelve degrees above that is fatal, and a temperature ten or twelve degrees below that is fatal, and yet when you are working in a normal temperature of around 72 degrees, 98 is your temperature, and if you step out into sub-zero weather, 98 is also your temperature.

The liver turns sugar into the blood in increasing quantities as the temperature goes down, and we have bodily balance. When you again go into a warm temperature, that sugar must be taken from the blood stream; otherwise the bodily temperature would rise to dangerous heights.

Of course heat, cold, altitude and many conditions affect organic functioning - but in it all and through it all, organic conditions originate and disseminate a class of forces which affect the brain (and hence make a change in it) and thereby mind (a result of forces playing upon the brain) is changed or altered.

We avoid so far as possible, in our explanations, use of technical terms - but let us give you one example of changed conditions affecting organic functioning and trace the effects to the brain - and mind functioning.

A decided individual variation exists with regard to the ability to withstand high altitudes. In general, at an altitude of 6,000 to 9,000 feet (zone of reaction) various compensatory mechanisms involving the circulation and respiration are found. Mental symptoms usually do not occur, although tense or psychoneurotic persons may have sudden syncope (faintness or swooning) probably unrelated to anoxemia. (Anoxemia is a bodily condition due to deficient aeration of the blood).

At 12,000 to 15,000 feet is the zone of failing compensation. Mental symptoms occur with a rapidity depending on the man's susceptibility to altitude sickness, the degree of activity being carried out, the temperature, and other factors.

Fatigue, alcohol, tobacco, and nervous tension may greatly influence power of resistance to the deleterious effects of anoxemia. There may be a decrease in acuteness of hearing and vision; blunting of judgment; impairment of critical perception; indolence of thought; forgetfulness and absentmindedness; unmotivated changes in mood, and diminution or loss of the will to perform certain duties, though ability to perform them may be essentially unimpaired. The man himself is often unaware of these effects.

The next zone, between 18,000 and 24,000 feet, is the critical zone. The symptoms previously mentioned are exacerbated - or increased in violence. Muscular twitchings occur, then local and then general convulsive phenomena; amnesia, and finally coma occur. The last zone is the lethal zone. The reactions are reversible by the administration of oxygen if given in time, and before permanent and irreversible changes in the nerve cells occur.

In modern high altitude flying, an uninterrupted supply of oxygen is indispensable to all operations carried out at altitudes above 12,000 feet. A grave danger at high altitudes is the development of gas bubbles in the tissues (aeroembolism), due largely to the liberation of nitrogen by fatty or fibrous tissue. At an altitude of from 58,000 to 65,000 feet the blood "boils" and gas emboli occur. At lower altitudes gas escapes from the tissues and may be dangerous.

At high altitudes acute pains often develop in or near the joints, due to accumulation of gas bubbles in the tissues.

At a simulated altitude of 12,000 feet in a low pressure chamber, fine, champagne like gas bubbles escape from the spinal fluid for several minutes up to 28,000 feet. Roentgenograms show no free air in the brain ventricles at alti-

tudes of 30,000 and 40,000 feet. The breathing of pure oxygen with exercise before ascent lessens the possibility of aeroembolism.

Grave accidents to the vascular supply of the brain have occurred, presumably due to gas emboli. The execution of turns and dives may produce anemia or even structural damage in the brain. The unusual environment plus the great strain involved in flying may produce chronic fatigue sooner than most other occupations. If this continues, a neurosis may occur.

We have in early lessons pointed out that when fear comes upon one the body is automatically prepared to run or fight, and we could go on endlessly showing organic forces operating in many strange ways, the object of all of which is to maintain or create bodily well being, and the brain is one of the most delicate of the human possessions, and organic forces are constantly playing upon it.

These organic forces that act upon the brain may be chemical, electrical, or physical.

It is at this point that we want to make a most important observation. The brain, we repeat, is a thing physical, and it of itself is not intelligent any more than is the heart or the kidney or the liver intelligent.

This observation is made that we may ever keep in mind that mind is not in the brain, but is a product of it.

In the next set of instructions we are going to give you the third class or group of forces that play upon the brain to create what we call mind, and then we are going to take up and explain the operation of physical mechanisms and instruments in common use with which you are familiar, in order to show you results that are produced by the transformation of one kind of force into another kind of force, so that when we explain how the mind functions and show you the connection between the mental and the material, it will be clearly impressed upon your mind, and then you are going to have a consciousness of why the instructions furnished you during the weeks and months past are scientific statements and not speculations.

--- and we believe that when you have a clear concept as to how your mental pictures and your heart longings are brought to realization in the physical world, you will be better able to demonstrate the truths we teach and you will have a greater appreciation of life science, and the fact that your mind and universal mind are one and the same.

* * * * *

The chemical constituents of man's body are worth about eighty cents. But those same elements animated by life may prove worse than useless; a curse to their fellows; human liabilities; the Neros, Napoleons and Nazis; men minus God. Or they may become benedictions; inestimable assets; a credit to their Creator; the Pauls, the Pasteurs, the Kagawas, the Carvers, the many magnificent mothers and so on--man molded by His Maker.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE
TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

NO WONDER!

We love you. There is nothing of cant or hypocrisy in this, no false or spacious appearance of virtue or goodness, no feigning to be what we are not, no pretense with ulterior motive, no hypocritical sanctimoniousness.

Every normal person has a natural desire to be helpful to others, and from acting upon that impulse come life's greatest satisfactions.

We are conscious of having been helpful to you; therefore there is incorporated in you something of ourselves, and perhaps there is something of self love in our feelings toward you, and we claim no special virtue by reason of our regard for you.

In death you will find that the sense of loss is greater, when one passes on for whom you have done much, than when one passes on who has done much for you. It is understandable. You seem to lose part of yourself.

Our regard for you, we want to express. The depth of our feeling with respect to you lies not in what we have done for you, but in what you have helped enable us to do.

Philip Wylie, in "Generation of Vipers" sees murderers in widows who have nagged, complained, and made life on earth a hell for husbands, and by mental torture have driven them to an untimely end -- in widowers enraptured with self love and self indulgence who have throughout a married life inflicted mental anguish upon sensitive souls, and shortened life's span.

We see in you and all of our students who have seriously studied with us a better side of life - those who are interested in self improvement - those who seek happiness, and know that to have it, they must share it (see Instruction 63) - those who seek health, that they may better serve mankind and are conscious that as they think, so are they -- those who desire more of the material things of life, that they may be better enabled to carry out the heart promptings of helpfulness, and are conscious that fortune attends the purposeful and those who learn and observe the laws by which all are governed.

Our daily mail would make any man happy. To see the far reaching influence of suggestions planted in fertile soil, to see the course of lives changed for the better, to know that there are so many in the world who are climbing upward and have an awareness of individual responsibility, is indeed heartening.

We do not arrogate to ourselves the credit, but with an humble spirit we are grateful to you and those like you who help to make this work possible and to constantly expand -- No wonder we love you.

THE ORDER OF THE ESSENES

By

B. H. Hammer

Director

Enc. 77



THE Essenes

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the Order.

Copyright, by The Order of The Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 77

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

"THE PRESENT ATTITUDE OF REPUTABLE SCIENCE
TOWARD THE PRINCIPLE THAT THE MIND CONTROLS
ALL BODILY OPERATIONS IS ONE OF POSITIVE
CONVICTION. THE WORLD'S FOREMOST THINKERS
ACCEPT ITS TRUTH.

THE INTEREST OF ENLIGHTENED MEN AND WOMEN
EVERYWHERE IS DIRECTED TOWARD THE MIND AS
A POWERFUL CURATIVE FORCE AND AS A REGENER-
ATIVE INFLUENCE OF HITHERTO UNDREAMED-OF
RESOURCE."

--- Didema.

TRANSFORMATION OF FORCES ILLUSTRATED

We now come to the point of showing the third class of forces that play upon the brain in the production of what we term mind.

We have shown that the brain is a physical material thing -- a living mechanism, and we are now explaining that it is in nature a force center where three distinct classes of forces meet within the cells of the brain.

These three classes of forces have distinct and different kinds of action; each force plays its own part in the functioning of the brain, and producing a different result, but the common result is what we call mind.

The third class of forces we are now to discuss may be called ethereal forces.

It is accepted and proved in many ways that there is a universal omnipresent substance, and the term applied to this by science is the "ether of space." These ethereal forces never stop and their action is constant, and it will be tremendously important to remember when we are discussing just what these ethereal forces do, that they all bend as they enter any new media, and that this ether of space extends everywhere.

The ether of space is one element of the mind and is the fundamental element of mind. Note here the distinction between brain and mind, and that we used the word mind.

The vibrations of the ether of space always keep moving with their accurate vibrations among the electrons and atoms in the cells of the brain, and passing through the electrons in the cells of the brain again co-mingle with the universal ether of space.

If the brain cells and the electrons have been impressed or have a record upon them, then the rays of the ether of space are interfered with as they pass through these impressions and records, and as we have suggested, are bent or diverted.

An understandable illustration of this principle can be worked out in this way. -- Take a silhouette and paste it upon a piece of glass, and let the sun's rays shine through it and you will find that a shadow is cast, and you can see it upon a cloth or wall behind the glass upon which the silhouette is pasted.

Another illustration: Etchings upon glass interfere with light rays coming through, and cast a pattern where the light falls.

There can be no question but that every individual is laved, bathed, and has his being in this ether of space, and the brain, as every part of the human body, is penetrated and interpenetrated by the ether of space rays, and it is true that they pass in all directions at the same time, and these rays may be reflected, refracted, focused or absorbed.

We know that all electrons have a whirling motion, and therefore they have a whirling motion in the atoms in the brain, and from descriptions we have given of their action, you know that there are comparatively wide spaces between them, and that ethereal rays pass through all space, no matter how fine.

There is one significant and tremendously important point to remember -- the ether of space is the one element of the mind that is common to all minds. It is universal, and therefore it is everywhere. It is common to all minds, and therefore to Universal Mind. And therefore, it must be the agent of the Creator, if it is not the Creator himself.

We again refer to our mention in instructions past of conscious mind, subconscious mind, and universal mind, and we have stressed that it is but three phases of the one mind. We have said that the ether of space is the essential element of mind, and therefore man's unity with universal mind is understandable.

We go back now for a moment and point out that our sense instrumentalities bring to the mind a perception of environmental or outside conditions, and we likewise point out that the organic forces are all inside forces or forces from within, and that the third, or etheric force is constant, uniform, and universal, and acts in conjunction with the sense and organic forces to produce mind.

To lay a foundation for later understanding we will merely mention the fact that the cells of the brain are transparent to the ethereal rays, just as glass is transparent to light, but if on the cells of the brain there is an imprint, an impression or a recording, the rays are bent and interfered with, and they are in the process of transformation into what may be termed mind substance, thoughts, mental expressions, or manifestation.

There can be no question that these three classes of forces do actually reach the brain and act upon it, nor can there be any question but that the mind will not manifest unless these forces are acting, and there can be no other conclusion but that if the forces are varied, the mind is different.

To summarize, we have the outside or environmental forces, which reach the brain by way of the special senses, and we have the inside or organic, which all arise inside of the body, and from the various organs of the body; and we have the ethereal vibrational forces, which all science recognizes and upon which all scientific understanding is based.

All activities are manifestations of forces, and there could be no such thing as a manifestation of force, if there were not something upon which the forces could act, and therefore any so-called science which denies the existence of matter is in error, because without matter the individual would not exist and could never apply forces, nor could he have forces applied to him, and there would

be no living thing, for neither life nor mind could manifest.

We are going to treat in later instructions upon the action and interaction of these forces upon the brain, showing what they do and how they do it, producing consciousness, thought, and all things that we talk about in the mental realm, both normal and abnormal, - and show how so-called psychic phenomena comes about, and how and why and under what conditions there can be telepathy, and give reasonable explanations of certain mistaken beliefs in spirits.

In the meantime we are going to deal with things physical, and implements and instruments and machines with which all are familiar, and show how they operate and produce the results that they do, so that when we explain mind action, you will know that it is not theory, but that there are counterparts in the physical world.

We are now going to explain to you how the sound pictures are made, which you see in your moving picture theatres.

Later in the course of these instructions you will see how this explanation will help you to understand things metaphysical and psychological, and particularly those subjects we have recently been over, and more particularly the subjects to be taken up later.

In making sound pictures what is actually done is to catch the vibrating air waves made by voices, music and other noises, translate them into rays of light, and then register or photograph the light rays on the edge of the moving film and properly synchronize it with the pictures that are being simultaneously registered on the same film.

How are sound waves translated into light waves? The sound wave is a movement of the air itself. Nature has designed our ears in such a way that when sound waves strike them, certain brain currents are caused which give us the consciousness of sound, but we cannot see sound. How then can a sound wave be caught and changed into such form that it can be photographed? - Only light waves can be photographed.

It is quite simple to understand. You, of course, are familiar with the telephone. When you speak into the transmitter of a telephone you know that the air waves of sound, caused by your voice, make a small, metal diaphragm in the transmitter vibrate back and forth in resonance to the sound. As the diaphragm vibrates back and forth it changes the quantity of electric current which is passing over the circuit which connects the transmitter into which you speak, with the receiver held to the ear of a person, close or far away.

Each time this electric current is made to vary by the air waves of your voice, the current, in turn, moves or vibrates another diaphragm in the receiver, and it thereupon translates the vibrations back into air waves.

The microphone which is used to pick up sounds for radio transmission and also for sound pictures, amounts to little more than a highly sensitized telephone transmitter. The same principle is involved, but in sound pictures these small electric currents generated by the

microphone must be translated into still finer waves of light, instead of immediately back to sound waves.

This is accomplished by connecting the microphone currents with electric light currents in such a way that the intensity of the electric light is varied in accordance with the variations in the microphone currents. Thus you can see that the light will be made bright or dim to correspond, and this is photographed and you have a jagged or saw tooth line as the film passes this focused light.

Another way to catch the variation in the intensity of this microphone current is to have it connected with an apparatus which varies the size of the slot through which a constant light falls upon the recording film. The stronger current would open the slot wide; the weaker current would open it only partially. Silence would close it. Thus the area of a sensitized film which is developed by the light beam comes out a jagged or saw tooth line.

The first method described is known as the variable density method; the last as the variable area method. The latter method seems the more reliable.

Thus the spoken word or music become a series of black and white lines on the edge of a strip of celluloid; the rest of the film is the picture of scenes or acts taken simultaneously.

Often and probably now generally the pictures are taken on one film, and the sound upon another, for more perfect synchronization, and because a number of microphones pick up the sound.

Having transformed sound, such as human voice, into mechanical vibration in the microphone, thence into an electric current varying in intensity, which in turn is transformed into variable light rays - and finally into a jagged line or drawing on a photographic film, we have the problem of translation back into sound waves, to have the "sound picture."

A small photoelectric cell is the device used to perform the first of these steps. A photoelectric cell is a piece of metal fastened inside of a vacuum tube - the material used is selenium, sodium and potassium. They give off electric currents when light of a certain sort is focused upon them. Expressed otherwise -- a photoelectric cell is a device which utilizes the natural properties of certain metals to translate light to electron waves of an electric current. When a beam of light falls upon the photoelectric cell, the cell sets up a minute electric current. These currents are so weak they cannot be used in any practical way without amplification. Therefore, audion tubes similar to those in your radio are put into the circuit - one or more as required.

We now consider how this photoelectric cell is used to translate or transform black and white saw tooth marks on a strip of film into tiny electric currents. The nature of the cells is such that the brighter the light which is thrown upon it, the greater will be the volume of the electric current coming out.

In the moving sound picture projection machine in your theatre is an independent electric light which is so focused that it shines directly

through the sound track of the film onto a photoelectric cell.

When a light area of the sound track passes in front of this light a great deal of light will shine through it onto the photoelectric cell and a comparatively large volume of electric current will flow out of the cell as a result. When a dark bar or saw tooth appears on the sound track, the light will be correspondingly interrupted and the current will be comparatively small. Thus you can understand sound photographs are translated or transformed into electric currents of varying strength. By audion tubes these currents are increased until they are able to activate the vibrating diaphragm of a loud speaker apparatus.

The principle of the loud speaker is quite familiar to all of us since the advent of radio. Precisely the same sort of audion and vacuum tubes as are in your radio are used in amplifying the photoelectric current to move the diaphragms in the loud speakers behind the screen of the moving picture theatres.

In recording sound in "sound pictures" or "talkies" it is a means of converting sound waves into photographic areas on the film. In re-translating these back into sound, the light and dark areas become successions of strong and weak electrical impulses. In other words, they create a change in the quantity or intensity of light that passes through the sound track from an "exciting" lamp placed behind it. The result is that on the beam of light from the projector, light falls in ever varying measure upon a metalloïd, such as selenium, which is part of an electrical circuit. Light upon selenium decreases its resistance to an electrical current in direct proportion to the amount of light. Consequently a radio also connected with that electrical circuit receives current as fluctuations similar to those originally produced in the microphone; and these naturally issue from the loud speaker as intelligible sounds.

Selenium is by no means the only material that shows such sensitiveness, and more generally a "photo-electric cell" or "electric eye" is used. These "photo-electric cells" or "electric eyes" are but tubes of electrons. Electrons are like people - sleep in dark - and awake with light. They get busy in light.

In every-day language and just generally speaking (non-technically) ordinary sound recording on records makes minute indentations on the record in a spiral beginning at outer edge of the record running to the center, but in sound pictures the indentations are not mechanical indentations - but are dark and light areas - and they run, not in spirals, but along the edge of the film in a continuous line.

To get a mental picture of what is on the sound track of the film (enlarged), just get a wood saw and hold it straight up and down - and the teeth represent the indentations - transparent and otherwise. It is, in other words, a minutely jagged line running the length of the film.

Film projection requires that each little picture in the series shall be held still while it is shown on the screen, and then the light be cut off and the film moved down to the next picture, the light turned on again and so on. If the film came steadily down from the reel above to the one below, there would be just a blur on the screen.

The sound track or film, on the other hand, must run continuously, and therefore it has its own separate continuous projector.

Of course the intermittent movement of the picture is very rapid - approximately 24 pictures to the second - or about one and one-half feet of film per second, so the human eye does not note the turning off and on of light.

The point is that sound waves are transformed into a photographic film impression, made by light rays or waves. This is then a tangible objective thing. Then this in turn is used in the control of regulation of light waves or light "beams," and by electronic tubes converted back to sound waves, and you hear it through the radio loud speaker.

In our next instruction we are going to describe briefly how photographs are transmitted by radio or telephone, or what is known as the telephoto machine, and other instruments, by which one class of forces is transformed into another, and point out some specific findings of science which will be helpful in the understanding of mind.

If our explanation of making sound pictures was too brief or sketchy for understanding, and you are further interested, we believe that you can find in your encyclopedia or in your public library books on the subject which will make it understandable, but in it all and through it all, we want you to understand that one form of energy or force can be converted into some other form of energy or force; thus a man may strike the suspended rim of a locomotive wheel with a sledge hammer, and that physical blow will set up vibrations in that suspended metal, and those vibrations send out waves through the air (sound waves). These sound waves can be picked up by a microphone, transformed into electrical currents, varying in strength and weakness. These can be transferred into light waves of varying strength. These light waves can be photographed, and then these photographs can be transformed into light waves, and these light waves again transformed into electrical currents, and again transformed into mechanical vibrations of a diaphragm in a loud speaker, and that again sets up vibrations in the air and we again have sound waves.

This briefly describes possible transformations of forces and energies.

Sound waves, light waves, etheric waves, cosmic rays, and the known things about them have been discovered and ferreted out by man, and the action of these forces determined with mathematical certainty, and the implements and the instruments used in making transformation of energies and forces have been made by man.

Yet it is true that man has never created any machine, implement or instrument that is even comparable to the intricate human machine, and certain it is that whatever man has created, it has been done by thought, by mind, and when we view it all, we must conclude that there is one mind, the universal mind - God- and that man accomplishes in accordance with his use of the one mind.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

MAKING A WELL-SPRING FLOW: -

If we have read history and of the religions, rightly; of Confucius, Buddha, Jesus and others, they expressed a philosophy that is livable by all men.

We have an ambition for you -- we trust that you have caught a glimpse of it. It is attainable, you can attain it.

Do you know anything to prevent your developing a rhythmic, spring-stepped, disciplined, graceful carriage and posture?

Is not a good speaking voice - clear enunciation - a good vocabulary - courtesy in argument, humor and repartee, interest, diplomacy and insight a possibility for you?

Surely the art of thinking -- thinking things through, independence of thought, the ability to analyze and to use logic, and to give expression to your impressions, you can acquire. And we shall give you shortly most comprehensive instructions devoted to the end of showing you how to develop this ability. Yes! Instructions on how to think.

When you understand yourself, know what mind is and what it can do, as we instruct you on the subject, there is nothing to prevent you from observing discipline in eating - exercise - sanitation, mental and emotional control.

What prevents you from having an objective - a purpose, a plan, a vision and an ideal? It is just a mental concept, possible for all.

Can you not develop a desire, one that will hold your attention and interest, one that you can live with and for, center and concentrate on and carry with you always - something that is not founded upon selfishness or self-seeking, but will be in the interest of human service?

Why can you not generate confidence and faith in the ultimate attainment, when you know that all things are governed by law, and accomplishment is but a matter of knowing these laws, observing them and utilizing them?

Do you not know that vacillation is a habit, a sort of switch yard, and that determination keeps you on the main line?

Is the profit motive your guiding star, when all human experience proves that "getting" is a sequence - an effect which follows naturally upon giving of yourself, your abilities - your means, your talents and your efforts to the end of service to others?

It is strange perhaps, but true, the well-spring of health - happiness - and material well being is within you. Let's be earnest and sincere in our effort to make it flow.

Very sincerely,

THE ORDER OF THE ESSENES

By

S. Hamner Davis

Enc. 78



TWO THOUSAND YEARS AGO VERSUS NOW

As a student of Life Science you surely recognize that the objective ever in view is to bring about a recognition by you of your responsibility as a citizen of the universal.

We are striving to help you to the understanding of what mind is, and to the discovery of oceans and continents lying undiscovered in your mind; to take you outside of your circle of limitation and frustration; to help you evaluate correctly the purpose of life and to help you find your place in the great scheme of affairs, all to the end of having you do something about it, that you may live more abundantly and may know the exhilaration and the thrill of exerting an uplifting influence in a world sorely in need of understanding.

In this instruction you are to continue your study of things material, the discoveries of man in the physical realm, things which man with finite mind attuned to infinite mind has been able to discern and create. The objective being to show you that mind - a result or product - is understandable, and that in this day and time you need not go back two thousand years for your symbols or illustrations. What man in those days in some vague and intangible way sensed as existing, and discussed and spoke of in terms of spirit, we now know as forces, energies and units and we take them out of the field of speculation and imagination with varied individual interpretations, and eliminate supernatural implications, and clearly define them, - and what is more, demonstrate the correctness of our conclusions.

Continuing our study of instruments and mechanisms and machines which show a conversion of one class of forces or energies into another and entirely different class, we now observe the Dictaphone-Ediphone or phonograph.

In the handling of our vast correspondence with our students we now use Dictaphones.

This is a mechanism with an electric motor which makes a core or metal cylinder revolve. Upon this core we slide a hollow cylindrical wax record. On a carriage suspended over the wax record is a metal disc or diaphragm, and from this is a needle-like cutting instrument. From this diaphragm there is a hollow tube, and at the end is a mouthpiece into which we talk - speaking to our students.

When we are ready to dictate we start the motor attached to an ordinary electric light current, let the cutting needle down upon the wax record, and then start the cylinder with the wax record on it to revolving. At the same time the carriage upon which is suspended the disc or diaphragm moves very slowly - almost imperceptibly so that the cutting by the needle is in the form of a spiral that runs from one end of the wax record to the other.

As we talk into the mouthpiece we naturally create sound waves. These make the disc vibrate, much or little. The cutting needle thereupon cuts minute grooves in the wax cylinder - and one can see little fine wax cuttings on the wax record. Thus mechanical vibrations make wave-like mechanical indentations in the wax.

The stenographer who transcribes this dictation has a similar machine, but instead of a cutting needle on the diaphragm of her machine, there is a fine needle-like instrument which drops into the fine grooves or indentations on the wax cylinder which she has transferred to her machine. Instead of a speaking tube, her instrument has earphones which are held in place to each of her ears. As the fine needle on her instrument drops into these light grooves or cuttings made by the dictation machine, it vibrates a disc or flat diaphragm in the same manner that the diaphragm in the dictation machine vibrated when the record was made, and thus it is turned back into a sound wave and the stenographer writes it just as though she were taking dictation direct from the one who made the record.

Thousands of these machines are used in the business offices of this country daily.

The ordinary phonograph records are made upon flat discs in a very simple manner, and are reproduced in great quantity by using the master record as a cast. Some idea of the great number of phonograph records made can be gleaned by knowing that a hundred and ten million discs were sold in 1941.

Recording is going to undergo very great changes. In these modern times we can now take a wire about the size of a human hair and make records upon it which are called magnetic recordings.

In magnetic recording this very fine wire is moved between the poles of an electromagnet at about the rate of one and one-quarter feet per second. The electromagnet is connected to the microphone or instrument into which you speak, and as the sound waves vary, the poles of the electromagnet create a current which varies with the sound waves, so we have sound waves being turned into magnetic current variations.

To play back the record the magnetized wire is passed through another magnet connected to an amplifier or loud speaker, and thus the magnetic current is transformed again into sound waves.

In this character of recording, the mechanical contact between the wire and magnet is a very tiny area, and surface noise is negligible.

In the dictaphone above described, after the stenographer has transcribed, or written on the typewriter, the dictation on the wax record, the wax record is put into a machine which revolves it, and there is held up against it a very tiny cutting blade, and this cutting blade takes off the surface of the wax cylinder in which were the indentations, and makes it a smooth record ready for other dictation.

Some idea of the minuteness of these indentations can be realized when you know that this shaving machine takes off the surface of the wax cylinder wax only one-fifth the thickness of a cigarette paper.

In the recording on wire by the magnetic process, after the recording is no longer useful it can be blotted out magnetically

and the wire can be used over and over again. This form of recording is now pretty general in war planes - a record is made of all conversations of pilots.

In the above we have noted a transformation of one kind of force into another, and its transformation back to the original kind of force, so that when we contemplate mind and we realize that sense forces and organic forces and etherial forces are transformed, there will be nothing of the mystical or supernatural about it.

We know that a picture or photograph can be taken in Europe or Africa, and that same picture can be sent through the ether of space instantly. This is done by what we call the telephoto machine.

To describe this without the use of technical terms is somewhat difficult, but with the understanding you have of making sound pictures, and recordings, just described, you know that it is done by a transformation of forces.

You know that a photograph is made by what we call a camera. A trade name upon one make of camera is Kodak.

You know that a camera consists of a lense which focuses the light rays from the object being photographed upon a sensitive film.

This film is made sensitive by having upon it certain materials sensitive to light, and when the film is made, the light vibrations from the object photographed are registered. That which is dark in the object photographed sends forth the least light waves, and the lighter portions of the thing photographed send more light waves; hence the film is just the reverse of the object photographed. In other words, the film is light where the object was dark, and the film is dark where the object was light.

After a film is made it is then put over other material which is sensitive to light, and light is passed through the negative, and we have what is called the positive, or the photograph. When the negative is placed over light-sensitive paper, and the light passes through the negative, the most light will go through where there is the least impression on the film.

In the telephoto machine, the original picture and a sensitive receiving film are wound around a cylinder. A beam of light, very minute, like a pencil point, is passed through this original picture on the cylinder, and the cylinder revolves at 2400 cycles per second, and hence you have a record much like the wax cylinder in the dictaphone, but in this instance light rays are making millions of dots.

The cylinder of the telephoto machine is also moving along a track, and is moved over very minutely with each revolution.

Now this light beam produces a simmsoidal variation in intensity in the scanning beam before it strikes the picture. By reflection from the picture this beam is modulated in conformity with the light and shade of the successive elements of the picture.

The light travels to a photoelectric cell where a current is generated. This follows exactly the variation in the light beam. This creates what is known as the signal current. It is then amplified and filtered - and the carrier frequency is then ready for transmission.

At the receiving station a similar cylinder revolves at the same speed. The signal current is demodulated - that is divested of carrier current - and the film on this cylinder gets the picture current, which embodies the lights and shades of the original pictures. Thus lights and shades correspond on receiving film to lights and shades at sending station. The motors at both ends are exactly synchronized by a controlled current.

Thus the picture is in effect transformed into radio waves and, different from the radio, it is at the receiving end transformed into light waves instead of sound waves.

If a photograph which has been sent by the telephoto machine were examined carefully under a very large magnifying glass, one would see that it is just a series of what might be likened to pencil point dots, and that there is space between each pencil point dot, vertically and horizontally.

The telephoto operation therefore consists of having the lights and shades and variations from black and white in a photograph vary the intensity of radio waves. These radio waves at the receiving station are transformed into millions of dots varying in accord with the original photograph.

If you would examine under a microscope a pencil sketch on paper by an artist, you would find that it is practically minute dots, because the pencil markings do not get down into the fine lines that divide the particles of paper, one from another. The artist sketches with lines - The telephoto practically does the same thing, but by closely - yes, very closely placed dots.

Just as an observation, is there anything incredible about an individual getting thoughts through the ether of space, when we can demonstrate that there are etheric waves which can be transformed into sound, by the radio; and when there are present also etheric waves which can be transformed into photographs; and when we recognize that both of these potentials and other potentials are existent at the same time and in the same space?

At this point we want to record another observation, the importance of which will be understood when we point out the effect of etherial forces playing upon the brain. When etherial forces pass through any medium they are deflected. You can understand this when you know that light waves from the sun are changed and altered by any vapor or gas through which they pass.

Helium was discovered in this way. It was noted that there were certain markings and distinguishing features of light coming from the sun.

Man knew and reasoned that the earth was an offshoot from the sun,

and therefore there must be on this earth a gas to correspond with the gas in the sun, which altered a ray of light from it.

Man set about to find that gas that would give the same record when a light was passed through it, and discovered helium.

In Instruction Number Ten we pointed out that Charles F. Kettering, the Director of Research for General Motors, said that he considered "the most important research problem in the world to be to find out why grass is green, because it is the fundamental problem of man's existence on earth."

In that same Instruction we pointed out that James Bryant Conant, President of Harvard, came up through the chemistry department, and that he specialized on the study of chlorophyll, that mysterious green substance in plants which alone among materials of the earth is somehow able to use the energy of sunshine to combine water and the carbon dioxide of the air into sugars and thence into starches. He also specialized in the study of hemoglobin, that which gives color to the blood.

It will be interesting, and helpful to review Instruction Ten at this time.

We now point out to you that the chemical symbol of chlorophyll, the green substance in plants, is Mg N4 C55 H72 O5.

Hemoglobin is an amorphous compound which gives to the red corpuscles their coloring matter, and conveys oxygen from the lungs. The chemical symbol of hemoglobin is Fe N4 C55 H72 O5.

By a careful study of these two chemical symbols you find that chlorophyll and hemoglobin are identical, except that the hub of chlorophyll is one atom of magnesium, while the hub of hemoglobin is one atom of iron.

Now here is a highly significant thing: - In the cyclotrons, which we have heretofore described in our instructions as the instruments which break up atoms, atoms of iron have been broken up into magnesium.

These remarkable facts were called to our attention by one of our students who takes an intense interest in things scientific, and in sending it in, he remarked, "Truly man is brother to the trees."

The Universe, as it is pictured by the scientist of today, is a dynamic Universe. It is one in which things are continuously happening. Its key is to be found in an understanding of energy or forces.

An electric current is now known to be a stream of electrons in motion. As we have heretofore expressed it, an electric current is a procession of electrons, each carrying its own little charge of electricity. When an electric current flows through a wire, it means that electrons are moving through the wire bumping their way between the atoms, billions of them passing

along per second. The electric and magnetic fields of an electrified wire can be shown to be the result of the combined fields of the moving electrons composing the current.

Without going into detail, we are just going to call attention to some of the things that electronic apparatus can do. They can control any machine operated by a relay switch to move doors, elevators, conveyers, and so forth. They can by remote control operate machines in pumps, electric substations, lighthouses, planes, and vessels. Electronic apparatus can concentrate heat in small areas to dry or bake, anneal, weld, or rivet; actuate the medical heat treatment, diathermy. Electronic instruments detect dust, smoke, fog, invisible vapors. They can measure and record, and control temperature, humidity, pressure, acidity, and color.

Many of you are familiar with the fact that in many public buildings there are doors which open automatically as a person approaches and remain open until he has passed through, and after that they close. The essential feature of the apparatus which operates these doors is a photo-tube, or what is spoken of as an "electric eye."

The electric eye does not move the door. There has to be a motor to do that, and more power than is in a photoelectric tube, but it does throw the switches which control electric currents which operate motors, which do the actual work.

We call attention to this because the forces which play upon the brain are not the forces that result in what we call behavior, but we may say that they throw the switch, or give the impulse, and then the energy that is created within the human body by the organs of the body, and fueled by the food we eat, the water we drink, and the air we breathe, does the work.

Laying the foundation for the understanding of mind, we stress the fact that the brain is the repository of electrons. It is in the final analysis a combination of electrons. Electronics and electricity are just two names for the same thing.

In our next set of Instructions we are going to show you that Mind can only be the result of forces playing upon the brain.

We have classified these forces, and we mean to show you that within man are greater implements, instruments, and appliances than man has ever produced, and that the living mechanism, the human body, is activated by and responds to electric impulses or electronic action, stemming from the human brain. Keep in mind that the brain is not mind and that the mind is not brain, but is a result or product.

In concluding this Instruction, we can assure you that Mind is always mathematically accurate and responds undeviatingly to the forces that play upon it; and that man does make his own conditions, and man is a creator; that the correct solution to any problem is the proper application of the forces available to man; and that man is naturally attuned to the Infinite, to the Omnipresent and the Omniscient.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

FACTS -- NOT LEGENDS: -

In this world we must row, and not just drift.

Things infinitesimal have always existed, but man did not have the instruments to perceive or measure them, but that day is passing.

It does seem marvelous that we have now the electron-microscope, which can magnify up to one hundred thousand diameters, and with it scientists have disclosed heads and tails on minute creatures only a quarter of a millionth of an inch long. This means that they are so small that a thousand of them could be put on a point of a pin, and the whole mass would still be invisible to the eye. This is fact, and not fiction.

We can now tune in on the brain. By this tuning in on the brain we know definitely that a visual image is recorded in one area of the brain; a hearing image is recorded in another area, and these areas have been definitely located.

In these instructions we propose to prove that mind is the result of forces playing upon the physical instrument, the brain.

As wonderful as are the instruments which disclose the infinitesimal, man has, in mind, a more wonderful instrument.

We want to impress upon you that the smallest acts and the most ordinary attitudes among the simplest folk have reverberations reaching infinitely far into the future.

To impress on a child's brain one sentence may move -- and it can be proved has moved -- mountains.

Beunau-Varilla dug nearly through the Panama Canal under frightful odds, because when a lad, at the time the Suez Canal had been dug, his mother said, "Phillipe, you can dig a great canal, too."

This is not a legend, but the truth and a historical fact. One sentence set a life ambition for a man and directed the course of his life.

It should be a source of pride and satisfaction to you, who help in this work, to know that we receive countless letters from people who say that as they look back they marvel at the change that has come about in their thinking, in their human relations, and in their material situations, as a result of studying with us.

There is nothing mysterious about it. Right thinking does alter material conditions, - conditions of health, outlook upon life, social relations and business relations and results. It has been so with you, or will be, if you are faithful to the precepts we present to you.

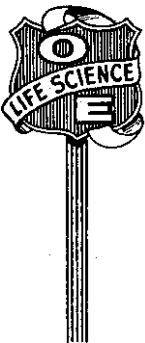
Very sincerely yours,

THE ORDER OF THE ESSENES

By

J. Hammer Davis

Enc. 79



THE Essenes

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the order.

Copyright by The Order of the Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 79

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

FAITH, BEING A MENTAL STATE, IS NATURALLY A PRODUCT OF MIND. IT IS COMPOUNDED OF EXPECTANCY, ASSURANCE, AND CERTAINTY WITHOUT THE ALLOY OF DOUBT.

ST. PAUL SAID: - "FAITH IS THE SUBSTANCE OF THINGS HOPED FOR, THE EVIDENCE OF THINGS NOT SEEN."

THOUGHT IS MIND AT WORK, THE FORMATIVE FORCE WHICH ACTS UPON THE "UNSEEN," WHICH FAITH HAS EVER PROCLAIMED SUBSTANCE. THIS "FAITH SUBSTANCE" SCIENCE NOW KNOWS AS THE BUILDING UNITS OF THE UNIVERSE; - THE ELECTRON.

IT IS THAT SIMPLE - AN ELECTRIC FORCE WORKING UPON UNITS, ELECTRICAL IN NATURE.

SUCH IS CREATION -- TRUE IN THE PAST. TRUE NOW.

The aim of Life Science is the understanding of human behavior in the interest of human happiness and efficiency. Like all true scientists, we must observe, organize and interpret our facts along well ordered lines. We must observe strict logic in our interpretations. We cannot wed ourselves to a hypothesis or theory because of age or general acceptance. Truth is known only when it fits all conditions and circumstances.

In experimentation we must observe the laws - and one of the fundamental laws is - Let one thing vary at a time.

Let us illustrate by bringing to you a classic example of misdirected effort in the psychological field - years of effort and research that proved absolutely nothing.

Two families were selected for study. The descendants of Jonathan Edwards, an eminent divine, and the descendants of Max Juke - an illiterate, drunken and shiftless backwoodsman.

Practically all students of psychology are familiar with this investigation, and volumes have been written upon it. "Genetics" by H. E. Walter - a Macmillan Company publication - gives us the results.

Nearly fourteen hundred descendants of Jonathan Edwards were traced. Their standing, accomplishments and contributions to society were tabulated.

Five hundred and forty of the known descendants of Max Juke were traced and their lives and contributions to society were likewise carefully studied.

All of this long and laborious research disclosed that of the Edwards male descendants two hundred ninety-five were college graduates, thirteen of whom became college presidents. In the line of descent were sixty physicians, one hundred clergymen, seventy-five army or navy officers, sixty authors, thirty judges, three United States Senators, and no criminals.

The findings with respect to the Juke descendants disclose three hundred and ten paupers, one hundred and thirty were convicted criminals and of this thirty-seven were murderers. Out of the whole male line twenty had learned an honest trade, but ten of this twenty learned their trade in prison.

In many publications advocating controlled breeding or birth control and devoted to what is termed eugenics, these figures are used and it is pointed out that the known members of the Juke tribe had cost the State of New York more than one and a quarter million dollars.

Countless are the birth control enthusiasts who are sure in their own minds that these facts make a perfect case for "heredity being all important," or the potent force of heredity.

In the first place you will readily recognize that the facts as given were not taken in a way to satisfy the first rule of experimentation "one variable at a time." Environment was not even considered.

If all the Edwards progeny at birth had been transplanted in the Juke environment, where drunkenness, poverty, crime, and prostitution were rife, and the Juke newborn had been transplanted in the Edwards environment of wealth, culture, refinement and educational and social opportunities - who can say what the record would have been?

Here is where the advocates of eugenics clash with the advocates of euthenics, or those advocating environmental control.

That question cannot be answered absolutely and positively without an understanding of what mind is, and how it functions, and an understanding of what it is that is transmitted in the line of descent in the human family.

Let us give you this assurance - that you will with an understanding of Life Science be able to answer it for yourself. That answer will be satisfying and gratifying, because you will understand the part each plays.

Likewise you will understand the humor in the very modern definition of heredity, which runs something like this - "Something a father believes in until his son starts acting like a damn fool," and you will be equally appreciative of this modern comment which has to do with environment: "Some people believe in environment; others believe in heredity - especially those who got all their money that way."

We are not unmindful of the fact that we have laid it down that mind is a result or product of forces playing upon the physical instrument the brain. Be not alarmed. We do not belong to what is known as the "mechanistic school" which holds man to be a machine - that mind is wholly a by-product of the occurrences in the physical world - and unable in its turn to influence the outside world. Man is a living and self conscious being; within him are many instruments and what we may term machines far superior to any man made machines. By mind, man has made many machines which help us to a better understanding of ourselves and our working parts.

Before proceeding to the study of the forces that play upon the brain to produce mind, we must pause to consider what part, if any, of mind we have at birth -- this brings up the consideration of heredity. Note that we say "what part of mind, if any." We know that we are born with a physical brain.

We shall find that sense experiences form the basis of our mental life. Note - "basis." The various senses -- touch, sight, hearing, smell, taste, temperature and others, operate through sensory nerves communicating with the central brain. The brain consists of the large cerebrum, occupying the upper front part of the skull cavity, whose outer surface or cortex is the seat of sensation and volition or willing; and the cerebellum, the lesser brain, lying at the back of the head. There are more than six billion nerve cells in the brain. One authority points out that that is more nerve cells five times over than there are people on earth.

We are born with a brain we know. Are we born with a mind?

Is there any advocate of the potency of heredity who claims or will claim that the newborn babe if it were just permitted to vegetate, if that were possible, would eventually show up with a mind - reasoning, visioning, willing, and functioning as we know minds do function?

In other words, let us put it this way. Do we inherit from our ancestors thoughts, ideas, or minds?

We know that man has evolved from a lower to a higher plane. There is and can be no denial of the fact that all living organisms are made up of protoplasm, and that the physical basis of life is the same for all organisms and they all show the same chemical foundation, the same general type of cell structure, and the same general phenomena of metabolism, growth, reproduction and adaptation. The plant kingdom and the animal kingdom can be classified into natural groups which show an ascending order of complexity.

By heredity the characteristics of the parents are transmitted to the offspring. Perhaps great error has crept into the conception of what is transmitted by the general use of the words "traits" and "characteristics."

If we will concede for a moment that it means something physical - a make-up which has to do with capacities, capabilities, and possibilities, we will get somewhere.

The brain of man has evolved to higher and higher planes, just as man as a whole has evolved. That improvement has come about by the use he has made of it; by the necessities of the occasions he has met and mastered. It was just the "overcoming principle" of the Universe at work, which we touch upon in an earlier lesson.

Man by the use of his senses - and by applying his thinking along certain lines has opened and broadened and deepened the channels leading to that section of the brain receptive to those sense perceptions. More correctly speaking, he has developed the connections to the brain and those portions of the brain - or the mechanism of the brain where that character of forces center, just as man develops the muscles he exercises physically. These developments bring about physical changes - These characteristics man does transmit to his offspring. Man by his application to the arts and trades and by his studies and skills develops characteristics which are transmitted to his offspring. Thus man changes the physical. That is evolution - and man is evolving today as in the past.

For a moment let us observe man's origin; what we might term his germinal origin. Pay particular attention that we say the "origin OF MAN" - meaning the physical man - and particularly note we did not say "life." Life is a stream. It has no beginning. It is the history of the upward climb. Conception is not the beginning of life. Birth is not the beginning of life. The origin is in living cells, life is there present.

The fact that Life had no beginning lays a substantial foundation for faith that it has no end.

Let us view conception. Within the living germ cells which unite at the moment of conception to produce an individual are found a number of tiny rod-like structures which are known as chromosomes. These steer the development of structure as the fertilized ovum unfolds into an individual organism. Within the chromosomes are what is known as "genes." Each gene is essential to the development of a particular trait of structure. A trait of structure is the determining factor in the capacity or ability to behave or function - as we know behavior and functioning.

From the mother come one-half of the genes; from the father the other half. We again repeat - the moment at which the sperm and egg unite to form an individual does not mark the beginning of life. It is a uniting of living germ cells - and each has gone through a process and period of ripening. Back of that can be found no particular moment of life's beginning. This bears out two things --- that evolution is a fact - a truth of life in accord with universal laws, and secondly - that life is without beginning, and the conclusion that it is without ending is well founded.

We would have you here note that the human fetus (unborn child) is an individual which responds to stimulation long before it is born. We know that it is secluded in the fluid of the mother's uterus (womb) and hence has no contact with the outside world - and hence its nerve and muscular response to stimuli is a matter of heredity. The most elemental cells - what we might call

the primary cells - respond to stimuli. From this we must draw the conclusion it is physical in nature and universal. The conclusion that it is mind at work is precluded. Mind is the result of three classes of forces as outlined - and until birth one class cannot be operative.

Every multi-cellular organism starts with the fusion of an egg-cell and a sperm-cell. This grows by cell division and becomes what is known as an embryo.

Let us turn to the plant kingdom and observe nature at work. We will select four o'clocks. Red four o'clocks go to seed and the seed from them always produces red four o'clocks. The same is true of white four o'clocks.

We now take the pollen from one and apply it to the pistils of the other. The seed which result from this "crossed" plant we plant. The result is a pink four o'clock. We then take the seed from the pink four o'clock and plant them. What do we have? Pink four o'clocks? No. The seed of pink four o'clock - known as a hybrid - produces three kinds of plants - some white, some red, and some pink, - and it is worthy of note that there is generally a definite ratio -- one red - one white and two pink.

Here is another remarkable feature -- The red four o'clocks from this hybrid will breed true - produce red flowers. This is so with the white ones - but the pinks will keep right on producing reds - whites, and pinks.

In the Story of Science by David Dietz, here is how this is accounted for:

"The explanation of this behavior lies in the mechanism of heredity. Modern research has revealed that the chromosomes, the little threads of protein in the nuclei of the egg cell and germ cell which unite to bring the new individual into existence, are the carrier of heredity. Localized in the chromosomes are the factors which cause the various characteristics of the organism. These factors are called the genes."

"The egg-cells or sperm-cells of the red flowered plants, or the germ-cells, to use the common name for both, contain a gene or factor which makes for red flowers. When two germ cells unite, each of which carries this gene, the result is a plant with red flowers. The same thing is true of the white flowered plant."

"When a germ-cell from a red plant unites with one from a white flower the result is that the zygote which then forms, contains one gene for red flowers and one gene for white flowers - and the result is a plant with pink flowers.

Furthermore, some of the germ cells which the hybrid plant produces will contain the gene for red flowers and some the gene for white flowers, hence the fact that the third generation of plants consists of red-flowered, pink-flowered and white flowered plants."

Equipped with a knowledge of the "laws of heredity" plant and animal breeders are now able to breed superior types. The poultryman mates for egg laying capacity or meaty types. The dairyman crosses for milk producing characteristics, the cattleman for beef types, etc.

We are not primarily interested in biology, but we are vitally interested in knowing that the complex and infinite behavior patterns of which man is capable are due to the organization of his nervous system - of which we may call his brain a part - and that these are physical instruments, and that the use of these results in development, and that the development is transmitted from generation to generation - and then evolution becomes not only understandable but apparent.

We are shortly to take up the play of forces upon the physical brain, show the instruments - and reach an understanding of mind. Through the use of mind man has developed the physical instrument - the brain - until today the brain of an adult man weighs approximately fifty-five ounces, that of a woman about five and a half ounces less.

The largest part of the human brain is the fore-brain, weighing about forty-four ounces. It consists mainly of two large convoluted masses known as the cerebral hemispheres. The mid-brain is only a sort of isthmus between the fore-brain and the hind-brain in man.

The hind-brain consists of three main parts; the cerebellum, the pons Varolii, and the medulla oblongata. The medulla gradually merges into the spinal cord and is continuous with it.

The study of the brain has revealed as we have pointed out that various functions are localized in specific portions of the brain. - In an orderly manner we shall proceed to show you that consciousness is the result of an electro-magnetic pattern in the brain and that changes in consciousness result from changes in this pattern as varying nerve impulses, which in themselves are electrical in nature, flow into the brain.

Considering again the question - "Well! Which is it - heredity or environment?" we have progressed to the point where we can say with conviction that the difference between people is determined by the quality of their inherited structure for one thing, and we shall learn that a determining factor is also the amount and kind of opportunity each has - or environmental conditions.

You will note throughout these instructions we often refer back to early instructions.

If you have reviewed and learned a major part of the early instructions you will without having your attention called to it perceive that the golden threads in each are being woven into perfect pattern, and you will acquire the conviction that you are "The master of your fate, the captain of your soul," and almost imperceptibly you will find yourself living more abundantly. You will radiate it.

To hold the ground you gain - and to insure continued growth - you must utilize what you have - and help others to attune to the understanding that this is a world of law, and help them to become law abiding citizens of the Universe.

This is the law of balanced compensation.

* * * * *

THOUGHT GEM

We really have the key to Life - Life is a state of consciousness. To be healthy you must have a health consciousness. To be prosperous you must have a prosperity consciousness. To be successful in any field of endeavor you must have the consciousness that corresponds. - We have free will to develop a given kind of consciousness, and then we can do and be anything in accordance with that --- but we have no free will to do anything without the consciousness that belongs to that accomplishment.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE
TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

ITS LIGHT WILL SHINE FOR YOU:-

You may not realize it - you probably will not if you just read Instruction Number Eighty once, - but this is one of the most profound Instructions in this course.

Mind over matter! Bunk - if you think in terms of effecting the formed. If you don't think so - sit beside a boulder and see what you can do to it by thinking.

Better yet -- and this will be a surprise to most who read this. Go back to Instruction Number Five where you held a heavy needle or ring suspended from a thread over a circle. For ninety-five out of every hundred of those studying with us, it went back and forth or around the circle as you willed it. -- We said "do not attach too much importance to this" -- "that it was an exercise in concentration --"

Now, get out your circle, your thread and ring or needle. Instead of you holding it, suspend it from a stationary object. Do all the willing you want to - and it will not move. Don't be disappointed; rejoice.

Metaphysical mountybanks - and cult and "ism" racketeers, who talk about the power of mind over matter and attach mystical significance to this as a demonstration can't make it move either, when so suspended from a stationary object.

More surprise to you - The power of mind over matter is real - a fact when you understand the real - the truth. The truth is simply this -- The building blocks of the universe are electrons. Matter is made of them. We teach and demonstrate and science agrees that matter is of the same nature as ideas - the product we call mind - an electron with a pattern. Where does it get its pattern? - by passing through the physical and physically imprinted brain cell, just like light passing through glass with a design etched upon it.

Who in science would deny that causes must be of like nature to their effects?

So mind does have power over matter - but you must catch matter in its unformed state - by mind you give it pattern - you do cast the molds.

Now you can understand! Have fears - be terror stricken (a mental matter - mind at work) - adrenalin is formed instantly and goes into the blood stream. You are given extra power to fight or run. That is the power of mind over matter.

It works the other way too. Think courageously, constructively -- think upon things good and the effects will be beneficial.

"The whole material world, composed of varieties of forms, is revealing thoughts and ideas, initiated in the mental realm, directed and carried over into circumstances and events in the material world" - Read again this Instruction -- Its light will shine for you!

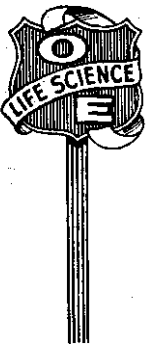
Sincerely,

THE ORDER OF THE ESSENES

By

S. Hamur Davis

Enc. 80



THE Essenes

This Manuscript is published by the ORDER OF THE ESSENES, a Corporation not for profit, and always remains the property of the Order.

Copyright by the Order of the Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 80

Assuring to the Accepted and Acceptable
HEALTH, HAPPINESS AND SUCCESS

"CHRIST HAD POWERFUL FLASHES OF INSIGHT INTO THE DEEP NATURE OF MAN'S CONSCIOUSNESS AND HE USED EVERY DEVICE HE COULD INVENT TO TRY TO REVEAL THE PROCESS OF THAT INSIGHT TO THOSE WHO WOULD LISTEN.

THE ONE GREAT POSITIVE IDEA WHICH CHRIST REPEATEDLY TRIED TO EXPRESS WAS THE THOUGHT THAT NO INDIVIDUAL HUMAN BEING COULD KNOW HIMSELF UNLESS HIS INNER HONESTY WAS COMPLETE. THE PEACE HE TALKED OF WAS AN INNER PEACE, AND HE SAID SO ALWAYS. THE WAY TO IT WAS THROUGH TRUTH, AND THROUGH THE ABANDONMENT OF PREOCCUPATION WITH TEMPORAL MATTERS. THE LIGHT TO WHICH HE SO OFTEN MADE REFERENCE WAS THE LIGHT OF TRUTH -- INNER TRUTH.

CHRIST THEN TOOK THE VERY SOLID POSITION THAT UNLESS YOU KNOW WHO YOU ARE YOU DON'T KNOW WHAT YOU ARE THINKING ABOUT, AND YOU CAN ONLY FIND OUT WHO YOU ARE BY A DIFFICULT JOB OF SELF-DETACHED SELF APPRAISAL.

IF YOU UNDERSTAND YOURSELF, YOU HAVE GOT HOLD OF THE ROOT OF UNDERSTANDING. 'KNOW THYSELF' IS NOT CLEAR ENOUGH ADVICE FOR THE AVERAGE INDIVIDUAL BECAUSE IT INVOLVES TOO MUCH EFFORT."

--- Philip Wylie.

MIND IS

The greatest manifestation of power is mind itself, for has not all power and its multiple manifestations been discovered and made known, and utilized by the use of mind? This discovery, disclosure and harnessing of power, has demonstrated one thing above all others - to wit; that underlying and sustaining all manifestation are certain mathematically exact laws.

Surely then the supreme manifestation of power - the mind itself - operates within the orbit of laws - and is not above nor beyond the natural. Exact sequences will be the outcome of exact causes - yes! with mathematical exactness.

Something of the far reaching harm possible, by those who would surround with mystery and steep in mysticism man's creative functions, can be appreciated when we realize that a mysterious mental operation cannot by its nature be a reasoned one, nor can it lead to understanding.

In this Order we have an ideal. If to us is given any inspiration, in the preparation of these instructions, it is to further our purpose to show individuals the process of discovering and utilizing the creative faculty - the mind.

To seek personal credit or to display ego would therefore be most unworthy, and worse than this, it would close the avenues to effective thoughts. This brings to mind the reported interview with a great Scientist who said that it never occurred to him that there was any one so dumb who did not recognize and acknowledge a Higher Intelligence.

The study of mind - the study of Life Science - we are convinced trains one to think. We hold it to be true that one learns to think only when he is brought to understand a subject, only when he sees its relationship to other things. All thinking with respect to God will be left with ministers and theologians unless a basis of understanding is established. Man needs to think along this line.

When one lets another do his thinking for him, he is in a bad way - and this is more especially true if the one entrusted with the thinking is ever looking backward. It is doubly true if the entrusted thinker is bound to any creed. A creed is a pledge to reach a given conclusion.

Science is ever forward looking. Thinking demands freedom - freedom to question - to weigh - to measure - to test - to prove or disprove - accept or reject. Scientists are living question marks.

God will be revealed to you and all who earnestly seek, but the seeking must be within and not afar - and it will not be a God but an indwelling power, available in life's situations, and by the use of which you will help reveal the true God to the world. Man's purpose on earth is to express some part of the infinite. To do so, man must not have thoughts which are cloudy, hazy or shrouded in mystery - he must understand.

Understanding can have but one end result. It will enrich your life - and you will be enabled to help enrich the lives of others, and you will realize you are both human and divine, and can better set your divine part in the play of life.

All religions will be quickened, and ministers will be more effective when there is a common understanding that mind at work is a manifestation of God. Then will the effort be directed to the guidance of thinking and God's works will be done in the here and now - and the infinite plan will unfold as man is

prepared for its reception.

With this introduction - let us go forward to the consideration of mind.

Minds are not born. They are acquired, just as personality is not born, but developed.

Henry C. Link, in his book, "The Return to Religion," says: - "The child is born into the world as a bundle of unorganized energies. It is a power producing machine or organism which sleeps - is fed - and creates energy, but has no habits by which to transform this energy into useful actions. Everything must be done for it, it can do nothing for itself. It waves its arms but cannot direct them; it wiggles its body but doesn't get anywhere; it moves its eyes, but cannot focus them. Gradually it acquires the habit of grasping objects, of focusing its eyes, of crawling, of walking, talking, running, eating, dressing itself, going to school, reading, writing, saying the multiplication table, etc., etc."

The normal child is born with a brain, and there is no scarcity of room for records in this brain. As we have heretofore pointed out, the brain is in two hemispheres. One on the right side and one on the left side of the head. The brain is made up of cells, and they are very resilient in nature, and are made up of detached whirling atoms and electrons.

There are three forces which play upon this brain; the organic forces; and the forces from the senses, which give us impressions of the outside world; and the forces of the ether of space. Whenever one sees or hears or experiences anything, it travels by way of the nerves to the brain, and that experience or observation makes an imprint in the electrons of the brain - a double record. This is the source of memory. We shall show you how it becomes a source of memory.

If you will take a glass prism and put it in the sunlight, this prism breaks up the light and you have what is called a rainbow. This is merely the breaking up of the rays of the sun into its component parts, and by seeing the rainbow you can note what the various kinds of light are that come from the sun. Remember that there are many invisible rays, particularly so in the ultra-violet end. An example of these invisible rays are the X-rays, and there are rays finer than that.

The brain is fabricated much like a prism, and when any information or impression comes to it, it spreads it out in the brain cells as a glass prism spreads light. It is far more wonderful than a glass prism. The brain prisms spread sight, taste, hearing, odor, and feeling impressions, and record them in the electrons of the brain in a manner which makes them ever available with the appropriate technique.

In our filing system in offices we sometimes file according to date, sometimes according to names, and sometimes according to the subject treated upon.

The brain is a marvelous instrument, and is in fact many instruments carrying on one work, the making and reflecting of the mind - and as we have said, it duplicates in a much finer way many of the things that are done by machines which we know and use every day.

As impressions are received by the brain by reason of the sense forces, they are recorded in the order in which they are received. This character of recording gives us the sense of time. They are also recorded as to subjects, and this becomes a memory file with respect to the different things that we meet with and know in the physical world, and all information is related.

You will remember that whatever one sees is a light ray force reflected from the

object seen, and this force travels over the nerves leading to the brain, and it makes an impression or record in the brain.

Likewise, anything that you hear is the result of a force, - air wave force which travels over the appropriate nerves and goes into the brain cells in the cortex, and the delicate neurons are disturbed by this force and it is recorded in the electrons, of which all matter is made.

In order to reach the electrons, the force, whatever kind it may be, must pass through the ether of space to reach them. The ether of space occupies millions of times more of the space of the atoms than the electrons do; hence each atom and each molecule and in fact all the solid parts of the entire brain occupy a very small amount of the space inside the skull. The common medium between all the electrons is the ether of space, and it is infinitely sensitive to the slightest amount of movement or force.

You will recall that in a ray of light coming from the sun, a gas interferes and can be readily detected on the earth many millions of miles away. In the brain, the disturbance of an atom by forces coming to it leaves impressions, and the ether of space as it passes through the brain is interfered with. The record or impression becomes a memory of what produced it.

Keep in mind that these records are on both sides of the brain at once, and any impression made on either side of the head or body makes a double record. And, remember, too that it is in terms of time and space and it is always related to other times and other spaces, just as all conceptions we have of things are always made in terms of times and spaces. You can thus see that when a memory is revived it naturally must be projected into space by reason of the record which has been made, and it cannot avoid being in terms of time with respect to other events which immediately preceded or which immediately followed the impression made, or this memory revived. Note that we have a double means of reviving a record.

We emphasize that there is no lack of room for recording in the brain. You can get some conception of this if you know that a single cell of the brain, if it were increased until it is as large as the whole earth, there would be enough electrons in that single cell to plant the entire surface of such an imaginary earth with electrons, and no further apart than two or three feet.

You can therefore understand why it has often been said that there is no limit to the knowledge that an individual can acquire. There is plenty of recording space in the millions of cells in the brain, and the countless billions of atoms and electrons.

We want you to engage in just a little reasoning. You can readily see that there could possibly be no record of events or of our experiences if there were not something upon which the record could be made and retained. This is the function of the physical brain.

The mind is molded by whatever kind of information becomes impressed upon the brain. Many impressions reach the brain that never attract attention, but these impressions also take part in influencing the actions and conduct of the individual, as we shall later show in explaining some of the wonderful things that can be accomplished when man relies upon what we may term the unconscious or sub-conscious mind.

There is nothing mysterious about a sight or a force made by rays of light being transformed into a record in an electron. In our study of moving picture machines did we not learn that light and sound were registered upon a film, and the sound

and light films produced the moving picture, when beams of light were passed through it?

In the brain we have the forces of light, of odor, and sound transformed into a record, as we have the forces from taste and feeling recorded. It is but transformations of forces into a record. We shall shortly show you how this record is retransformed into thinking and behavior.

Boiled down, we have this: Everything that you see is transmitted to the brain and transformed into a record -- it might be called a permanent record, as is everything that you feel, hear, taste, or smell.

This record is in the electrons of the brain, and the electrons are interpenetrated by the ether of space. If you read, a mental concept or mental picture is formed, and this is recorded. If you hear a lecture or see a moving picture show, or see a play or a prize fight, or an accident - a concept or picture is formed, and this is recorded. So everything that transpires in the outside world of which you become conscious, becomes a record. In addition to this, we would have you note that if you do some thinking, and take all of your previous concepts into consideration, and by the exercise of the imagination form a new mental concept, you create a new picture and this is recorded in the electrons of the brain. You can bring up from these records or memories in the brain related material, or you can take the separated material, and relate them. In the memory files are much that did not receive conscious attention at the time received, but there nevertheless.

There is another method of making a recording in the brain. The ether of space is affected by the recordings in all brain cells, and the ether of space is not a thing that is stationary, but is constantly moving. A record can be made in the brain by the ether of space, which has been deflected, or which carries the mental picture of some other person, or some picture or information that is general in the ether of space -- this we call Universal Intelligence.

This recording in the brain of transmitted forms or conceptions by the ether of space, are made only when the individual is attuned to that character or picture or information.

The process of attuning is quite easy to understand. If one is thinking along the line of music, the individual is very apt to become attuned to things musical. If one is thinking along the line of chemistry, his mind becomes attuned to things that relate to chemistry. If one is developing a mechanical thought, he becomes attuned to knowledge and information along mechanical lines. If one is thinking along the line of economics, the mind becomes attuned to things that relate to economics. We are going to give you an example in this instruction, and illustrate this by giving you concrete examples.

This gathering in of ideas by way of the ether of space is by some called telepathy, and by others it is called intuition, and by those in the metaphysical field, it is often spoken of as universal mind at work. The universal mind can be the diverted or intercepted or interfered with ether of space that has passed through the brains of others.

By reason of the limitation of language, it is difficult to explain all of these things in a scientific way, and we can best give a complete understanding with respect to them by the use of actual living examples, and as we progress, we shall illustrate many of these points by occurrences that have happened and do happen and explain why and how these things take place.

Speaking of the limitation of language, let us illustrate. We doubtless have

said in these instructions that by the use of a dynamo, we create electricity. The electrician would say that by the dynamo we generate electricity. Both of these are just a little misleading.

Electricity is. It would be more accurate to say that we put electricity in useable form by the use of dynamos. All space is filled with electrons, and by the use of dynamos, wires and other devices, we direct the electronic flow and thus make it serve us.

We say that mind is a result or a product of certain forces playing upon the brain. This probably does not carry the complete idea. Certainly the mind is not an entity. Like electricity, it is.

Speaking of the mind as we do electricity, we might say, we generate mind. It might be properly said that the brain is an instrument used to record and direct the forces. The forces enter the brain and make impressions upon it, and the ether of space is changed or altered, and when attention is centered upon the record, then we have Mind.

We have throughout these instructions often used the words, Conscious Mind, Subconscious Mind, Universal Mind or Objective Mind, Subjective Mind, and Omniscience. We have never intimated that these are separate entities. They are phases of the one mind.

The conscious mind is that which is utilized by directing attention upon the recordings of the brain. The subconscious mind is all of the vast record which is not before the attention, or the vast record which lies quiescent, and is capable of being used, but is not in use. The universal mind or omniscience, is the ether of space that has been transformed in shape or form or imprinted by reason of previous thoughts, and it circulates freely throughout the ether of space and is available to man under certain conditions.

From the foregoing there is and can be but one conclusion. Mind stems from the molded, formed, or impressed electron played upon by the ether of space. The ether of space is universal, and man's mind is one with universal mind. All individuals are the center of their own universe. Therefore all have had different impressions or records in the brain cells - and therefore are attuned differently, just as radios can be differently attuned.

This subject of mind is so intricate that to attempt to explain or diagram it in descriptive terms might confuse rather than bring about understanding. We can well understand why Jesus in his teachings used symbols and parables and attempted to illustrate his meaning by reference to understandable, everyday things with which the people of that day were familiar.

It is our endeavor to relate this understanding to the present - for all things that exist have existence in the present only so far as time is concerned. To be available to you there must be understanding. If there is any mystery or mysticism there can only be a sort of belief. There is a vast difference between believing and knowing.

To illustrate by a living example one phase of mind touched upon, we now will quote from Life Magazine of 1944, respecting Bernard Baruch, as economist and adviser of Presidents and Congresses.

"As Baruch listens to all the advisers and special pleaders, their words go through his mind like a solution through filter paper, leaving a fine sediment. After the process goes on for an indeterminate time, Baruch has the answer. Sometimes he dreams it, as he dreamed the solution (Muscle Shoals) to the Chilean nitrate problem during the First World War. Usually, at any rate, it

comes suddenly and inexplicably, as if from the subconscious mind. Baruch is very fond of his subconscious and trusts it implicitly, to his historic advantage. His 'hunches' are famous. He has a logical explanation for them. To have a hunch, he has said, you must have all the facts at your command, and your intelligence must be working at full speed. Then suddenly, without conscious effort, you think of a solution which is really based on the facts, but isn't achieved by deliberate cerebration. With this solution comes an unexampled feeling of well-being. A psychologist, Dr. Frankel, once said of Baruch's mental processes; 'That man is a genius. He has the greatest subconscious mind I have ever encountered.'

In connection with that description of Bernard Baruch's mind processes we want you to again turn to Instruction 30 and note the great similarity of experiences between Dr. Elmer Gates, the scientist, and Baruch, the Economist.

Now let us focus upon these our understanding of mind.

Each built up in the brain cells memory patterns from experiences - their own - and patterns derived from reading or hearing the experiences of others. By reading, light waves from the printed pages were transformed to a brain pattern, just as we observed a photograph in Europe transformed into varied electric impulses and in the United States retransformed into light waves and the picture reproduced. (The telephoto machine described in Instruction 78).

By hearing the experiences of others sound waves were likewise transformed into a pattern in the brain electrons. By study upon the subject in hand they each developed receptivity to all information relating to it. They attuned to that wave length, so to speak, - thinking in terms of radio.

Their conscious minds stemming from the electrons of the ether of space upon which was focused their attention, became synchronized with all thought upon the subject - just as the sending and receiving sets of telephoto machines must be synchronized to be effective.

The electrons of the ether of space - universal mind - divine mind, or God, or whatever you want to call it, imprinted with thoughts along that line of thought - were thereby attracted within the sphere of their individual minds - a new imprint was received - the idea which results in the solution of the problem was thereby developed from what we might call the moving picture, projected for them by a brain instrument focusing upon the electronic imprints in the electrons of the brain, - thus correlating all past experiences and impressions and the newly acquired impressions.

Note: In the Life article it is called "hunches." Baruch calls it the subconscious. In it all you can see the entrance into the picture of a new element that was not before that within the field of attention - which is what the subconscious mind is - whether it be in the vast reservoir of past impressions related to other subjects or in divine mind itself.

In showing that our hypotheses are in fact law and truth, they must fit every case of human experience - and explain it as within the hypothesis. This we have done in this case, and by many such illustrations we shall produce convincing proof.

Having acquired the knowledge of how life's problems are solved, it points the way to you to apply Life Science in the solution of your problems. We know that Society is but a mass of individuals - and we can reasonably conclude that the solution of world problems is but a matter of individual understanding.

It's time for a review of section two, Instruction Four. Meet a changing YOU.

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

DEPARTMENT OF INSTRUCTION

YOU CAN EXPERIENCE

A MODERN MIRACLE:

Now we are getting somewhere!

You get and hold a mental picture. It is recorded. It is broadcast - within and without. Within it produces action - physical action. Without it tends to attract the materializing units.

The worthwhile things you have done were a direct result of a clear-cut, definite vision. That means and can only mean that you imprinted a brain cell with the outline and detail of "a desire fulfilled" - - Successful people are therefore planners. Planners visualize a desired result.

So far - so good. Now what was the second step in our formula of attainment? -- Desire!

What does constant desire do? It brings this imprinted brain cell into the focus of the brain mechanism which acts like a moving picture projector -- You see it as an accomplished fact. Next, the brain mechanism which acts like a telephoto machine and the brain mechanism which corresponds to radio broadcasting are set in operation and the organs and organisms of the body get the message. Very definitely, "As a man thinketh, so is he and so does he." These projections extend not only to the within, but to the without. Imprinted electrons or universal building blocks are sent forth to seek their affinities. A heartfelt desire also keeps the mechanisms of the brain, corresponding to a radio receiving set, attuned to the returning affinities. Another photo-sensitive cell awaits to receive the new idea. Call it intuition, inspiration, telepathy or what you will. -- It works.

What is the next, or third ingredient in our mental formula? Confident expectation - Faith.

What does that do? It screens out pictures of fear, doubt and failure. It channelizes the main thought to the organs of response -- "It makes straight the way." It results in Action.

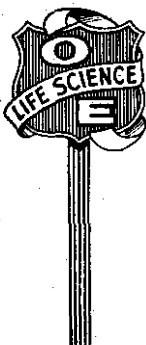
There is no situation which cannot be improved by right thinking. There is nothing mysterious about it; it is almost mechanical. Think not of yourself and inferiority complexes disappear. Affirm you can and will -- You can. Affirmations fix definite brain cell impressions. Thoughts stem from them - and thoughts properly nourished materialize.

This is not theory. We have seen countless of our students running peanut stands, so to speak, eeking out an existence, step out and make a hundred and a hundred and fifty dollars a week. We have seen hopeless and helpless invalids return to normal. We have seen countless so miserable they contemplated suicide become radiantly happy and useful citizens -- and we don't claim to be healers -- it lies within the individual -- and you should be happy and proud that you have helped take to them the understanding that worked the seeming miracle.

Enc. 81

Sincerely,

S. Hamner Davis



THE Essenes

This Manuscript is published by the ORDER OF THE ESSENES, a Corporation not for profit, and always remains the property of the Order.

Copyright by the Order of the Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION NO. 81 Assuring to the Accepted and Acceptable
HEALTH, HAPPINESS AND SUCCESS

A MAN WHO THINKS COURAGEOUS THOUGHTS SENDS THESE
COURAGEOUS THOUGHT WAVES THROUGH THE UNIVERSAL
ETHER UNTIL THEY LODGE IN THE CONSCIOUSNESS OF
SOME ONE WHO IS TUNED TO THE SAME COURAGEOUS KEY.
THINK A STRONG THOUGHT, A COURAGEOUS THOUGHT, A
PROSPERITY THOUGHT, AND THESE THOUGHTS WILL BE
RECEIVED BY SOMEONE WHO IS STRONG, COURAGEOUS AND
PROSPEROUS.

--- David V. Bush

BECOME A SENDING AND RECEIVING STATION FOR THOUGHTS
ALLIED TO THE ACCOMPLISHMENT OF YOUR IDEALS.

-- Essenes

THEY CALL IT "GOD"

In the Bible we read of Jesus going up into the mountains alone to meditate - "to COMMUNE with God."

We have in the last instruction pointed out the scientific fact that the ether of space is intelligence laden and can make an imprint or recording in the electrons of the brain cells. It happens to Baruch, the economist; to Dr. Elmer Gates, the scientist and will happen to you under favoring circumstances.

Why did Jesus want to be alone. For the simple reason that to attune or get en rapport with universal mind or the forces of the ether of space which are intelligence laden, requires the shutting off of the sense forces. It is here to be noted that the subconscious mind (that which is registered in the brain cells and electrons which did not receive particular attention at the time of being registered and can be brought to a focus or into the field of consciousness by the microscopical and stereoptical instrument the brain) best functions when there is not a flow of sense forces.

You have perhaps many times desired to recall some fact or information, a name, a date, a place, or an opinion. You say you have forgotten it. No! You have not forgotten it. Hypnotized you could instantly recall it. Hypnotism is not some bugaboo and will be considered later. For the purpose of the moment, we will say that it is a shutting off of the sense forces.

Think for a moment of one of your experiences in "forgetting" - and recall how later you "remembered." It was at a moment of repose, a period of relaxation, an instant when your surroundings and environment were not receiving attention - when the sense forces were not registering.

Now recall to mind what you have read in these instructions about subconscious mind - our detailing that which exactly fitted into your experiences. You had forgotten - You had said "What is that man's name" - and later it had just "popped" into your mind - it had just come to you "out of the blue." You had put the question. That was a registered impression in the brain. It was in the filing system - finding its proper place in relation to all other recordings. When the sense forces were quiescent the organic forces were at work as always, and more particularly the cosmic or etheric force was at work, and as always is constant. The brain instruments were in play. The "lost" came into focus and "you remembered."

Let us try out this understanding in cases of seeming miracles. In World War Number Two as in all wars there were countless seemingly miraculous cases. The credit is given to God.

It is well to examine them and find this God within. It inspires confidence that the true God is dependable - ever present and available. In an issue of Reader's Digest during this period under the title "There are No Atheists in the Skies" condensed from an article in Air Facts, by Frederic Sondern, Jr., was this: -

"The bomber pilot was telling about his return from a mission. As the plane touched the ground on landing, there had been a shattering roar. One of the bomb-toggles under the wing had failed to release its burden over the target. The bomb had stayed there, unnoticed, until the shock of landing shook it loose. It had exploded on the runway and the plane had caught fire like a torch."

"I was still conscious," said the pilot, "and I tried to get through the little window next to my seat. Flames licked at my back and legs. I got halfway through,

but the chute on my back wedged me in. I had to go back into the fire and try to get it off. But I couldn't. My fingers were numb. The last thing I remember was shouting, "Please help me. God!" And the next thing I knew I was lying on the ground, with the Doc bending over me. Nobody knows yet how I got out that window!"

In the consideration of this experience and countless similar war experiences, which are truly related - we can of course exclude any possibility of a material God lifting out a material body. The most devout religionist will agree with that. The man himself by the aid of his physical forces got out of the situation. This we know. We know furthermore that physical forces are put into play by mind action. The physical reacts to messages which travel the nerve routes. Physical action is a response to mind action always.

In arriving at the unknown, we must start with the known. This is true in mathematics, in detective work and in metaphysics.

Here we have a man in a burning plane, harnessed to a parachute pack. He tried with his conscious mind to get loose from it and through a window. He was wedged in, and went back. His conscious command was "Please help me God" - and he got out.

These constitute the positives - the known, and we have outlined and eliminated the impossible, and we face the question - the unknown - "how" - We know he got out -- That is the fact.

Before taking up the matter let us for the moment draw a parallel between this situation and the situation we have all experienced of forgetting and later recalling. We have said in the case of forgetting - "What is the answer" - or "What is his name" - or "Oh, God, what is the answer" -- We have called upon mind or God for an answer, and we got an answer.

In this case we have a trained bomber pilot. He has been thoroughly schooled with respect to parachutes and his plane. Many things have been taught him. These things are registered or recorded in the brain, and among these recordings there is much that did not receive what we might term attention, or at best received slight attention. He has a brain and a mind played upon by the intelligence-laden ether of space. He has a consciousness of much in his surroundings of which he is not aware - it is what we will call a subconscious awareness - and will treat upon that later.

At this point he consciously says, "Please help me, God" - In effect saying, "I don't know what to do. I give up," thereby releasing the conscious reasoning faculties.

The subconscious knowing perfectly the hook-up on the chute - and all surrounding conditions, takes hold, and we might say automatically he does the right thing - releases the chute - in one of several ways - and automatically goes through the window at the right tilt or angle for easy exit.

The whole of race consciousness developed the physical, the avenues to the brain, and the brain, to effectively act in the matter of self preservation. This development is, by psychologists, called instinct.

We can reconstruct the situation in the imagination and find many possible angles of release from the chute. He might have put into play what we sometimes speak of as super-human strength, and broken the connections. That would not be unusual. Do we not know of the paralyzed and invalids, in cases of fire and earthquakes

arising and performing tasks seemingly beyond the strength of the well and strong.

Not so long ago there was an account in the public press of an auto turned over upon a wife and the husband lifting the auto and releasing her, and later it was a most difficult task for four men to lift it and right it - even with the use of levers.

Again it might have been that unconsciously he put the buckle or clasp in the right position with respect to something in the plane to release it, or placed the holding web or strap to the frame enough to weaken it and get release.

In getting out the opening - consciously he would have endeavored to go straight out - body parallel to the lower sill; unconsciously (meaning with the direction of the comprehending subconscious) he might have gone out with his body at a 45 degree angle to the sill - or diagonally. Have you not experienced in packing an auto, or putting something through a small opening that one way it will not go in but after turning it another way it will just squeeze through? There has been many a child who has crawled into spaces - out of which it could not be extricated without enlargement of the space.

Under the spur of emergency and the lash of self preservation man little realizes the capacity of the human body for adjustment. We shall later have some most interesting material along this line.

Summing up the story, we know this world and all world's are governed by law and are in perfect order. Supernatural is ruled out. The natural is the prevailing. The pilot himself acted. He got out alive. That he acted was an effect of mind action. All human action stems from the mind or is a reflex, which is a natural physical reaction to a force or action.

He evidently acted beyond his own wisdom; he says so. He called, "Please help me, God" and the God within him responded. That God was and could only be a superior wisdom. That superior wisdom is rationalized and is understandable when we know what mind is - and that available to it is omniscience of which it is a part. It is well to know it was available to this pilot upon call, and it should be comforting to know it is available to you under favoring circumstances - and that you can create these favoring conditions.

In this same article is the testimony of another boy. He says: -

"I've never been a religious guy; never had any desire to go to church. The family worried about it for a while, but I guess they finally gave me up as a bad job.

"When I got out here, I had a tough time, at first. I scared easy and I used to get badly browned off. Worried a lot about my wife.

"And then, one day, when I saw that there was a real tough fight ahead, I remembered something my dad had told me once. 'Son,' he'd said, 'when you're really in a spot, call on the Lord. He'll help.' 'Well, sir, I did just that. And it worked. I handled my plane better. I shot better, I did everything better -- all of a sudden.

"I've been calling on Him ever since. He takes care of my wife at home. I know that, and I don't worry about her any more. He's taken that sinking feeling away that I used to get. I'm careful, but I'm not scared any more. He'll see me through, all right."

Note carefully in that simple narrative that he said he 'scared easy.' No one is so simple that he does not recognize 'being scared' as a state of mind. It is well too that you take cognizance of the faith or confidence resultant: - "I handled my plane better, I shot better, I did everything better -- all of a sudden."

It worked for him. It will work for you. What his father had told him once left its imprint in the brain. He brought it into focus. Fear patterns were removed from attention. There was a resultant change in behavior as there always is and always will be with a change in mind. Hence 'thought forms,' heretofore mentioned in these Instructions, is of supreme importance.

In Biblical phraseology, "Know ye not that seed sown in the garden of the mind bear fruit in behavior; that as ye act ye determine thy destiny; that there is available to thee and within thee God which availeth in the here and now? If thou knowest these things, why have ye any fears?"

"Vision well and purely. Let thy heart desires be worthy. Have faith in thyself, realizing thy unity with the all pervading higher intelligence. Show thy faith by thy works, and it shall be done unto you on earth as it is in the heaven within you - your mind - a part of God mind."

In just plain simple Essene words, we urge that as you prove in your own life the truths you learn herein to be effective - that you share the knowledge with all mankind in so far as you are able.

* * * * *

GEM THOUGHTS

"An idea in the mind produces things outside the mind, and things outside the mind produce ideas in the mind."
-- Sir James Jean.

* * * * *

It is impossible for a negative, depressed mental state to produce successful ideas.

* * * * *

"You do not understand the language of nature because it is too simple."
-- Schopenhaur.

* * * * *

There is a logical sequence of things in this world. First a state of mind - then a state of being.

* * * * *

THE ORDER OF THE ESSENES
2527 E. HUNSET DRIVE
TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

AN UNEXPLORED EMPIRE

THE POWER OF SELF DETERMINATION:

A man can form habits - a machine cannot. The real "you" is master of your human mechanism and not a slave to it. You are aware you have a directive intelligence. Your job is to learn how to keep in touch with it and how it works - and to supply mental patterns which build character, that you may put within that which will express (come out) beautifully. "A more abundant life" is an individual matter. You must first mentally live the good life. It then materializes naturally - certainly - and in strict accord with the law. That is the manifestation of real prayer --- to know God.

We are working to an objective, a tying together of related material, a unification of knowledge, the organization of thoughts into a frame with which you and any serious, earnest and intelligent person can work out a healthy, happy and prosperous life.

You are well along in your instructions. Don't fail the wonderful persons who make this possible.

To you who have so graciously helped to take this understanding to others, we are deeply grateful, and are ever alert to see that they reach the worthy.

The good that is being worked thereby is untold and should give you a sense of pride and worth-whileness in this world so in need of knowing life's objective and possibilities, and the realization that within each is an unexplored empire -- the power of self determination.

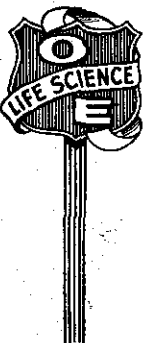
Peace be with you -

Sincerely,

THE ORDER OF THE ESSENES

S. Hamner Davis

82



THE Essenes

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the Order.

Copyright 1944, by The Order of The Essenes
Instruction Headquarters - Tampa, Florida.

INSTRUCTION 82

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

" DO YOU HAVE TO GO TO CHURCH TO MEET GOD? OF COURSE YOU DON'T. GOD IS OMNIPRESENT. HE IS EVERYWHERE. YOU CANNOT ESCAPE HIM. THERE IS NOTHING EXCLUSIVE ABOUT HIM. YOU DO NOT HAVE TO PAY AN ADMISSION CHARGE TO MEET HIM. THERE ARE NO SPECIAL BUILDINGS WHERE HE MAKES PERSONAL APPEARANCES WHICH HE DOES NOT MAKE IN EVERY HOVEL AND HOLE IN THE GROUND AND MOUNTAIN TOP. A CATHEDRAL HOLDS NO MORE OF HIM THAN A COTTAGE. NO PRIEST OR PREACHER HAS GREATER INFLUENCE WITH HIM THAN YOU. ALL HIS LIMITLESS GOODNESS IS YOURS TO USE. NO ONE RECEIVES SPECIAL PRIVILEGES OF BETTER OFFERS. HIS GIFTS TO YOU ARE LIMITED ONLY BY YOUR OWN DESIRES AND YOUR OWN THINKING."

--- Thomas Dreier

POSITING GOD WITHIN

During this World War Number Two the daily press and magazines are filled with stories of miraculous escapes from dangerous situations, and a study of them is most interesting, and especially so in connection with the endeavor to understand what this God is that is given credit for these miraculous escapes.

There is one story which has had wide publicity, with respect to a pilot whose plane was in a dive and he could not get it out and level off the machine. It is related that as he descended he tried everything he knew, and finally said, "God, you take over." He then relates that he does not know just what he did, but he was preparing to jump with his parachute, and all of a sudden the plane leveled off, or came out of the dive.

In examining this simple statement you will note first that he tried everything he could think of with his conscious mind, and then he just gave up, and said, "God, you take over," - and then he states that he does not know just what he did, but evidently he touched or moved or adjusted some gadget in the machine which made the airplane level off.

Here we have a case of the conscious mind ceasing to function, and the subconscious taking its place. You will recall, we have stated that the subconscious has an awareness of everything in its vicinity, which we shall illustrate with another story very shortly.

In connection with the above story, let us tell you of another event that is within our personal knowledge, by reason of one of the actors in the event relating it to us.

There is a young man who was reared in Tampa, Florida, who took a course in aviation, and he was not only a trained pilot, but a trained bombardier, and had held all the positions in a bomber. He went over and took part in many battles. In one of these battles, he was acting as a bombardier, and another man was piloting the plane. The plane got out of control and was in a dive, and the order came through for all men to jump. It came into this man's mind that the pilot was not long experienced, and it occurred to him that one little thing had not been done that would level off the machine. He went to the control board and found it to be so, and moved some lever or gadget, and the plane began to level off, and the men did not have to jump.

We relate this incident to show you that a man with his conscious mind did that which the man in the previous story possibly did by reason of his subconscious prompting.

We, all of us, do the right thing unconsciously we say, under many circumstances.

Incidentally, we will tell you that the pilot and bombardier mentioned in the last story received a great amount of publicity in all the papers of the country, by reason of the fact that he was in an airplane in battle and it was shot down by the enemy and they all had to jump, and this particular young man landed on a paved highway and broke three bones in his leg, and all of the other members of the crew were saved. There were some very peculiar events connected with it which the papers played up. One of the men landed on a housetop, and went downstairs and within ten minutes afterwards was drinking wine in the cellar of the house with the

owner, who helped take him down from the roof upon which he landed, Another one of the men landed on the edge of a precipice, and his parachute caught in a tree, and he was thus saved.

There is another story which has had very wide publicity. It was of a "submarine which lay helpless on the bottom of the sea. The machinery would not respond. Oxygen was almost used up. The commanding officer told them their case was hopeless. They were trapped. Opiates were handed out so that death would be as painless as possible."

Suddenly one of the men fell. The opiate was taking effect. As the man fell, his body "accidentally" hit one of the broken controls of the dead machinery. Something hummed. The machinery began to turn over. Soon the submarine had surfaced, and the dead were returned to life.

You will note in the above that it is said that as the man fell his body "accidentally" hit one of the broken controls of the dead machinery. The mathematical chances of a man in a submarine accidentally hitting the right spot or the right control is one in several million, so that it is not probably that it was an accident, by mathematical calculation.

Now, let us examine this incident, and in accordance with our understanding of mind and subconscious mind give a reasonable explanation for the matter.

You will note that as the story was related, the man who fell and hit the right spot to start the machinery, had just lost consciousness, and they said that the opiate was taking effect.

In this you can see the ceasing of the conscious mind, and the taking hold of the subconscious mind.

The subconscious mind is aware of any and all conditions in its surroundings, and the man fell in the direction that he fell and in the way that he fell by reason of the position in which he stood with respect to the spot that he hit and started the machinery.

In other words, his subconscious mind put him into the position where he would fall and hit the right spot.

These stories, and countless other similar stories, are being related by religionists all over the world, and they are saying that God entered into the situation. We have no quarrel with that statement, but we desire to stress that it was not a God in a far-off heaven, but that it was something within the man himself. An understandable God.

We have no doubt that there are some who are connected with organized religion who will object to a scientific explanation of these things. This objection we believe may come about by reason of the fact that they are interested in maintaining the necessity for an intermediary or a representative to plead causes with a God. Such objections would seem to be a denial of radio receptivity, in which case the man does his own tuning in; and in place of it, they would desire to have a telephone connection which would go through a switchboard and an operator, to make the connection. (Re-read the front cover).

We stated just above that the subconscious was aware of conditions and situations in its immediate vicinity, and we said that we would tell

another story to illustrate that point.

A man came to us not long ago and stated that he was on an automobile trip, and was driving along thinking of nothing in particular, and he came to a cross street and he said that very plainly he had the feeling, or a message to stop, and he threw his foot on the brake and came to a sudden stop, and just then a very heavy truck at a very high rate of speed passed down the street he would have crossed, had he not received this message. Thus a serious and possibly fatal collision was avoided. He said he did not consciously see the coming truck.

Doubtless, many of you have had similar experiences. Under Professor Rhine, at Duke University in Winston Salem, North Carolina, a great many experiments are being carried out, under controlled conditions, and the world is going to have a real understanding of the scientific explanation of these things, as a result of those experiments. And there is just in the offing startling revelations with respect to mind. Some of these findings we will take up later.

We hear much about psychic phenomena, and as a general rule, psychic phenomena appear only when conditions are suitable, and not by design -- they come automatically, and not consciously. Consciousness is in abeyance when these things happen, and it may be said that they occur spontaneously when the conditions are suitable. Hence, they cannot be observed by being searched for. The effort made in a search is intellectual and involves the action of the special senses. Intelligence requires the three classes of forces all acting in a special order; first, the special sense forces, which are by way of the sense organs; the organic forces; and the etherial forces. In psychic phenomena it is the etherial that acts first, and then the organic. These act independently at the first.

We shall now take up some of these cases of psychic phenomena, and you will note that our explanation of mind exactly fits and explains the psychic phenomena.

Hundreds of thousands of cases have been reported where persons have said that they saw their son or their husband or their brother at the instant he was killed. This they sometimes call a spirit, and it sometimes leads to very weird beliefs.

Very many reputable people whose word cannot be doubted have reported instances of this kind. We shall now study the situations as they exist and see just exactly what does happen.

We will take the case of a son who is mortally sick and dies, and his mother reported that at the time of his death, she saw him, or "he appeared to her."

There can be no question but that in the mind of the dying person there are memories of his mother, and when he thinks of his mother, the brain machinery by a microscope, enlarges that picture which is in the brain cell, and throws it into focus, so that he can literally shut his eyes and see his mother. This is a brain image, and through this image we have learned pass the waves of the ether of space.

The son at the time of dying was doubtless thinking about his mother.

The mother at the instant, where such visions are seen, was not consciously using the mind, as for instance in a mathematical problem, or some other

kind of thought that required concentration, and her mind was what we might loosely call blank, and the forces of the sense organs were not occupying the center of the stage of her mind.

When the son thinks of the mother, and that picture is brought to a focus in his mind, the ether of space passes through it, and it also passes through the brain cells of the mother. In other words, a thought can be transferred. That is scientific.

Now when the thought of the son passes through the mind of the mother, the mother has also in her brain cells the pictures of her son, and when she receives this thought her mind focuses upon her mental pictures of her son, and the brain machinery of the mother brings the mental image of her son into focus and projects it like a moving picture, and she "sees" the mental picture.

She sincerely believes that she saw spirits, but the fact is that she saw this mental projection.

Seeing is not in the eye. Seeing is in the brain. And this picture was in the brain.

We know that memories remain in the brain, and we know that the ether of space vibrations are present everywhere; hence, they are as truly in the dead man's brain as in the living brain, and they extend all the way between the two, no matter how far apart they may be.

You will note that we said, "the dead man's brain."

The picture would remain in focus even when the man was dead, if that were his last thought, and we know that brain cells do not immediately disintegrate, or go to pieces, and hence the ether of space might pass through this mental picture that the son had, at the time of his death, or after his death.

Now, let each of us perform a little experiment. I call to your mind now, your mother, or the house where you were born, or the sister or close relative who is now dead. Pick out one of these, and we ask you to think about the person or the object. Shut your eyes. Does not a clear and a definite picture come into your mind, and do you not see it in the place where you got the original impression?

The point of this is to show you that you can bring up a memory into focus in the mind and by centering attention upon it you can see a clear and a definite picture.

That is what takes place when people see "spirits" of the departed.

It is a projection of a picture that is in their own mind.

Certainly there is none so simple who believes that a thing of form passes through the air and people can see a thing which is material, outlined in space.

When people see visions, or see what they call "ghosts," or when they have what is called apparitions, they are but having a projection of a mental image, and that mental image has to be in their own brain.

We desire to make it clear that the so-called spirits of the dead,

or "ghosts," or appearances, are thus accounted for without resorting to importing spirits from this or any other world. An understanding of the intricate machinery of the brain and of the living individual, and of the forces which play upon the brain and produce "mind" - banishes belief in "spirits."

In connection with the experiment we asked you to make a while ago, we want to stress the fact that the nearer and dearer anyone is to us, the more en rapport we are or have been with them, the more definitely are the face and features, as well as the sounds of their voice, and their gestures and habits engraved upon our brains.

Mutual sympathies, loves, affections, as well as hates and fears are only different varieties of impressions or ideations received and produced.

Now let us examine a case of delirium tremens of the drunkard. He sees dragons, demons, and other horrible sights. Certainly, there is no one who would say that these snakes, dragons, demons and horrible sights are real. They are projections of his mind.

The reason they appear as they do is that he has, by his drinking, effected the organic forces which play upon the brain, and he has by his drinking effected the machinery of the brain.

The monkeys, snakes and other things which he sees, no one else can see; therefore, they must be the projections from his own mind.

In connection with delirium tremens, we know that the man has been drinking, and we know that when he ceases drinking and gets back to normal, that he does not have these visions. Hence, we know that they are products of his mind, and we know that the product is different from normal. Therefore, this proves that when the organic forces are disturbed, the mental pictures will be likewise disturbed.

We often hear of people in cases of severe fever, and in other sicknesses having illusions, or being delirious.

If a preacher or pious person becomes delirious, he might see angels with flapping wings, and hear beautiful anthems being played upon golden harps. No one else present can see any such thing, and we know that they do not actually exist. Therefore, the vision that they see when delirious relates to that which has been planted in the mind previously.

A business man, becoming delirious, might and would in all probability have a different illusion from the illusions of a musician or a fisherman. The point is that the delirious condition is a change in the mind, by reason of organic forces, which have been poisoned or polluted, and which reach the brain and alter the brain, and hence alter the mind of the person delirious.

When a person is delirious, he is not conscious of his immediate surroundings. When a person is in a sound sleep, he is oblivious of his surroundings. In great ecstasy, people are oblivious of their surroundings. When a person is in a trance, or in the state of catalepsy, he is oblivious of his surroundings. When a person is hypnotized, he is oblivious of his immediate surroundings. - The point here to be remembered is that the sense forces are cut off, and the forces of the ether of space, and the organic forces are in operation.

We would have you here note also that when one is under the influence of a narcotic, that the sense forces are not in operation, and one would be unconscious of his environments, but the subject may imagine many very wonderful things, while under the influence of a narcotic. These, of course, must come from within his brain. The mind has been altered by an alteration in the organic forces that play upon the brain.

In cases of insanity, which may occur from a blow upon the head, or a brain injury, or from a diseased condition of the brain, we have the machinery of the brain altered or interfered with. This shows that if you interfere with the machinery; to wit, the brain, you get a certain result.

Therefore, we must conclude that the mind is the result of the forces playing upon the brain.

If you change the forces, you change the mind. And if you change the machinery, the brain itself, you change the mind.

In the study of these forces, let us not overlook what we learned in the first lesson in this course of Instructions - about the You.

You will recognize that in all of these cases there is some thing which focuses the brain pictures, which directs the action of mind, and that is the immortal You.

There is force in a lever, but there must be someone to manipulate the lever.

There are forces in the individual, but there is an entity - the You which handles the lever.

Now let us take a look and see if our explanation fits in the case of a genius, or in the cases of what we term mental prodigies.

We are aware of course that some wit has said that genius is one percent inspiration, and ninety-nine percent perspiration, - and we are also aware that a wag has said that a genius is one who can do almost anything, except make a living.

We all of course know what a sale is. The good salesman knows the mechanics of selling. First, there must be favorable attention. Next, an interest must be created; third, a desire to possess the thing offered is then created; and fourth, the sale is consummated.

Now, the matter of becoming a genius is a matter of selling the mind an idea.

We know that if a man centers his attention upon anything, that that is the thing which is remembered. If a man takes a real interest in a subject, or person, or a name, that thing will be remembered.

We know that a desire is fundamental.

A desire is the second step in our mental chemical formula for attainment. Desire is prayer.

The avenues to the mind are developed by use, and if one takes a special interest in any one particular line or subject or thought, and centers attention upon things of a related nature, then those things make a

development of that section of the brain to which it is transmitted, and as the avenues to the brain, and the brain are developed by exercise, just as muscles are developed by exercise, one becomes proficient and efficient along the line in which the interest and desire is centered.

The brain, therefore, focuses principally in the direction of the accumulated knowledge or information, and the ether of space becomes attuned to all that is related to the subject, under desire.

Therefore, the individual who becomes a genius is one who has concentrated the attention, interest and desire along a certain line, and therefore the results are related to that subject, and he becomes a genius along certain lines.

A mental prodigy is one who has early developed the avenues to the brain relating to certain subjects, and has centered all interest and attention upon those things.

We never know how great are the things that the mind can do, until we see those who are developed along certain lines.

It is not all in the development. It is also a matter of attunement, or being en rapport with ideas along given lines, and a genius, or a prodigy, is one who has focused attention upon the subject, and has attracted to himself the thoughts along that line.

You will generally find that youthful prodigies grow out of, or lose a great part of the abilities they display, as they are educated.

A youth who can solve mathematical problems without effort, generally loses that ability as he becomes educated.

His attention is diverted. His interest is created in other things, and his teachers and his surroundings tend to close the special avenues which made him known as a prodigy.

In our next instruction we are going to consider Joseph Dunninger, who is termed the Master Mind of Mental Mystery, and who has upon the stage - in private performances and on the radio over one hundred and fifty-eight stations, given what is called mind reading exhibitions.

Countless people are familiar with what he does and attach to it the term mysterious or magical. By his performances he has become a national figure.

Certainly all that he does is within the natural. There is no supernatural. It can be explained. He tries to explain, but in his explanations he is not unmindful of showmanship, nor is he devoid of ego satisfactions - and for business reasons, easily understandable, he encourages the spirit of mystery, because the American people as a whole "worship at the shrine of mystery."

Our explanations will be within reason, and will be satisfying - and will not detract from the credit due him for his performances.

THOUGHT GEM

The great law of culture is let each become all that he was created capable of being. --- Carlyle.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

UNIVERSAL MIND - VERY REAL
AVAILABLE TO YOU --

In this Instruction is some mention of the work of Dr. Rhine of Duke University, with respect to his investigations relating to extra - sensory perception - or thought transference - apart from any generally recognized mode of perception or communication.

This is by no means the first investigations or series of researches in this field.

Back in 1882 Professor W. F. Barrett, Fellow of the Royal Society of Edinburgh founded the English Society for Physical Research, of which Professor Henry Sidgwick, Trinity College, Cambridge, was President, Professor Barrett of the Royal College of Science, Dublin, and Professor Balfour Steward of Owens College, Manchester, were Vice-Presidents - and among the members were Fellows of various learned and Royal Societies, members of Parliament and many distinguished scientists.

Experiments such as Dr. Rhine carries on at Duke were conducted, and careful tabulations made of results and calculations made showing that the results were not possible by chance or coincidence. The Mathematical calculations showed that there was not one chance in many millions of the results in particular tests being due to chance or guessing, and all experiments taken together proved the possibility of "mind reading" or thought transference by means other than the recognized sense organs.

As far back as 1897 R. Osgood Mason, Fellow of the New York Academy of Medicine, wrote a book upon the investigations of this English Research Society.

At that time, which was in my lifetime and in the lifetime of many of our students, it was unexplainable, but with the modern findings of science, that thoughts produce infinite electric impulses which can be magnified and registered, it becomes understandable to the layman, in view of radio, television and the things we know and enjoy today.

We trust you grasp the significance of all this; -- that there is no other reasonable explanation than that there is a force which plays upon the human brain, (as we have explained in these instructions) other than the forces from the recognized five senses, and the organic forces, - and it is electronic in nature, and that these electronic waves are broadcast and when attuned to are translated into perception in the human mind, and therefore thoughts do pervade the ether of space, and that this constitutes a part of Universal Mind -- very real and available to you.

Sincerely,

THE ORDER OF THE ESSENES

S. Hamur Davis

Enc. 83



THE Essenes

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the Order.

Copyright 1944, by The Order of The Essenes
Instruction Headquarters - Tampa, Florida.

INSTRUCTION 83

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

"AS WE VIEW LIFE THROUGH THE EYES OF SCIENCE AND RELIGION WE FIND THE ENTIRE MATERIAL UNIVERSE TO BE NOTHING MORE NOR LESS THAN A CREATIVE ENERGY, UNFOLDING DOMINATING IDEAS.

OUR LIVES ARE GOVERNED BY LAWS, NOT IN THE SENSE THAT AN OUTSIDE POWER ISSUES DECREES TO WHICH IT COMPELS OBEDIENCE, BUT IN THAT NATURE'S LAWS ARE REVEALED TO BE SIMPLY THE FIXED WAYS IN WHICH THE CREATIVE PRINCIPLE IS BEING CEASELESSLY EXPRESSED IN THE ENERGY AND POWER MANIFESTED IN OUR MENTAL AND PHYSICAL WORLD.

THIS INEXHAUSTIBLE, ANIMATING ENERGY WHICH IS THE SUBJECT MATTER OF ALL RELIGION, ALL SCIENCE AND ALL PHILOSOPHY CAN BE RECOGNIZED AND USED BY "WHOMSOEVER WILL."

-- Incius Humphrey

THEN WHY NOT?

Joseph Dunninger, the subject of this sketch is now a man forty-eight years of age. He has been before the public as a showman for more than thirty years. He is called the Master Mentalist, and sometimes, the Master Mind of Mental Mystery.

We shall endeavor to strip his latest performances of any mystery. In his youth he was a magician, and he is said to have gotten his inspiration from the magician, Harry Keller.

In taking up what Dunninger now does over the radio, and giving an explanation, we shall take our facts from an article about him appearing in Life Magazine, which was written by Lincoln Barnett.

You will remember that in our last Instruction we stated that as a general rule psychic phenomena appear only when conditions are suitable, and not by design -- they come automatically, and not consciously. This same thought is expressed by Dr. Rhine in this manner: "Telepathy is very difficult to find, and thus far almost impossible to demonstrate to an audience." At the Duke University the best telepathic results have been achieved in what is called "relative isolation."

There is doubtless in the performances of Dunninger much of showmanship, because he has been in the business for many, many years, and it would be the natural thing that he should bring into his performances some little of the "magic" that he practiced as a magician.

Dunninger himself, to his intimate friends, has analyzed the ingredients of his technique as follows: He says that it is sixty percent mind reading, ten percent psychology, ten percent hypnosis, fifteen percent self-hypnosis, and five percent magic. And he adds that that adds up to one hundred percent entertainment.

It is evidently good entertainment, because the man earns from one thousand to five thousand dollars for a performance.

In our explanation, we are going to concede that there is something of magic in it, but upon the evidence, we believe that it is a genuine case of a man exhibiting extra sensory perception, or what is commonly called "mind reading," and demonstrating it in public.

Dunninger offers ten thousand dollars to anyone who can point out any paid employees, stooges, or confederates who could possibly assist him in his telepathic reading. He has performed for the late Thomas A. Edison, and the late Charles Steinmetz, and for President Franklin D. Roosevelt and a party, and at each of his performances he has very distinguished people as judges to sit on the stage, who are there for the purpose of observing if there are any confederates or physical means of communication with others. None has ever been found.

The radio network employees would certainly claim the ten thousand dollars if there were any confederate and they could discover it. Dunninger himself says he is right but about ninety percent of the time, and there have been cases where he failed to read the mind or catch the thought of the subject.

Pope Pious XII during his visit to this country, who was at that time Cardinal Pacelli, was one subject whose thoughts he could not catch.

It turned out that the Cardinal was thinking in Latin, and this accounts for the failure in that case.

It is very probable that Dunninger is one who is able to demonstrate to an audience extra sensory perception. How and why he can do it, when it is a most difficult thing, and to most of us it only comes automatically, and not consciously, is we believe revealed by a study of his career and characteristics and expressions. Let us study his background and his training.

Dunninger was the youngest of three boys. His father was a textile manufacturer from Bavaria, his mother a native of Cologne. So we find that there are no hereditary developments which would help in the explanation.

As a boy, he saw a performance of Harry Keller, and like most youths was greatly attracted to "magic," and he began to acquire some decks of cards for slight of hand performances, and other paraphernalia, which is generally sold over the country for the purpose of performing tricks, or legerdemain, and much of his time and thought was devoted to "magic" instead of school studies.

He was fascinated with the subject, and became very proficient, and worked out a great number of tricks, and finally got an engagement to give an exhibition at the Eden Musee on West Twenty-third Street, New York. His engagement there lasted for sixty-five weeks, which evidenced that he was proficient.

One to become what is called a magician must be very quick in movement, must be a very careful observer, and of necessity must subject himself to severe discipline, and must practice his tricks over and over again in order to perfect them and keep the audience from understanding how the feats are performed. It develops the sense of timing. It requires self control. It tends to the mastery of consciousness.

Dunninger's family disapproved of his ambitions to become a magician, and desired that he enter business. To satisfy his mother he took a job in Wannamaker's Department Store where he worked daytimes, and performed his legerdemain at the Eden Musee evenings.

Let us keep in mind this training, but let us go back of that and find him in school. He was interested in magic and legerdemain and naturally was not greatly interested in his studies in the school. This is understandable. His interest and attention was centered upon things other than his studies, and his desires were along the line of legerdemain - fancies rather than facts - perceptions as opposed to reflections.

It is related that it was in his arithmetic class that Dunninger began to cultivate his peculiar gift.

His teacher had a system of inscribing problems on black roller blinds. He would give the class a few minutes to solve the problems, and abruptly he would snap up the blind, and another problem would appear underneath the blind. Dunninger was not good in arithmetic and never had time to finish his problems. One day in exasperation, he "guessed" at an answer and found that it was right, and thereafter he simply "guessed," and always got the answer correctly.

It is amusingly related that the teacher walked around the room and looked over his shoulders, and looked up his sleeves and moved him around from seat to seat in the room, and was aware that he was not working out the problems, and was convinced that he was copying or getting the answers from other students. Dunninger says that it was quite simple, in as much as there were some sixty pupils in the class, and usually about fifty of them solved the problem correctly, and with fifty minds concentrating on the right answer, he says, "How could I miss?"

Now, understand that Dunninger stayed in the theatrical business and in the business of performing legerdemain, tricks and what is called "magic" for many years, and that it is only in very recent years that he has abandoned all the paraphernalia which was customary to magicians like Thurston and Keller and Houdini.

He was engaged in giving performances in magic, or legerdemain. This threw him before audiences. To become good at it he had to go through a great amount of concentration, a great amount of discipline, and he had to very carefully note every detail. We find that he did not have many intimates. This would indicate that he had his mind upon his performances and working out new tricks and new illusions. This made him much alone with himself, and accustomed him to "doing in public." It erased "stage fright" and taught him to be unconscious of self. It also built up self confidence - sureness of himself - and attunement with his audiences.

He sensed that he was catching the thoughts of many people. He began to study along the line of doing like he did in school, "guessing" at the answer.

Now, let us tie all of this together, in connection with our explanation of what mind is.

If a person writes a number on a piece of paper, and thinks about it and holds it in his mind, we find from our explanation that a record is made of it in the electrons of the brain, and the ether of space is bent or diverted or altered as it passes through any brain imprint or impression. The ether of space is composed of electrons, as everything in the world is composed of electrons.

Now this concentration or thought about what is written upon the paper is a measurable electric discharge. Dunninger is surrounded by and penetrated by the same ether of space that passed through the brain picture of the transmitter of the thought. A thought is the focusing of attention upon a brain record or records.

By what he terms self hypnosis he cuts off the working or play of the sensory forces. He in a sense opens his mind, or attunes to whatever will come into it. The ether of space forces are working, and his organic forces are working, but he is not worrying about his income taxes or other extraneous matters, nor is he self conscious. In other words, he shuts off environmental awareness.

Dunninger himself says that he cannot explain it, except he says he "just puts on a record" when he goes into a "mind reading" performance.

He calls it an "inner visual process." He says that he discerns letters, words, numerals, as though inscribed by an unseen hand within the chamber of his mind.

That is exactly the way one would describe it who actually experienced it.

It is related that between tours and after stage performances Dunninger often performs at private parties and banquets of Moose, Elks, and other fraternal organizations. One evening after a club show in New York, he was asked to give an informal encore for the committeemen who had arranged the entertainment. He obliged by unveiling for the first time his mind reading act, which he had been quietly perfecting during off-stage hours.

It is amusingly related that two weeks later his agent received a call from the same club, requesting another booking. "You've just had Dunninger," the surprised agent protested. "Yes, but now we want his other act, his special act." The agent had never heard of Dunninger's special act, and was puzzled, and arranged the date. This time Dunninger gave a full length mind reading performance before an audience of five hundred. This was such a success that he had one final road show after that, and he never appeared as an illusionist again, and sold his equipment to Houdini and Thurston, and stored part of it, and thereafter faced his public with nothing but a pencil, a writing board, and his peculiarly sensitive cerebral cells.

You are familiar with the fact that there have been many so-called mind reading acts performed upon the stage, but it is generally conceded that all of these acts were a trick, and that there were stooges or assistants who were a part in the show and these acts. It is generally conceded, were purely tricks, worked out by the use of elaborate codes, and with the aid of confederates.

Dunninger, however, employs no assistants and has no codes, nor does he collect any sealed questions from the audience. Dunninger works alone and collects nothing.

We can see nothing to his discredit in his desire for publicity, and making capital of the fact that he has read the minds of six Presidents, the Duke of Windsor, Thomas E. Dewey, and countless other notables.

He read the mind of Franklin D. Roosevelt, President, and at the time, Mr. Roosevelt had on his mind, "Will Hughey Long or Ham Fish be the next President of the United States?" Dunninger tactfully replied that neither had a chance, but that his statement should be taken as opinion, and not prophecy. The President enjoyed it so much that he had him come back again, and on this occasion all that President Roosevelt had on his mind was, 1600 Pennsylvania Avenue, which is the address of the White House. Mrs. Roosevelt concentrated and wrote on a piece of paper, "Roberta Jonay, Eleanor Lund, Poughkeepsie 607," In her column the next day she wrote: "The mindreader was so remarkable that some people said they would not like to have him around all the time -- he told me correctly all I had written down."

These things are related to show that he has appeared before highly intelligent people, and that there would be very slight possibility of there being tricks, such as are known to those engaged in what is called legerdemain. Certainly no confederates accompanied or could accompany him in White House performances.

Dunninger has doubtless received columns and pages of publicity, by reason of being an exposé of psychic frauds. He is chairman of the Universal Counsel for Psychic Research, and as such is the custodian of a ten thousand dollar prize, payable to any spiritualistic medium who produces some psychic manifestation he can neither duplicate nor explain. It is said that he has attended some two hundred and fifty

spiritualistic seances, and that on many occasions he has duplicated and surpassed the efforts of the challenger.

The desire for publicity we can understand. We can also understand that he has other reasons for this attitude of mind. A man who has spent a lifetime in developing a natural faculty, would desire to expose fakes in his field of operation.

At this point we want to reproduce one little paragraph in Lincoln Barnett's article about Dunninger, in the Life Magazine. It is as follows: "Studio hands noticed a certain electric quality in Dunninger's preliminary operations. Since his program did not go on the air till 9 P. M. he had been entertaining the waiting audience with a few conjurers tricks. 'I do tricks. I understand magic,' he said truculently, 'but that has nothing to do with my ability to read a mind.'"

We now want to repeat one other little passage: "In his rare, introspective moments, he (Dunninger) describes his reception of thought impressions as an inner visual process. He discerns, he says, letters, words, numerals, as though inscribed by an unseen hand within the chamber of his mind."

Dunninger has often declared that telepathic power is a faculty everyone possesses, but which he developed by hard work and application.

There are a few more specific facts that we desire to call attention to, before taking up an explanation of the processes. Dunninger refuses to endeavor to read any individual mind, and he justifies these refusals by pointing out that before a demonstration his mind goes into a special receptive state. He says, "It's just as though I were putting a record on," and as soon as the performance is over, he takes the record off.

It is noted that each performance takes considerable of his energy, and a pound or two pounds of weight per show.

In refusing to attempt to read some individual's mind, he says, "If I could read anybody's mind any time, do you think that I'd be working for a livelihood?"

Further explaining this, he states that he estimates he can count on no more than six or seven minds out of every ten as being good strong transmitters. He also states that when a person wants to close his mind, "There's nothing I can do."

In hypnosis, it is well known that if a person resists, that they cannot be hypnotized.

At this point, we want to call your attention to the statement in Instruction 82, that the subconscious is aware of conditions and situations in its immediate vicinity, under favoring conditions.

We now call attention to a part of Lincoln Barnett's article. - "The late Thomas A. Edison, and the late Charles Steinmetz one day asked him if he could reproduce telepathically, a diagram for a new machine which Steinmetz had designed and specially built. Sitting beside the uncompleted mechanism, which was covered with a piece of cloth, Dunninger took pencil and paper and began to sketch. 'It was all

Greek to me,' he relates,' but my drawing was ninety-eight percent correct.'"

Before proceeding with a possible explanation, let us examine what some other people have said about his performances.

In "The Phoenix," which is the magician's magazine, Walter Gibson says of him: "I declare without reservation that I have seen Dunninger perform feats to which I see no plausible explanation other than actual telepathy or some coincidental phenomenon." Gibson has been the ghost writer for every famed magician from the famed Houdini and Thurston through Dunninger, and certainly he would know a feat of magic from a real demonstration of telepathy.

Dr. Franklin Taylor of the Princeton Psychology Department became exasperated because his students were excited by Dunninger's demonstration.

Dr. Taylor says: "For my part, I am convinced that whenever a man gets up on the stage and reads minds, he is doing tricks." Here we would remark that the cardinal principle of scientific investigation is to avoid preconceptions.

It is reported that more than once after a successful performance Dunninger has told incredulous admirers, "I am the most surprised man in this audience tonight. How I do it, I simply don't know. I am mystified myself. I am amazed." Knowing his education and background and from a study of natural reactions, this statement has the ring of sincerity.

Now let us take a look at what Dunninger does. There is usually a large audience, and he passes out pieces of paper and sealed envelopes, and he tells the people to write something on the piece of paper and put it in the envelope, and put it in their pocket or under their feet, or wherever they desire. It is to be noted that they do not write upon the paper while it is on the pad or while he has it or while he looks at it, and it is to be noted that he does not take the envelope nor the paper and that there is no other person who takes part in the performance as an assistant. It is also to be noted that he is on the stage while he is getting the mental impressions and telling the people what is written on their slips.

It is to be further noted that Dunninger's education is just a common school education, and that he never studied psychology, and he has never made any study of how he performs the "mind reading," or getting the mental impressions, and he has not presented any studied explanation of how he does it. He does it, and that is explanation enough to him. It is well that he does not study it, because if he did, he would have his mind looking for processes, and explanations, and might lose the power of extra sensory perception, if it is a fact that he has it and his performance is not a performance of legerdemain. We are inclined to believe he is genuine, and will presently give explanations of how it is possible.

In regard to professors of psychology, we have noted through hundreds of volumes upon the subject of psychology that the psychologist is at all times analyzing, and taking things apart. Perhaps you will remember that early in this course of Instructions, we stated that it was not the analytical mind that was the asset of the accomplisher. It is the

mind that puts things together and that has vision and sees an ultimate result that is effective in life's situations.

We do not cast any aspersions upon professional psychologists, but we do note in passing that perhaps Dunninger makes more in one performance than most of them make in one year, and none has seriously offered any explanation of even a possible way the same results could be obtained, other than by extra sensory perception.

We will now call attention to one significant line in the article about him. "Although he has a wide circle of friends, he has no really intimate ones. Loving mystery, he surrounds himself with it, during business hours and afterwards. 'He sells,' as one observer expressed it, 'from the moment he gets up till he goes to sleep at night.'" This is strictly in line with a proper procedure in guarding the mind from extraneous entanglements. It is what one would of necessity do in developing receptivity to etheric forces.

Now let us review a few high spots. We have a boy in school who could not quickly work mathematical problems, and he had answers "pop" into his mind, and he gave those answers. He said he "guessed" the answers.

Later in life he explains that fifty or sixty students had worked out the correct answer, and their answers came into his mind. He did not worry about how he got these answers, and they just seemed to come to him. At this time he did not capitalize upon this ability, and doubtless gave no great amount of thought to it. We find him at eighteen years of age upon the stage.

You, and almost every person, has at some time experienced a telepathic flash. That which occurs once has a basic cause behind it, and if that cause is repeated, the same effect will be again.

Telepathy is but extra sensory perception. Thousands of tests conducted at Duke University under Dr. J. B. Rhine, confirm that statistically, there are four kinds of extra sensory perception. The four kinds are: telepathy, which we are talking about; also, clairvoyance, which is the power of discerning objects not present to the senses, as in the case of Dunninger drawing the design of a machine covered up, which was built by Steinmetz; and third, precognition, or a fore-knowledge of things to take place, such as the example we gave in Instruction 82, where the man had the mental command to stop; otherwise he would have had a fatal collision.

Also, it is statistically confirmed that there is psychokinesis, which is the influence of mind over matter.

Dr. Rhine says, "The ability to transfer thought without the recognized sensory channels is regarded by those who know the evidence, as well established." However, men like Dr. Franklin Taylor of Princeton Psychology Department say, "Although we can find nothing wrong with his statistical reports, we do not go along with Rhine on extra sensory perception."

If psychologists disagree upon statistically proven things, then naturally they might disagree upon the conclusion that Dunninger actually possesses the developed ability to gather extra sensory

perceptions, in public - and would dismiss the whole subject by saying, "I am convinced when a man gets on a stage and reads minds he is doing tricks."

Let us for a moment examine the conditions under which Dunninger works.

There is an audience. There is an air of expectancy. Each person who takes part in the performance, by writing a number or thinking of it is supercharged with emotion. There is projectal power in emotions which accompany a given thought.

If people feel strongly and have great emotions about a thought, that is the thought that can thus be intercepted. We might say it steps up the voltage of the electrical discharge of the mind. The mind that receives these thoughts must be in a receptive state. One cannot be thinking about losing a job, or getting sick, or other personal matters which tend to worry or cause fears, - and be receptive to thoughts other than those attuned to fear.

Dunninger himself says that before a demonstration his mind goes into a special receptive state. That is the only explanation that he can give, but the real explanation is that he practically shuts off the sense forces, and concentrates within his own mind, and just gives expression to the flashes that come into his mind. This is a result of self hypnosis - the fifteen percent element in his own analysis.

If a telephoto machine can flash through the ether of space a photograph across oceans and a continent, there is no reason why a mental picture cannot also go through the ether of space and be received by another mind. We do not say and we do not know whether Dunninger's performance is a legitimate demonstration of telepathy, but we do say it is possible, but it would be possible only to one who trained and one who devoted thought to it, and viewing Dunninger's career impartially we say that his life program was peculiarly fitted to the development of a sixth sense or extra sensory perception and that only such training could enable a man to publicly demonstrate the ability.

We believe with Dunninger that telepathic power is a faculty everyone possesses, and at some time has sensed consciously.

As Dr. Rhine has said, "A type of lawfulness peculiar to mind and contrary to physics is increasingly evident in the extra sensory perception and psychokinetic researches.

This same thing was true in electrical research -- there was a type of lawfulness peculiar to electricity and contrary to physics.

Then why not in mind? It is electron-ic in nature.

* * * * *
*

The world seeks and needs Leadership. If you would qualify you must inwardly possess courage, be sincere and feed the fires of enthusiasm, and outwardly must display earnestness which is compounded of these inner qualities. -- Fanatics, crack-pots and peddlers of panaceas for all our ills - spiritual, individual and economic have little else but enthusiasm but they often start conflagrations a hundred complacent intellectuals cannot extinguish.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

ATTUNE TO THE THOUGHT

THEY CAN BE YOURS: -

Over two thousand kernels of corn have been counted upon a single ear. This was but one ear from a stalk, and all grew from a single kernel planted in fertile soil. That is multiplication.

You know that your body is composed of trillions of cells. Each is potentially possessed of all the energies of the whole organism of which it is a part. The whole is in the parts and the parts are in the whole.

In mathematics it is said, "As the whole, so the part; every part carries the characteristics of the whole; the related many are one."

You are coming gradually and legitimately to the understanding that each of the trillions of cells and all of the units come under the direction of mind. We approach the understanding of a unity.

Professor H. S. Burr of Yale has confirmed that there is "a living electricity" - that electricity flows all around us and in all living things. With specially designed and extremely sensitive equipment, he has measured electrical potentials of hundreds of different plants and animals.

Earlier scientists long ago discovered that a direct current of electricity seemed to flow from certain parts of living organism to other parts--a partial picture of mind at work as we define mind.

You may not be fully aware of what is taking place in your make up, but if you have faithfully studied and reviewed your instructions One to Eighty-four you have created brain imprints, with which the mind can work, the far reaching effects of which you will and must experience. It will manifest in a more complete life.

Hackneyed and often abused though the expression be, you will live a more abundant life. Health - happiness and success is for you. Attune to the thought -- They can be yours.

Sincerely,

THE ORDER OF THE ESSENES

S. Hamner Davis



THE **Essenes**

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the ORDER.

Copyright 1944, by The Order of The Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 84

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

"MATTER, IN ITS WIDEST SENSE, IS THE POSSIBILITY OF FORM; FORM IS THE ACTUALITY, THE FINISHED REALITY, OF MATTER. FORM IS NOT MERELY THE SHAPE BUT THE SHAPING FORCE, AN INNER NECESSITY AND IMPULSE WHICH MOULDS MERE MATERIAL TO A SPECIFIC FIGURE AND PURPOSE: IT IS THE REALIZATION OF A POTENTIAL CAPACITY OF MATTER; IT IS THE SUM OF THE POWERS RESIDING IN ANYTHING TO DO, TO BE, OR TO BECOME."

-- Will Durant - Aristotle

DOMINION IS A VALID PROMISE

In times past Philosophy was high-brow, psychology was a side dish - metaphysics was largely showmanship and legerdemain, compounded of quackery and mystery.

World War No. 2 came on. Propaganda was found effective. Changing men's belief changed their behavior and courses of action.

The soldier was found to be human, and it was found that his fears vitally effected his efficiency and his health. The medical profession to handle the actual conditions had to have manuals and instructions and courses of training in psychology and in psychiatry.

Rehabilitation units without number are devoted almost exclusively to the treatment of minds. The "shell-shocked" of World War No. 1 it now turns out were mental cases. - They treated bodies, symptoms, and the nerve tissues in those days. Now they supply "mental sunshine" -- Yes, we do progress. Blood plasma - the sulfa drugs - and mental rehabilitation make a record like this: "More than fifty percent of the men who died in World War No. 1 would have been saved had we had and used the knowledge we have today and are using in World War # 2."

Just by way of comment upon the power of thought we call attention to a paper-hanger in jail learning for the first time perhaps of the philosophy of Nietzsche and others, teaching "might makes right." Possibly assisted by Hess, he wrote a book, "Mein Kampf," and in a few years captured the press, his country, - and attempted to subjugate the world.

How did he capture the minds of the German people? He sold them on the idea that they were the "chosen people" - "destined to rule the world" -- the "inferiority of other peoples" - "a glorious destiny" and so on endlessly -

And what is that but "the power of mind" at work? Call it propaganda - education - hypnotism or what you will, thoughts of this one man have lead to the slaying of millions --- the most devastating war of history -- and the world will some day learn how very close he came to conquering the world.

Every hour of every day his ministry of Propaganda furnished the pattern of thought -- the German people were first mentally enslaved.

This is but a suggestion of the far reaching effect of mental slavery.

"We know too much about the mortality of cultures and civilizations, Babylon, Egypt, Greece, Rome. All these and many other cultures have been born, have risen to great heights and died quite like so many elephants in a jungle," says J. George Frederick.

Every culture and every civilization rose upon thought patterns implanted in human breasts. Their fall, like their rise, was the result of mass thinking and the behavior patterns following that thinking. It is elemental that individual and mass behavior stems from individual or mass thinking.

In the year 1943, the Rockefeller Foundation appropriated and set aside funds to finance a commission to study ways and means of making philosophy effective in a post-war world, to make the teaching of philosophy more efficient. The commission has been organized, composed of the professors of Philosophy of Yale, Brown, Swarthmore, University of Wisconsin and University of Illinois.

Every philosopher worships at the shrine of Socrates - the celebrated Greek Philosopher, who was born about 470 years before Christ. We do not find from

history that he possessed any Ph. D. Degree.

His habit was to go about the streets of Athens and talk with any who came his way, young or old - rich or poor. Socrates was the first thinker who paid attention to accurate definitions. His method was by asking questions. His disciple and friend, Plato, applied it to every subject of intellectual research. It is as efficient today as it was then. We have heretofore remarked that scientists are human question marks. We shall utilize the system in testing our definition of mind.

In the manner of Socrates and in the vernacular of the street, you might say, "Why bring that up?" with respect to the Rockefeller Foundation financing a commission to study the reorganization of the teaching of philosophy.

There is a reason -

Philosophy is in a poor way when it becomes the butt of jokes like this: "Philosophy is nonsense in a dress suit." And, philosophers have lost prestige when the common understanding is that "they are persons who write about something they don't understand and make you think it is your fault" -- Furthermore, those things which are to be effective in the post-war period must become the thoughts of the masses.

Let us here pay tribute to Harry Lewis Custard and Edith May Custard, who study Life Science with us, for their research and diagrams in "The Unity of Knowledge and The Organization of Thought," wherein they have worked out Universal reference frames definitely showing that unity -- and from that work we want to show you the working of minds as ordered as are the planets in their orbits.

On the subject of Applied Philosophy they have this: "Down through the ages, men have searched for truth, for that which can be known; struggled to relate the fragments of diversity which experience has thrown in their pathway. Different minds have sought to explain from different angles and viewpoints."

"The Metaphysician seeks the 'First Principles' of life, existence, being, the first principles of man's inner experience - the 'I am that I am.'"

"The Mathematician seeks the 'First Principles' of things as he finds them, the self evident axioms which are universally accepted to be true because they cannot be conceived otherwise -- the first principles of man's outer experience.

"The Psychologist seeks the 'First Principles' of thought and of relations between things outside and persons inside, the first principles of the mental process."

"Logic seeks to tie all of these 'First Principles' together in reason. Thus the metaphysician seeks to coordinate the above and the below, saying:

'As above, so below - as the macrocosm, The universe,
so the microcosm, man'

"The mathematician seeks to coordinate the whole and the part, saying:

'As the whole, so the part; every part carries
the characteristics of the whole; the related
many are one'

"The Psychologist seeks to coordinate the external and internal, saying:

'As without, so within; for every percept of sense, there is a concept in thought.'

"Logio seeks to tie together these viewpoints in reason by fitting the metaphysical first principle of experience of the personal life within, to the mathematical first principles of the experience of the impersonal things without, through and by means of the psychological first principles of relation of the internal and external, of which life is a continuous adjustment."

"Applied Philosophy seeks to balance this trinity of metaphysical, psychological and mathematical in a logical Unity."

Let us now pursue the question, "Why bring that up?" with other questions.

Will the masses seek understanding under the label of philosophy?

Is that not tied in with, and bear mental relationship with higher learning?

Do not ordinary individuals, masses, you and I, seek that by which we can benefit?

Does reform in human behavior originate in the understanding of the abstract - the unity of all knowledge, or in the understanding of the concrete - What will profit me?

Is it probable that those engaged in teaching philosophy will reorganize methods of teaching in any revolutionary manner which might jeopardize their profession or calling and connections with institutions of higher learning?

Does man take kindly to that which is handed down from above -- Would liberty or democracy hold together if it were granted by government?

Is it not safer ground, that the individual possesses all liberty and gives up and sacrifices some part of it to government, for the good of all?

If individuals find a thing true, good, helpful, beneficial, practical and workable, should they not be given the opportunity to share in the joy of extending that understanding?

Is not a foundation of beneficiaries preferable to a philanthropist's foundation?

We believe that we are at the age of knowing; that life is a science; that human engineering should be a part of every individual's training, - that service on the plane of action should be the religion of all.

It is basic that all human action stems from thinking. Thinking is a mental process -- the motivator of human behavior. We must therefore know what mind is. That knowledge must be fixed. It must not be vague, indefinite, hazy, or a mere belief, shaded by doubts. There must be an entry of a philosophy "that knits the raveled sleeve of human care, that restores meaning to man, without affront to intelligence."

In the fixation of the understanding of mind, let us for a while follow the example of Socrates - question - and be definite with our definitions.

Socrates: You say that the living body is a mechanism - a human machine -- Why? Answer: In all machines or mechanism we find; first, The machine itself - a visible, tangible thing, apparent to our senses. Second, A force or power which is applied to it; Third, A result or a product. Man is a

visible and a tangible - and apparent to our senses. We can measure the forces and power of man. Man is ever producing results - human behavior.

Socrates: But the living being manufactures or produces its own power or forces. Does that alter your conclusion? Answer: No. The living being eats - drinks - breathes -- taking materials from outside into itself - and chemical action takes place and the new materials thus formed supply the power. The fact of a self contained generator of power does not alter in any manner the association of - Power - Mechanism and result.

Socrates: Granted that the human body is a mechanism. Do you contend that man is only pure mechanism and chemistry reacting meaninglessly. Answer: No. Man is a combination of mechanisms and is self directing, self governed - a living mechanism - in which the life principle is without beginning.

Socrates: You say man is a combination of mechanisms. Just what do you mean? Answer: The make-up of man is a combination of organs, such as the stomach, the liver, the kidneys, the brain and others. You recognize in these this association. (1) The organ itself - a physical thing; (2) power or forces; (3) results - or products - and just as in any factory or any machine if you alter or change the power or forces and the application of them, you alter the result or product - and just as in any factory or machine if you change the mechanism itself you have a different product or result.

Carrying this "combination of mechanisms" fact forward, every organ is composed of organisms. Every organism is a mechanism because we find the same association; the organism itself - force or power - and a coordinating result or product in the life of man.

Note how this fits in with the metaphysicians coordination of the above and below, - "As the macrocosm, the universe, so the microcosm - man."

Note how it fits with the principle of mathematics, "As the whole, so the part, every part carries the characteristics of the whole, the related many are one."

It fits the concept of the psychologist. - "As without, so within, for every percept of sense, there is a concept in thought."

Socrates: You stated also that man was not alone pure meaningless mechanism because he was self directing and self governed -- a living mechanism, - analyze that.

Answer: Among man's organs is the brain, a mechanism because like all mechanisms it is an entity - and we have the same sequence and association -- (1) forces or powers - (2) the instrument itself - and (3) the result.

We know that thinking has its root and origin in the brain - because if it is physically altered or impeded, thinking is altered or impeded - just as the product of any machine is changed when the machine is changed. If the forces acting on the brain are altered thinking is altered - and with a change of thinking, conduct or behavior within and without undergo changes; in other words -- the product or the result is different.

Thinking we know precedes any action of the human, and man governs his action by thought - he directs his actions by the nature of his thoughts, and as Protagoras said, "Man is the measure of all things," but it is likewise true that to attain mastery of the things of the world man has to be guided by the nature of the world.

Socrates: Is a thought an entity or physical thing?

Answer: The thought itself is a tiny electrical impulse from the brain. Dr. Edgar Douglas Adrian, fellow of Trinity College, Cambridge, won the Nobel physiology prize in 1932 for this discovery.

These impulses can be amplified, measured and traced to specific nerve cells of the brain. Therefore the basis of thought is an entity - a physical recording in a brain cell. When this becomes the object of focus of the brain mechanisms the result is a thought. The nerve impulses that set off these brain waves all seem to be of the same kind (electronic) regardless of where the stimulation (forces) come from.

The thing that distinguishes the sense signals from one another is the place in the brain, where they are received.

Thus a thing you see, or a visual image, or a force originating from light forces, traveling over the optic nerves is in one area of the brain. A sound or hearing image carried by air forces and by way of the auditory nerves is recorded in another area.

Certainly this is proof that there is a physical recording in the brain cells. By moving sensitive electrodes over the heads of subjects the areas of recording have been definitely located by Dr. Adrian. He has gone so far that if a subject looks at a cross of light - and thus the focusing mechanisms of the brain center attention upon the cross of light - the electrical impulses defined a cross shaped area at the back of the occipital lobe of the brain.

There is another most significant thing which should be noted with respect to this recording and that is that the images immediately spread out over a wider area of the brain, into areas not primarily concerned with the special sense recording - thus an image - the result of hearing, would spread out to areas other than those making definite recordings of those things traveling the auditory nerves.

This can indicate as we have heretofore suggested that the brain files its sense perceptions under various filing systems - thus relating and coordinating and working to the organization of thought forms or recordings - all tending to a Unity of Knowledge.

Now, Socrates - answering your question directly: A thought is an entity if we regard an electron as an entity. It is an imprinted electron. We know it as electrical or electronic discharge - but definitely it emanates from an imprinted brain cell, which we can regard as a physical entity.

Socrates: If a thought or mind is as you describe, what does it effect?

Answer: First, it effects the whole human mechanism. We know that all of the organs of the living body are dependent upon all the others. The brain will not function - mind will be non-existent unless the heart functions. The heart will cease its operations if the lungs cease functioning. In its turn the lungs will not act unless the nerves function. Going one step further we know that the nerves center in the brain, and we witness every moment of our lives that thoughts have bodily effects.

Second: A thought is electronic in nature. We prove by delicate instruments it emanates from the body into space. It therefore must of necessity effect the universal - the ether of space which is everywhere in and out of the brain.

The ethereal vibratory forces we know travel at inconveivably great speed and that they are universally distributed. Man therefore must effect the

universal - and must be effected by the universal. In other words, the electrons or building blocks of the universe are effected by man - and this marks him as the living mechanism.

If man effects the electron - there is a basis to understand that science finds that the course of any one definite electron can never be foretold or judged or known beforehand - but when they become massed or united then their course and action can be accurately known.

Is not man like that? What the individual will do under given circumstances is unpredictable. But we can tell what the masses will do under the same set of circumstances. Thus we see -- As above, so below."

Socrates: Granted mind is a result or product stemming from physical "recordings" in the brain, - What is the significance of this?

Answer: It gives proof that "As you sow (record) so shall you reap." -- It gives a universal reference frame for the understanding of the authentic sayings of Jesus -- It gives a basis for understanding man's relation to the universal - and man's "Oneness with the Father." Man can find God revealed in nature - ever dependable - operating in accordance with unvarying laws which can be known. To the law abiding citizen of the universe dominion over the things of the earth has been promised -- and it is a valid promise. Make the deposits in the Bank of the Universal in accordance with the Life Science formula of attainment and you can draw upon inexhaustible resources.

It is just a matter of "As you give, so shall you receive." -- "As you sow, so shall you reap" -- "For every action there is a corresponding reaction" - and "Every effect is the result of a preceding cause" -- and man is master of cause.

* * * THOUGHT GEMS * * *

Words have magic in them, and very often the result of the mental imagery they arouse is so startling as to suggest Aladdin and his lamp.

* * *

The fact of Deity will be established neither Christian, Hindu, Buddhist, - but a Deity of essential life -- the sum of all energies -- life, love, intelligence and experience.

* * *

The failures in life are those who cannot or will not obey themselves. They do not do as they promised their own hearts they would do.

* * *

Error can be instilled into a yielding, thoughtless, dare-not-think-for-themselves following. Therefore you can question any established code of conduct. Many current beliefs belong in the mire of discarded mental rubbish. They were man originated, man impelled and man maintained.

* * *

That which fills us will radiate from us, without effort, right in the place in life where we stand.

* * *

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE
TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

YOU DO NOT MISUNDERSTAND:-

To be misunderstood by some, is just to meet life as it is. To take offense and let it be a source of grief or worry is just self inflicted punishment.

You, after having advanced this far, know us pretty well and we know you pretty well, so a personal word will not be misunderstood.

In these instructions we have from time to time, but not as often as it merits, spoken of "Giving" as a principle --- "As you give, so shall you receive". Some very few have taken this to be a solicitation. We take pride in the fact and it is a source of real inner satisfaction to us that we have never solicited contributions, love offerings, or passed a collection plate. If the merit of our work, and the results in the lives of those we serve do not prompt a sincere desire to be a part in this work and to help take this understanding to others, then we want no contributions.

We have some very strong convictions about "charity" and "humanitarianism" in the present day acceptance of the term. That which is given to another which relieves him of the right and responsibility of his own development injures rather than benefits. In the name of charity and with the intent of being helpful, great harm has often been worked.

In the Divine economy the path of accomplishment is strewn with obstacles that many may learn the overcoming principle. Character is not a hot-house product born of indolence, idleness or dependence. Life's problems solved independently, courageously and silently is a strengthening process. He who encourages dependence, shields another from the incentive and necessity of meeting life's situations, and assumes burdens which retard his own self development is both unkind and unjust to himself and the recipient of his bounty.

Many - far too many - are being led to believe that the State is established to support its citizens, and not that the State is to be supported by its citizens, and some feel greater honor by being on relief rolls than on tax rolls, and are confident in their own minds it is a vested right. Christian people cannot deny the supreme justice of the basic law -- "As ye sow, so shall ye reap" yet upon a basis of sentimentality they voice approval of those who promise man made laws in violation of the basic law; in effect providing that man can fritter away his youth, squander the days of his maturity, and without regard to his service to mankind and without regard to his sowing, he shall on the Western hill-slope of life "pick daisies".

He who, in his giving, is guided by the Higher Wisdom, and gives that he may help others to help themselves and is sure in his own mind that he is not weakening a fellow man and removing obstacles from the path of another which by a kindly fate were put there that he might be strengthened in self reliance and faith in the cosmic laws, is giving in the true sense and the law becomes operative -- as he gives, so will he receive.

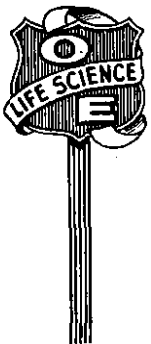
Very sincerely,

B. H. Hammer

Director

THE ORDER OF THE ESSENES

Enc. #85



THE Essenes

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the Order.

Copyright 1944, by The Order of The Essenes,
Instruction Headquarters - Tampa, Florida

INSTRUCTION 85

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

"IF RELIGION DOES NOT ENRICH OUR LIVES, BRING ABOUT THE UNDERSTANDING OF OUR REAL NATURES, POWERS AND POSSIBILITIES, AND RELATE US TO THE UNIVERSE, AND TO OUR FELLOW MAN, AND HELP US TO LIVE MORE SECURELY, INTELLIGENTLY AND HAPPILY, THEN RELIGION IS DESTINED TO LOSE ITS PLACE IN THE HEARTS OF MAN."

IF RELIGION IS AN ATTITUDE TOWARD LIFE AND A WAY OF LIVING -- THEN LIFE SCIENCE IS A RELIGION.

ACCEPTABLE TO REASON AND SCIENCE

"Science" sounds formidable. Some by reason of a lack of extensive education view it as something only a few can understand.

The fact is that there is something simple and easily understood which constitutes the principle underlying every science -- and there is definitely a relation between the simplest things known to practically all and the most complex scientific conclusions.

To illustrate: The high pressure, high temperature steam turbine which powers our modern battleships and is used in the creation of a high percentage of the electrical power of this country is but the principle of the windmill, known to most farm boys, applied in such a way that steam is made to blow at twelve hundred miles an hour and the wheels turn at six hundred miles an hour -- faster than sound travels. Yes, - at a velocity greater than bullets from a small calibre rifle.

Science is nothing more nor less than the study of reality where ever it is found, and as Oliver Lodge said: -- "Independent of any conclusions or consequences that may be drawn from it, and irrespective of any influence that the spread of the knowledge may exert upon human life and conduct."

Willis R. Whitney, honorary Vice President and First Director of General Electric's Research Laboratory, expressed the idea in this manner: "All truths are related, part of an ever widening revelation. No inquiry, regardless of its object, is lost. It will tie up with something else if a man keeps on digging."

Incidentally, and as a matter of interest, Dr. Whitney says, in "Things I've Been Thinking About" -- "Nerves and even brain are apparently electrochemical devices" - and in this same booklet he suggested that some one invent a pain-meter -- something with which to measure pain, saying: "Absurd? No more so than many things discovered already. I have been interested in recent researches into so-called brain-waves. Modern amplifying outfits, such as those which pick up truly infinitesimal radio waves from space and turn them back into original sounds, are used in such a way as to write continuous curved lines on paper when the controlling wires are connected with the inside or even the outside of the human head. If brain waves are being graphed, then why not pain waves?"

Be not skeptical of your ability to understand and apply Life Science in your daily life. In so far as possible we avoid the use of the terminology of science, which often does baffle and frighten the layman. Again quoting Dr. Whitney, - "Some men have thousands of reasons why they can't do something they want to, when all they need is one reason why they can."

We give you the assurance that you can be healthy - happy - and successful within reason. There is just one way to this attaining. You must know that the inception is in a mental process. -- First comes mental sowing - then follows reaping in the material.

Mind is a result, a fruition, a product. A result of what?
-- Brain cells imprinted, and played upon by the "electrochemical devices" of the brain.

Of primary importance therefore is the question, how is the brain cell imprinted or given pattern?

In religion we read much about "The word" -- other schools of thought stress "Affirmation," and still others, "Suggestion." There is a Unity in these if we but scratch the surface and find it.

In the English language we have twenty-six letters. With these twenty-six letters we have created some six hundred thousand words, according to the latest and most modern dictionary. In each word is an idea, or we may more properly say it symbolizes a thought or expression. If twenty-six letters of the alphabet can be framed into so many words, then it is quite easy to understand how inconceivable and without limit is the combination of words which can be framed to give expression to human conceptions.

Words and combinations of words we therefore know make brain cell imprints, whether they are heard and thus reach the brain by the auditory nerves, or whether they are read and reach the brain by way of the optic nerves, or whether they are read in Braille and reach the brain over the nerves which have to do with touch and feeling -- or whether they reach the brain under hypnosis, when the conscious mind is not in command of the sense perceptions.

One thing is certain -- There is nothing casual in the working of the human mind. It is equally certain that life-long changes have been brought about by engraving upon the brain cells a concept. An event, a word, or an act has done it in countless cases.

Words - letters - sentences. These are but symbols. Life and meaning are given to them by the spirit which causes them to be written or spoken. A mental concept is the actuating force which brings them forth. Their power lies in the realm of feeling which lies back of the mental concept.

Words being one way of imprinting brain cells and of creating thought forms, one has but to choose well his reading material, to make careful selection of associates, to put himself in the proper place to hear thoughts carefully and well presented -- attend lectures - church - meetings with definite purpose - or carefully select radio programs.

By a little tact and interest in one's acquaintances and associates, and by well directed questions, one can draw forth valuable and interesting material, even from the most lowly, for every one's experiences are different -- meaning there are no two minds in the world alike. The brain imprints of every individual must of necessity be different, because each is the center of his own universe, hence that which forms the working basis of mind being different, - minds are different.

The full import of that statement is this: The mind of every individual, your mind, is the result of that which has been

implanted in this worldly existence. There is no carry over. Any carry over or inheritance is in capacity - or development of organs, organisms, or channels of reception, expressions, and activity --- physical characteristics. This is true, some psychologists and schools of thought to the contrary not withstanding.

In cattle we have the Guernseys and Jerseys, with the inherited milk producing capacities, and the Herefords and Angus, the beef types --- physical qualities. In poultry we have the Leghorns with developed egg laying capacities and others of the meat type --- physical characteristics which carry over, - are inherited. In horses we have the race horse types - and draft horse types. In dogs and cats and other animals, we note they breed true to types.

Evolution is taking place today, as ever. New capacities and abilities may be developed in man or animals, and this results in the development of the brains and the avenues to the brain and the physical instruments of perception and functioning, and these may be and are transmitted in the line of descent, and are inherited by the offspring.

Returning to "words," but one of the means of imprinting brain cells, we note that in an Associated Press story published broadcast in the newspapers, the medical profession finds that "Words can kill the aged."

"There are words which really kill patients," said Dr. Thewlis; they dwell on them and shorten their lives by worry. Cancer is the most dreaded word in the language. Tumor is far gentler.

"Arthritis, a ruthless word, cripples as many aged as the disease itself. Apoplexy or stroke is another terrifying word. Bright's disease is another panicky word. Nephritis is less sharp.

"Arteriosclerosis is another frightening term. I seldom use it unless it seems absolutely necessary, or if I do I remark that most elderly people have arteriosclerosis. Merciless words may shorten the lives of people already struggling with social and economic difficulties."

Let us explore a little further and see what potency the medical profession is ascribing to mental concepts.

The male hormone has been synthetically produced, known to the medical profession as testosterone, the source material of which is cholesterol, found in the brain and spinal cords of animals. Countless are the seeming miracles worked by it upon men in the "fading stage of life." The medical profession generally was skeptical, saying it was another Brown-Sequard sex-gland extract myth, or more "monkey-gland" furor, in spite of the fact that doctors of the faculty of Yale and Johns Hopkins and great numbers of highly reputable physicians had met with outstanding successes with it, and demanded sure proof that testosterone had a measurable and definite effect upon the vitality of muscles, brains and nerves that are growing sluggish and feeble.

They contended the beneficial effects of testosterone were mainly a matter of imagination or what they call "suggestion." They thus

and thereby give recognition to the power of mental concepts.

To satisfy these skeptics of a revolutionary finding of their own profession (all revolutionary discoveries or findings or inventions have to face a world of skeptics) the Hormone hunters responded with a scientific answer --- the therapeutic test, which consists of giving patients mock pills or blank injections. If the patient does not respond, the patient is then treated with the male hormone, and if favorable and lasting results are noted, the validity of the treatment is demonstrated.

Paul de Kruif in Readers Digest, says: "In 1941, Dr. Walter M. Kearns of Milwaukee gave a dramatic shock to doctors skeptical of testosterone. His experiment took advantage of the fact that, of the whole animal kingdom, endurance is most accurately measured in the race horse; its speed for the mile is clocked in split seconds.

"Dr. Kearns chose the 19-year-old gelding, Holloway, for his test. Though Holloway had once been a crack racer, he was now old and tired and ready for the glue factory. Under the skin of this broken-down beast our experimenter implanted one sixtieth of an ounce of testosterone. Within 48 hours, Holloway showed a strange new mettle; he cavorted like a young stallion. Since he was only a horse, this could not be an effect of what doctors call "suggestion." His hair began to thicken; his coat became fine and glossy; his muscles hardened. Now he was trained again as a trotter and in competition that summer this 19-year-old gelding ran first in five heats, second in five and third in three. 'In other words,' said Kearns, 'Holloway was rejuvenated.'

It is to be noted that very often in these therapeutic tests, where mock pills and blank injections are given, the patient responds -- but the physicians say, "In such cases the relief is most often temporary, and the evil symptoms soon return."

It is very probable that in such cases, where the attempt is to prove suggestion had nothing to do with the results, that there was no building up of faith in the minds of the patients, of the efficacy of the "blank" treatment and the suggestions of relief, if any, were lacking in force, sincerity, detail, and convincing qualities.

In passing, we note that testosterone is a synthetically produced substance, which is automatically produced in man's system, and that male hormone deficiency comes about by violation of nature's laws -- violations mentally and physically. It is not a far stretch of imagination to presume that a correction in thinking and living could restore that which thinking and living habits inhibited or caused to become deficient. For those who have lived in violation of the great laws - and upon whom have come the afflictions of senility, this synthetic hormone comes as a great blessing.

In the consideration of "words" as one means of imprinting brain-cell patterns - the basis of thoughts - we must in addition to words that are read, or heard from the utterances of others, give careful thought to our own expressions. Affirmations, which are so much stressed by some schools of thought and some metaphysical

teachers and teachings, are one method. Auto-suggestion is the term applied in Psychotherapy.

The treatment of disease by psychological means - or the attempt to cure ills through mental influence has been in vogue throughout the centuries, but it is only recently that psychotherapy has been placed on a scientific basis and become a recognized branch of medicine. The medical profession as a whole has now come to concede its efficacy in the treatment of so-called functional nervous disorders. This concession is granted because it is recognized that they have a mental origin.

In auto-suggestion, the suggestions are made by the self. That is the meaning of the term. Who is there who has not heard of Coue' and his claims for effectiveness of the often repeated: "Every day, in every way, I am getting better and better."

The use of affirmations or autosuggestion has been stressed, and sometimes overstressed, and abused, in the field of healing. It has brought forth, in fact, a multitude of "healers."

A true understanding of it, as the implanting of brain patterns, with which mind can function, will certainly not lead to the denial of symptoms, of which every seeker for relief is most vividly conscious, and most certainly not to the denial of all materiality, including the organs and organisms of the body. - The cure, if possible, must come about by the change in functioning of the human instrumentalities built within the living body - very real things.

The medical profession, we repeat, recognizes the effectiveness of suggestion and auto-suggestion in ills with mental origin.

That course of reasoning should be convincing that in the matters of personality, character, mental outlook upon life, social and business adjustment - in short - happiness and success - suggestion and auto-suggestion are determining factors, - for maladjustments are and can only be resultant from improper mental processes, and the correction is of necessity in thought processes. A correction of thought processes starts with a new brain-cell pattern, and such patterns can be and are supplied by suggestions, auto or from others, affirmations correctly and understandingly made, or by a re-combination, rearrangement or working over into new thought forms of the patterns latent in the brain, called memory - or the subconscious.

Another method of creation of brain-cell patterns is by hypnotism and suggestion - about which there is much misunderstanding and upon which we shall treat in other instructions.

Psychological investigation had its inception with the clear assertion that the mind sees and hears, and not the external organs separately, such as the eyes and ears - and this conclusion was reached by philosophers at least three hundred and fifty years or more B. C., and nearly two thousand years before nerve functions were recognized or understood.

Even Plato recognized the influence of environment. He said it was like atmosphere and furnished subtle influences upon which

the mind feeds, "analogous to the healthy or unhealthy air, which imperceptibly produces health or disease in the body."

Therefore, we must add environment as a creator of brain-cell patterns, and likewise any and all conditions and processes which give us the sense of perception, or which create impressions or ideas.

Plato, born 429 B. C., at Athens or in the island of Aegina, Greece, considered that the distinctive mark of intellectual capacity was the understanding of relations. He wrote that the synoptic mind, capable of seeing all things in their relations and therefore concerned with meaning, was the highest product of human development.

That ancient understanding needs a revival. Intellectual development, and hence life's meanings, require that we give more attention to the meaning of what we see, hear and sense, that we create a frame by which its relation to other brain-cell patterns may be understood, that there may be understanding of the Unity of knowledge, and our brain-cell patterns made more readily available in life's situations and problems.

Aristotle, born at Stagira, Macedonia, in 384 B. C., even in his day reasoned that after the separate senses comes the problem of unity, and that this required a common sensorium, a meeting place for the special senses and also the centre for the perception of the common qualities of all objects, such as shape and size, etc.

This we know to be the brain, and we know the avenues to the brain. He considered the heart the seat of psychic functions, but we must remember, in that day, little was known of the brain and nothing of the nerves.

We shall soon progress to the application of the understanding of mind as we have defined it, and show its practical application, and much that has been written, said and done, along metaphysical lines will be rationalized and made meaningful and available in life's situations.

Our manuscripts and instructions are constantly undergoing revisions with a view to coordination with present day findings. We feel that we can best serve by breaking away from Biblical illustration of principles.

To our knowledge, this is the only course of instructions which tells what mind is, and so far as we know, the definition is acceptable to reason and to science.

Most certainly, the hypothesis accepted and applied, as we shall endeavor to teach, will work a revolution in your life and affairs, to the end that you may have life more abundant, and great will be your pride and satisfaction in helping to take this understanding to the multitude so sorely in need of it as we enter a new era in civilization -- the new Renaissance.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

THE TUNING IN PROCESS: -

With the last Instruction I had something to say about giving as a principle - just simply trying to bring home to you the simple fact that the way to make other people interested in you was not to seek that end - which represents getting, but to show an interest in other people - which represents giving.

There are a lot of selfish acts - which people seek to justify by saying - self preservation is the first law of nature.

Actually most of this self preservation business doesn't relate to the physical at all. It relates to the preservation of the feeling of importance, of worth-while-ness --- "Save face," say the Japanese.

When we know that all persons are possessed of the urge "to be somebody," that it is the most universal of the human drives, why in the name of common sense do we not more often satisfy that urge in the other fellow - adopt the giving principle, and wholeheartedly give expression of appreciation of the other fellow's plus qualities --- and all people have some of these too.

Let's be scientific about this. It only takes a few words - a few well chosen ones - and you have a suggestion - a definite mental concept - a brain cell imprint - a seed to sow. You recognize a good quality in another and are appreciative of it, and you do express.

Now what is the result? The brain mechanisms of the one appreciated must focus upon it. It alters or modifies all previous brain patterns with respect to things from which he made or makes up his opinion or judgment of you. Then what have we? Your own feeling of importance is fortified and sustained. That is receiving by reason of gift bearing.

How much more simple is this than being boastful and egotistic -- More effective too -- for the world is fast learning that the bombastic, overbearing, self praising and contentious of the species suffer with complexes or neurosis and the origin is in imprinted brain cells tucked away in the subconscious.

With the eighty-sixth instruction enclosed herewith we are mighty close upon a clearer understanding of the subconscious and its reality and its effects and possibilities.

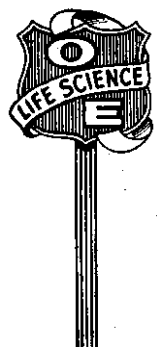
Have an appreciation of your own personal worth but keep on the lookout to discover the worth of those you know or meet. Give expression to your findings - and inevitably your worth will be discovered and recognized - but better yet - it is a tuning in process in the field of human electronics. The adoption of ideas - the sale - is only possible in an attuned receiver.

Sincerely,

THE ORDER OF THE ESSENES

B. H. Hammer
Director

Enc. 86



THE Essenes

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the Order.

Copyright 1944, by The Order of The Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 86

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

THE FACTS OF SCIENCE ARE THE RAW MATERIALS OF
PROGRESS.

TODAY THESE FACTS ARE OBTAINED BY RESEARCH -- BY
THE DELIBERATE, SYSTEMATIC EXPLORATION OF NATURE, ITS
MATERIALS AND ITS LAWS. RESEARCH ADDS TO OUR KNOWLEDGE OF
THE UNIVERSE AND ITS RESOURCES. YET ITS ULTIMATE GOAL LIES
NOT IN FACTS ALONE, BUT IN THE APPLICATION OF THESE FACTS
TO EVERYDAY LIVING. AND SO MAN'S MASTERY OVER NATURE AND
ITS RICHES IS INCREASED, AND WE LIVE IN A WORLD THAT
GROWS STEADILY BETTER.

--- FOREWORD - The Story of Research

ABOUT HYPNOTISM

If there is any one thing in the field of psychology, which is little understood and much misunderstood by the ordinary individual it is the subject of hypnotism. This we believe is due to the fact that it has been exploited by charlatans, and where performances were given as entertainment in theatres and shows, the operator to satisfy his ego and to add touches of showmanship has built up and magnified the idea that there is something of mystery about it.

Some novelists and fiction writers have drawn upon vivid imaginations, and have by introducing the subject created false impressions for dramatic effects.

Even in the field of metaphysics a misapprehension has been created. Not being understood it has been labeled "Black magic" - whatever that may mean. Those using the term "Black Magic" are usually those, like religionists in times past, who would discredit and even persecute those advancing sound scientific findings, which in any way tend to cause doubt about their accepted religious beliefs, and create a questioning as to their anthropomorphic God, responding to personal appeals, and granting personal favors to those of the chosen faith - especially in the field of healing.

That we may approach the subject without prejudice in a truly scientific manner, let us first dispose of a few of the more wide-spread misapprehensions.

In the first place, no one can be hypnotized against his will. Full cooperation is absolutely necessary between the operator and the subject. If there is any mistrust in the mind of the subject and there is not the desire to be hypnotized, then the subject will remain wide awake.

In the next place, it is not a sign of weak will or lack of intelligence that one can be hypnotized. The reverse is the fact. As a general rule the intelligent, well balanced individual makes a good subject for hypnosis. It is impossible to hypnotize anyone who is insane or who suffers with mental disorders.

Let us take up another set of current beliefs. No, - to undergo hypnosis does not cause the loss of will power, nor does it cause any harmful mental or physical effects, and you will always "wake up" of your own accord should the operator go away and forget you.

A prejudice against hypnotism which currently exists is the belief that the subject may be made to do something, which might come within the terms - indecent, harmful, dishonorable or contrary to his ethical or moral code or his fundamental personal character.

This is diametrically opposed to the facts. If the operator should request anything which would offend the sense of propriety of the subject or be contrary to his fundamental personal character the subject will immediately awake indignant, but perhaps unaware of the reason of such indignation.

Contrary to the situations in some fiction stories, one will not commit a crime in the hypnotic state - such conduct being contrary to the subject's moral code.

With this preliminary clearing of the underbrush of prejudice and misunderstanding, let us proceed to the study of the subject - its history - its uses and practical application, its limitations, its implications and possibilities, how it is done and what can be done.

In this survey of the subject, we ask you to keep in the foreground of your memory our definition of mind, and note that it is a support of the hypothesis we have set forth, and affords the means of a complete explanation - in fact, the only one satisfying and acceptable to reason.

"From the remotest periods of human history to the present time, certain peculiar and unusual conditions of mind, sometimes associated with abnormal conditions of body have been observed. The Egyptians and Assyrians had their Magi, the Greeks and the Romans their oracles, the Hebrews their seers and prophets, every great religion its inspired teachers, and every savage nation had under some name its seers or medicine men.

" Until a little more than a hundred years ago all persons affected in any of these unusual ways were supposed to be endowed with some sort of supernatural influence, either divine or satanic.

"About 1773, Mesmer, an educated German physician commenced the practice of curing diseases by means of magnets passed over the affected parts and over the body of the patient from head to foot. After seeing Gassner, a Swabian priest, curing his patients by command, and applying his hands to the affected parts, he discarded his magnets, concluding that the healing power or influence was not in them, but in himself, and he called that influence animal magnetism.

"Mesmer (Friedrich Anton) found that a certain proportion of his patients went into a sleep more or less profound under his manipulations, during which somnambulism or sleep-walking appeared," says Mason in The Subliminal Self.

Our research shows Mesmer was an Austrian who studied medicine in Vienna. That he held seances in Vienna and was ordered to leave by the police and showed up in Paris, France in 1778 - and there acquired an enormous practice and following. The Medical Fraternity of Paris called him a charlatan and a fake, and had the government appoint a commission to investigate the phenomena observed at his seances. - This commission consisted of members of the Academy of Sciences -- Franklin and Baille were members.

They drew up a lengthy report, in which the facts were admitted, but they found there was no such agent as animal magnetism and attributed the effects to Physiological causes.

For a long period thereafter, to believe in Mesmerism was bad form, and he who did was subject to social and professional ostracism.

In 1842 a reputable English surgeon, Braid of Manchester, conducted experiments along the line of Mesmer -- and he showed that the so-called Mesmeric sleep could be induced in other ways, especially that it could be accomplished by having the patient gaze steadily

at a fixed brilliant object without resort to passes or manipulations of any kind. It was he who introduced the word hypnotism, which is now generally accepted, and it was he who developed the idea and use of suggestions.

The medical profession looked upon those who believed as cranks - and any in the profession who accepted the teachings impaired their scientific and professional standing.

Thirty-five years later, in 1877, Professor Charcot, one of the best known and highly esteemed doctors of France and the world, satisfied himself by experiments, and announced to the world his belief in the phenomena of hypnotism. Interest in the subject had a revival, and the subject again became respectable. Hypnotism was a fact and had come to stay.

Professor Bernheim and Professor Liebault commenced and carried on extensive experiments in the wards of the hospital at Nancy. They demonstrated that a large percentage of all persons, sick or well, could be put into the hypnotic condition - and that suggestion was the great factor and influence -- not any animal magnetism or personal force of the operator - and that hypnotic sleep was not greatly different from natural sleep.

There are different stages of this induced sleep. Charcot (Jean Martin) gave three stages; (1) catalepsy, (2) lethargy, (3) somnambulism.

Bernheim gives five states: (1) sleepiness, (2) light sleep, (3) deep sleep, (4) very deep sleep, (5) somnambulism.

The subject of hypnotism then goes into a long period of quiescence, due perhaps largely to the attitude of the medical profession, which like the rest of us were absorbed in the material things. Their attention being directed mainly to drugs and their effects with respect to symptoms.

In very recent years however there has been a marked revival of interest. Psycho-therapy has been given the green light by the organized medical fraternity - and many of the great medical schools and medical centers and hospitals have taken up the study and are conducting experiments with outstanding results.

Before going into what hypnotism is revealing and accomplishing and contributing to our understanding of mind and its powers and possibilities, and contributing to the health, happiness and success of mankind, we shall take up the method of induction -- just how this state of induced sleep or catalepsy is brought about.

In the 1944 revised edition of the Encyclopedia Britannica we find this description:

"The usual modern procedure is to place the subject in an arm-chair or on a couch where there shall be absolute muscular relaxation and passivity of mind. The environment should be conducive to sleep. The physician, standing at the side, holds up the index and middle fingers of one hand, a little above and away from the patient's eyes. The gaze is fixed on these and verbal suggestions

are made to the effect that the eyelids are getting heavy, drowsiness is being felt, the eyes are closing, and sleep approaches.

"Light sensory stimulation by stroking the forehead gently or making downward passes over the face may also be carried out. In many subjects the eyelids gradually flicker more and more and then close as some stage of sleep supervenes. Self-induction of hypnosis may be possible by fixation of gaze in some people who have previously been hypnotized by another. Repeated hypnotic sitting commonly renders the advent of sleep easier. In specially susceptible patients complete hypnosis may supervene at once on the command to sleep, either made orally or in writing. Terminating hypnosis is easily brought about by suggesting the idea of wakefulness, but if left to themselves patients, after a variable time, would spontaneously resume the normal state.

"Different stages of hypnosis have been described by different authorities, many of them being very artificial, but it will suffice, if we speak of three only. In very light hypnosis there is complete passivity and relaxation with an inability to open the eyes or resist some simple commands concerning the voluntary muscles. The individual is quite conscious of all that goes on. In a further stage, further phenomena can be produced, but still there is recollection of the hypnotic period. The most susceptible subjects may pass into a deep sleep known as artificial somnambulism. Here they respond to all or most suggestions made by the operator, and on awakening are oblivious to all they have heard, said, or done while in that state.

"Hypnosis in some stages can be induced in a large percentage of normal people provided that they willingly submit to the process. Soldiers from active service during the World War were almost universally found easy subjects. For definite psychological reasons the insane are usually impervious to its influence."

We shall now give you Bernheim's method and comments upon conditions as the state progresses.

"Bernheim or a pupil of his would sit, or perhaps stand, near his patient, and in a quiet but firm voice talk of sleep.

"'Sleep is what you need. Sleep is helpful and will do you good. Already, while I am talking to you, you are beginning to feel drowsy. Your eyes are tired; your lids are drooping; you are growing more and more sleepy; your lids droop more and more.'

"Then, if the eyelids seem heavy, he presses them down over the eyes, all the time affirming sleep. If sleep comes, he has succeeded; if not, he resorts to gestures, passes, the steady gaze, or whatever he thinks likely to aid his suggestion.

"When the patient is asleep he suggests that when she awakes her pains and nervousness will be gone, and that she will have quiet and refreshing sleep at night.

"What is the condition of the patient while under the influence of this induced sleep? Pulse and respiration are little, if at all, changed; they may be slightly accelerated at first, and later, if very

deep sleep occurs, they may be slightly retarded. Temperature is seldom changed at all, though, if abnormally high before the sleep is induced, it frequently falls during the sleep.

"If the hand be raised, or the arm be drawn up high above the head, generally it will remain elevated until it is touched and replaced, or the patient is told that he can let it fall, when he slowly lowers it.

"In many cases the limbs of the patient may be flexed or the body placed in any position, and that position will be retained for a longer or shorter period, sometimes for hours, without change. Sometimes the condition is one of rigidity so firm that the head may be placed upon one chair and the heels upon another, and the body will remain stiff like a bridge from one chair to the other, even when a heavy weight is placed upon the middle of the patient's body or another person is seated upon it. This is the full cataleptic condition.

"Sometimes the whole body will be in a condition of anaesthesia, so that needles may be thrust deep into the flesh without evoking any sign of pain or any sensation whatever. Sometimes, when this condition of anaesthesia does not appear with the sleep, it may be induced by passes, or by suggesting that a certain limb or the whole body is without feeling. In this condition the most serious surgical operations have been performed without the slightest suffering on the part of the patient.

"From the deep sleep the patient often passes of his own accord into a condition in which he walks, talks, reads, writes, and obeys the slightest wish or suggestion of the hypnotizer -- and yet he is asleep. This is called the alert stage, or the condition of somnambulism, and is the most peculiar, interesting, and wonderful of all."

The induction of hypnosis sounds quite simple and is in fact quite simple, but if the operator is of a nervous type, has mental conflicts of his own, and expects results immediately - it is a feat beyond him. One to be a successful hypnotist must have a pleasing personality, poise, have perfect confidence and unlimited patience and tact - and must be able to inspire confidence in the subject to be hypnotized, and do nothing and say nothing which starts extraneous trains of thought in the subject. It takes anywhere from five to twenty-five minutes of constant suggestion of sleep.

In holding the fingers or preferably a bright object suspended before the eyes of the subject, it should be held above the level of vision - meaning that the eyes of the subject will have to be rolled upward to see it. It should not be moved perceptibly; otherwise the thought of the subject might be attracted to movement.

There is a physical fact worthy of note at this point.

If a person is seated comfortably in a chair and he is told to roll his eyes upward as far as possible and to keep them there, and then to shut his eyes, or his eyelids are closed for him, and he is still told to keep the eyes rolled up, and then he is told firmly and convincingly that he cannot open his eyes (keep repeating it) he cannot as long as the eyeball is in the position of looking upward.

That is not hypnotism. - There is just no muscle to open the eye when the lids are closed and the eyeball rolled upward. That is

a physiological fact - a mechanical trick so to speak.

To open them - tell the subject you have your finger near his nose - to look at it - and he can open his eyes - and he can, because the muscle which rolls the eyeball upward is not on a strain and that releases the muscle used in opening the eyelids.

That those who study with us may have the benefit of the explanation of the state of hypnosis held by all reputable schools of thought we append this:

"Modern authorities would explain it in terms of mental dissociation. In ordinary sleep it is presumed that the different nerve cells in the higher part of the brain are dissociated from each other, and it may be that in hypnosis there is the same relative dissociation, but that through the presence of the operator and the special link which exists between him and the subject, (spoken of as enrapport) one part of the nervous system is kept active and awake.

"Because the rest of the brain is quiescent, no contrary ideas are aroused to prevent the acceptance of suggestions, which are therefore acted upon immediately."

* *

Our comment on hypnosis - which we ask you to read and re-read, and keep in mind as you progress:

"It furnishes proof, and by it we can demonstrate, (1) That men have unconscious motivation for much they do. (2) That we may not consciously recollect, but we have perfect memory by reason of a permanent record within. (3) That man has records, - brain cell imprints - of which he is not conscious. This is a part of his subconscious. (4) That they can be brought to focus by the brain mechanisms and become part of his conscious perception. (5) It boils down to human suggestability, to the power of the word, a definite concept - a brain cell pattern, which is the basis of mind - and the results are forthcoming by human electric mechanisms, which man is now ready to understand, by reason of crude (comparative to human mechanisms) counterparts known in the material field of electronics.

In the next instruction we are going to outline how suggestions are given and the effect and results of suggestion, and tell you what has been done and is being done by the use of suggestions in the hypnotic state and are then going to compare suggestion in the sleeping state and suggestion in the waking state.

"There can be no solution of life's deeper problems, no increased happiness for the individual, through the development of greater scientific knowledge alone. Unless the sciences are integrated and subordinated to the homely facts of every day living, they will destroy rather than liberate the minds which created them." ---- Link

"Jesus was not a social reformer. He was a reformer of men. The religious doctrines of Jesus, as can be seen by the most casual student, were concentrated on the individual and not on a new social order."

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE
TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

THE MATCHING OF THE TIDES ---

This world is organized for people who know what they want. The first step in our mental formula of attainment is therefore an important and essential ingredient. Visions, ideals and ambitions have ever been the guiding stars of the world's accomplishers.

That is not just pretty sentiment. He is on the wrong track who expects anything of the future, which the present has not made possible.

As human engineers, let's take it apart and put it together again. In the present - now - we can give definite outline to that which we would like to do, be or become. It would just naturally bubble forth - an expression of your inclinations, aptitudes - our "loves", if we would let it.

With an outline given some little attention, the filling in of details will be quite simple and natural, and we have a vision - clear cut - vivid and appealing to us - one which will make us enthusiastic about it.

This then becomes an imprinted brain cell. The you, the God in you, can then at will bring it to the attention or into focus of the brain mechanisms. Then what takes place? An electric or electronic discharge takes place - within and without. It can, it does and it must effect the whole universe. It registers in the cells of the body - in the subconscious and becomes a part of universal intelligence. It becomes a part of God consciousness - if you want to think of it in religious terminology.

What is the effect within? The subconscious accepts it without question. That is its nature. It reasons deductively from what you accept or give it consciously. It then prepares every cell - organism and organ to meet harmoniously this new (visioned) condition. It attunes the human radio to receive and give attention to and focus upon all that is desired or desirable to the attainment of the visioned.

Thus the present makes possible what you expect of the future. We repeat: We cannot expect anything of the future, which the present has not made possible.

Personality has come in for much discussion in the press. Many seek it - comparatively few achieve it -- Well! You can.

To the extent to which you learn to convert your energies into habits or skills which interest and serve other people, to that degree you achieve personality. You change the water of existence into the wine of living.

Thus we are back to our premise - Vision. But it must take the outward course - Doing something that will contribute to the common weal.

Every tide that ebbs is matched by a tide that flows.

Enc. 87

Sincerely,

J. Hamner Davis



THE **Essenes**

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the Order.

Copyright 1944, by The Order of The Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 87

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

"WITH WHATEVER PROVINCE OF SCIENCE A THOUGHTFUL
MAN OCCUPIES HIMSELF, HE SOON BECOMES AWARE THAT
IT HAS INTIMATE AND MANIFOLD CONNECTIONS WITH
OTHER PROVINCES, AND IF HE TRY TO TRACE THESE
CONNECTIONS OUT, HE WILL ERE LONG PERCEIVE THAT
THE SCIENCES ARE NOT ISOLATED THINGS, BUT SO
BOUND TOGETHER AS TO CONSTITUTE A UNITY WHICH IS
A REFLECTION OF THE UNITY OF NATURE AND OF THE
UNITY OF THAT SUPREME REASON WHICH PERVADES ALL
NATURE AND ORIGINATES ALL INTELLIGENCE."

-- Robert Flint - Scientia Scientiarum

LIFE SCIENCE AIMS TO RAISE THE MIND GRADUALLY
AND LEGITIMATELY TO A POINT FROM WHICH THIS UNITY
MAY BE VISIBLE.

THE DOOR TO ADVANCEMENT IS AJAR

We now continue consideration of hypnotism, keeping in mind we are on the subject of imprinting brain cells with patterns, or what might be termed "thought forms," by the use of words - affirmations - or suggestions. In hypnosis the suggestions are made in "the sleeping state."

In this study we must ever keep in mind that any suggestion made in the sleeping state creates a brain cell pattern which may be acted upon consciously, but the suggestion which causes such action may be properly classified as unconscious motivation.

Among the remarkable discoveries revealed by hypnosis is that man is often moved and does things by reason of things of which he is not consciously aware. The conclusion is inevitable that consciousness is by no means an essential attribute of mental processes.

By what is known as post hypnotic suggestion, of which we shall give examples later, it can be demonstrated that mental processes of which the subject is in no way conscious can lead to definite effects in conduct.

Motivation, or the mental cause of people acting as they do, is often unconscious. We desire to be explicit. Unconscious motivation is not always due to post hypnotic suggestion; in fact, it seldom is, by reason of so few having undergone the experience of hypnotism, but much of the conduct of an individual is due to causes of which he is unaware -- called unconscious motivation.

This leads us to remind you at this time that brain cell patterns, "thought forms," can be created by other means than "the word" - and that all we see or sense, by whatever means, creates a brain pattern. One who tastes a lemon thereby creates a thought form. When later he tastes a lemon, he becomes conscious of lemon. The first sense of it and the last experience with it relate in the forming of a concept.

Here we would reiterate or repeat what we have heretofore suggested. All minds are different, just as all thumb prints are different. Each individual is the center of his own universe, and hence each has different environment, experiences, and brain cell recordings or "thought forms." That there is no carry over or inheritance of "thought forms" - the inheritance is in physical construction, channels of perception, capacities, blood types, etc.

The brain cell imprints - "the thought forms" - with which the human mechanisms work to produce what we call mind, producing what we term thoughts, start at birth. The baby raising its hands by muscular reflex creates a brain cell pattern, and learns that it can move its hands and arms and feet, and as it progresses in the piling up of brain cell patterns it learns it can control the movements.

All through its lifetime that baby has experiences. It learns

to focus its eyes - to control its speech - to sense hot and cold, and makes mental patterns with respect to results.

Its environment in its entirety enters into the creation of mental brain cell imprints. From its first week, through the "No, no - Naughty, naughty - Mama spank" days - and "Johnny, don't do that" days and into manhood, each individual is influenced by those in his environment; by speech, acts, moods, temperaments, and reactions within his ken.

Every individual relates these impressions differently - and by combination builds and creates new and varying brain patterns, imprints and impressions.

The brain mechanism and the whole human mechanism relate these impressions, and as they come within the focus of the brain mechanisms we have the result mind - thought - and resultant behavior.

Thoughts have, therefore, a pattern as a basis of existence. Whatever is sensed becomes the basis of a pattern, whether it is consciously remembered or not.

As J. Jastrow in *The Subconscious*, expresses it: "In the last half century there has been accumulated a mass of observations which establish the reality of processes which express themselves in purposeful actions and which bear all the marks from which we are accustomed to infer conscious cognition and volition, but of which nevertheless the subject or normal personality has no personal knowledge."

We shall as we progress illustrate by authenticated cases, actions and performances of people above and beyond their known capabilities, but in all such cases can be traced an experience - or a brain cell pattern - from which such action stems.

We now again take up the thread of the procedure in inducing hypnosis.

As the patient or subject is observed going into a state of sleep, the careful operator suggests: "You are going to enjoy a perfect relaxation. When you awake upon command you are going to feel refreshed. You are going into a deep sleep. You will do anything I tell you to do -- You will hear only my voice - nothing else - All will be for your good. Now relax. Perfect ease and comfort is yours -- You are sound asleep - but perfectly aware of all I say - and you will do as I direct."

When the breathing is rhythmic and steady - and the operator is conscious of the deep sleep of the subject the time of suggestion or command is at hand.

The operator must realize that he is in control of a human mind - that it is a serious matter and that there is a responsibility upon him. Any flippancy, foolishness or undue familiarity will in all probability "break the spell" or cause the subject to awake. The mind of the operator must be kept upon the business at hand, and a conscious understanding by the subject of the object of the

hypnotism in advance is desirable - not as to methods and technique, but as to object, -- something for his good.

As to suggestions and the effects, we will give you some of the experiments at the University of Chicago's Sprague Memorial Institute and Department of Pathology.

A subject was hypnotized and told: "You are now eating sugar." If the patient had actually eaten sugar the blood's sugar content would have been temporarily increased, because sugar eaten is absorbed in the blood stream eventually.

Upon examination of the patient it was found that the suggestion alone had caused the body's insulin to go to work on the sugar already on hand. You have heretofore learned that insulin is a body substance, the function of which is to turn sugar into human energy. In this case there was of course no sugar eaten, and the net result was that the blood-sugar bodily content was actually decreased, but the functional result was exactly as though sugar had been eaten.

This proves that a thought does materially effect the body chemistry.

Another of the experiments of Drs. Julian H. Lewis and Theodore R. Sarbin, at Sprague Memorial, will be given to show changes in body chemistry due to suggestion - or thought alone.

The subject in this case had "mother-in-law trouble."

The subject was told he was eating a meal. This causes the stomach content to react just as though a meal were eaten. Then "mother-in-law" is suggested. Samples of the stomach content show that its acidity is abnormally high.

With the same subject again hypnotized, another "suggested meal" was fed him, and there was no suggestion of "mother-in-law." Upon examination of samples of stomach content they were found to show only normal acidity.

Such experiments varied in a hundred ways prove that the emotions do actually change the body chemistry. Yet countless thousands will refuse to believe that there is possibility of their moods and dispositions being the cause of their physical ailments -- and additional countless thousands who still refuse to believe that by happy, cheerful, optimistic, and courageous thinking they can work a cure of their maladies.

We have heretofore indicated in these instructions that in the practice of psychiatry, where people have certain fears, such as a fear of crowds or a fear of water or darkness or dogs, etc., that the common practice is to probe back in the past experience of the patient and find the incident that caused such fear, and when found and rationalized in the light of the maturity of the patient and such incident is shown to have been given undue significance or been over emphasized in importance, that a cure is worked.

This probing takes time. The incident may have been forgotten so far as the conscious mind is concerned, because conscious memory in man is so constituted that he tends to forget the unpleasant and disagreeable, all of which when understood gives solid basis for our definition of mind.

We have heretofore intimated that man never forgets - There is a permanent record - an imprinted brain cell. It constitutes a part of the subconscious.

Let us now observe another of the Lewis--Sarbin experiments and show how helpful hypnosis can be in discovering incidents which the conscious memory did not recall.

A brilliant young scientist couldn't drink water or take a bath without developing throat spasms. Hypnosis revealed that when he was very young his mother had warned him not to play near the river's edge. Foolishly he disobeyed, fell in and was almost drowned.

The doctor suggested that he would remember the whole story when he awoke from the "trance." - He did, and when his adult mind grasped it, the throat spasms ceased.

At this point we call to your attention that ordinarily whatever transpires during hypnosis, the subject does not remember -- and yet the suggestion can be given that the incident will be remembered - and it is.

This is significant. It shows that there can be "dissociation" in the mind -- and that there is and must be a permanent record -- brain cell imprints -- and that the thing that constitutes remembering is the ability to bring them to the center of attention or into focus of the brain mechanisms.

Lois Matter Miller, in an article in Liberty Magazine, summarized the case for hypnotism in this manner: "Blazing new trails into the hidden recesses of the mind, scientific hypnotism is helping doctors to discover the underlying causes of many mental and physical ills and to eliminate quirks that stand in the way of happiness and success."

"Through hypnosis, alcoholics are left with an abiding distaste for liquor - amnesia victims are being quickly lifted out of their mental fog. Somnambulists who risked their necks almost nightly now stay safely in bed."

"In many cases painters who stared helplessly at unfinished canvases, composers whose minds went blank whenever they sat down at the piano, authors who had to drive themselves to the typewriter are now tackling their jobs with a renewed creative urge."

As we come to know what mind is, and to realize that our thoughts of fear, jealousy, resentment and hate, and all of our negative emotions and thoughts are recorded instruments and that it is with these the mind broadcasts to every atom and cell of the body, and to the world at large, we come to understand that mental cures, faith cures - and religious cures have a real and substantial basis - and they stem from suggestion - either self administered, such as

by affirmation, or "praying - believing," or from others, including environment in all its phases.

As proof of the statement in these instructions that man never forgets, though he may often be unable to recall or recollect, all literature relating to psychology and hypnotism abounds with authenticated cases of persons hypnotized, and being taken back mentally over the years, and each year's events being related - many of which were forgotten, so far as conscious memory was concerned.

We mention this at this time to emphasize the statement heretofore made, in defining mind, that the brain cell imprints or recordings were by the mind filed in chronological order, or in the order of time, as well as in other ways.

To illustrate to you that the mind is conscious of time, that among the mechanisms of the brain is, so to speak, a chronometer or clock, we call attention to the fact that you can suggest to a person hypnotized that in ten minutes after they wake up they will walk to a book case and pick out a certain book, or that they will approach some person present and admire a ring or wrist watch, or do some other simple thing. - Exactly at ten minutes they will proceed to do that thing.

They are not conscious of why. (Illustrating also the fact of unconscious motivation).

Likewise it can be suggested that five days hence at four-fifteen they do some simple thing, and on the day and at the minute they will proceed to do it (not being contrary to their fundamental character or opposed to their moral or ethical code of conduct).

One need not be hypnotized to illustrate this inborn or human chronometric mechanism. As you go to sleep, if you give yourself the command to wake up at a certain hour or minute - and absolutely depend upon it - you have the best alarm clock in the world. Your watch may stop or be fast or slow -- your mind - never.

This will not work for one who doubts. The doubt is in itself a counter suggestion. The reason it works invariably when given in hypnosis is that the sense faculties are suspended - and when the operator gives the suggestion - the mind puts up no counter suggestion, being quiescent.

To illustrate what complete control the mind can have over the body and its organs and nervous system, we call attention to countless demonstrations where the suggestion is given that all sense of feeling will disappear from the arm and generally the specific arm is indicated and a pass made over it - and needles can be inserted and there is no sense of pain.

Many operations have been performed upon hypnotized subjects and no anaesthetic administered, and no sense of pain experienced. - Back in the days of Mesmer this was being done, but at about that time chloroform and anaesthetics were being discovered, and the antagonism of the Doctors to anything pertaining to so-called

Mesmerism, naturally led them to dependence upon drugs. That was quite natural. They could not hypnotize. No one can who does not believe in it and his own ability to do it.

Strange what mental attitudes can do!

Anyone who is very aggressive or rebellious by nature, or who hates authority can not be hypnotized. Such persons are the victims of very pronounced cases of "inferiority complex" -- They need analysis -- not hypnosis.

From our treatment of hypnotism we trust that no one gets the impression it is a "cure all." A person with certain pains can be hypnotized and the suggestion given that the pains will disappear and they will upon waking, but it will be temporary. The cause of the pain (just nature's danger signal) has not been reached.

It's like "headache" powders -- they may stop the ache for a while, but the cause has not been reached.

Our next instruction will take up other phases related to hypnotism - suggestion and explain "trances" and "trance mediums" and further demonstrate mind is understandable and when understood - the door to advancement is ajar.

NOTES AND COMMENTS

In bringing a subject out of the state of hypnosis it should not be done suddenly as by a command - "Now - wake up" - The better and safer practice is to suggest in a slow and deliberate manner and with a low, modulated voice -- "You will soon awaken and will be all right in every particular. You will feel refreshed, just as you would from a sound and undisturbed sleep. - Now you are coming out of it -- Open your eyes -- Now you are wide awake."

People too suddenly aroused from a natural sleep get a shock to the nervous system as the reader has perhaps experienced. Persons too suddenly and abruptly awakened from hypnosis get a somewhat similar shock, and sometimes fall back into the hypnotized condition again.

*** THOUGHT GEMS ***

This is the day of the strong and the sure. To know thyself is the source of strength. Certainty is the flower and fruit of understanding.

We enter a new era. All sciences must be integrated -- made whole -- and subordinated to the homely facts of every day living. The dangers of human erosion far transcend the menace of soil erosion.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

THE EMPIRE OF MAN

LIES WITHIN -

When you have a theory, know it from every angle, understand all reasoning connected with it and conclude it is sound in every particular, then comes the supreme test - to put it into practice.

We say that there is a way to so blend or merge your finite or human intelligence with infinite mind, you can control your own destiny. By the study of these instructions you have been preparing the seed bed and planting the seed and you have a right to and can expect to see the flowering and enjoy the fruit in your own life and affairs. Upon this our growth, extension and usefulness to millions depends.

The exact sciences agree that matter is of the same general nature as an idea or thought. We teach that a thought is an imprinted or patterned electron, and that as you think you imprint or give design to the electron.

Effects and causes must be alike in their nature, otherwise the foundation of science is upon shifting sand, - and we know that it is not.

Therefore Sir James Jeans was completely logical in the statement: "to say that mind cannot influence matter now becomes as absurd as to say that mind cannot influence ideas." We trust you will remember that we have taught that this "influence" must be in the formative or embryonic stage of matter.

We want you to remember further that we have told you that the same power which creates conditions, can dissolve them. It is like a motor with forward and reverse gears.

Whenever you meet a negative situation the correction of it lies not in dwelling upon it. You will never encounter a negative of which there is not an exact positive opposite. Here you meet the basis, the reason and the principle behind the religious teaching - "if there is anything of good etc. - think upon these things" which we have heretofore touched upon in our instructions.

It is not long now before we go into the matter of the technique. Having mastered that you approach Life Science Mastership, and in your own life and affairs you will work revolutionary changes.

In this modern world of cults and "isms" there has been too much of "influencing" people and "mastering" conditions, - seeking to change others and to "influence" matter in terms of the materialized. Where the work has to be done is within you. When YOU, the real you, alters and changes the material and conscious you, circumstances, relations and consciousness change and thus by indirection you achieve, accomplish and make a life.

The Empire of Man lies within. Learn mastery of this, and the religious promise of mastery over all will be fulfilled.

Sincerely,

THE ORDER OF THE ESSENES

J. Hamner Davis

Enc. 88



THE Essenes

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the Order.

Copyright 1944, by The Order of The Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 88 Assuring to the Acceptable and Accepted
HEALTH, HAPPINESS AND SUCCESS.

" ALL GREAT TRUTHS ARE IN THEIR ESSENCE
SIMPLE; AND THE ABSENCE OF SIMPLICITY OF
STATEMENT ONLY SHOWS THAT THE ULTIMATE
FORM HAS NOT YET BEEN REACHED.---BOTH
MATTER AND LIFE CONSIST OF UNIT STRUC-
TURES WHOSE ORDERED GROUPING PRODUCES
NATURAL WHOLES WHICH WE CALL BODIES OR
ORGANISMS. THE WHOLE IS IN THE PARTS
AND THE PARTS ARE IN THE WHOLE. THERE
IS A METAPHYSICS STILL TO BE WRITTEN,
WHICH WILL LAY BARE THE ULTIMATE IDEAS
INVOLVED AND THEIR RELATIONS AND VALIDITY."

General Jan.Christian Smuts.

A BODY "POSSESSED" - IS -- BY "YOU" ONLY

That men may learn to place the true values upon the ways of life is the object of our instructions. Harmony in life comes with understanding and controlling the power inherent in thoughts, mind being so constituted that life, with all of its affairs and experiences, is shaped and moulded by the pattern of its output-thoughts. A thought - every thought - is an electrical impulse, or an electron of definite design.

The science of biological electricity is in its infancy. Man's electrical nature cannot be questioned. The earth has its peculiar electric field - living organisms possess their own - our body in all its parts is a miniature solar system of electrical particles.

All of the varying electric currents or potentials are related. A current originates in brain cells (a thought) - it stimulates or sets in action other currents or potentials - and these in turn set others to work and inversely these currents or waves stimulate the initiating wave, and the malady or dis-ease can be and is detected in the action of the brain wave.

The Thought! Medical science agrees that any malfunctioning caused by mental processes can be corrected by mental processes. Wherein then is mental healing " out of bounds?"

Electricity flows all around us and in all living things. We are constantly bombarded with interstellar or cosmic rays.

Keep in mind that it is demonstrated in a thousand ways that thoughts do affect the chemical reactions in the body - the mechanics of the body - the motor or muscular reactions. With these thoughts in mind, a review of these instructions from the beginning will give new meaning to them, and strengthen your faith in "You" - the director of this great human mechanism.

Mind is a result - electrical in nature - and it is definitely known as we point out that every part of the body has definite electrical potentials. The interplay between mind and body is electrical in nature. This interplay can and does set up reactions chemical and mechanical in nature in the human body.

There is nothing uncommon about that in our every day lives. The "electric eye" gets the shadow of a person passing. It throws a switch - The switch starts a motor, the motor puts other mechanisms to work which opens the door.

The object of our instructions is to bring you the understanding of mind - the realization of the power of thought, and to make it a matter of knowledge, not just a belief. To bring to you the conviction that inherent within you are the forces man calls God and that they are yours to utilize. Prayer (sincere desire) and affirmations (suggestions) are instrumentalities available to you with infinite possibilities.

That we may observe mind in its many phases, and under all conditions, normal and abnormal, we shall further consider phenomena related to hypnotism.

We hear much about trances and trance mediums, but it is a safe conjecture that ninety-nine out of a hundred who advertise as trance mediums and offer to tell fortunes are mountybanks. In fact, we are inclined to include the other one percent.

The fact remains however that there is a state which may be properly called a trance, and there are people who do experience such states.

Of it the Encyclopedia Brittanica, from an extensive Bibliography has this: "Trance, a term used very loosely in popular speech to denote any kind of sleeplike state that seems to present obvious differences from normal sleep. In its original usage the word no doubt implied that the soul of the entranced person was temporarily withdrawn or passed from the body, in accordance with the belief almost universally held by uncultured people in the possibility of such withdrawal."

"But the word is now commonly applied to a variety of sleeplike states without the implication of this theory; ordinary sleep-walking, extreme cases of melancholic lethargy -- the deeper stages of hypnosis."

"The common feature which more than any other determines the application of the name seems to be a relative or complete temporary indifference to impressions made by the sense organs, while yet the entranced person gives evidence in one way or another, either by the expression of his features, his attitudes and movements, his speech or by subsequent relation of his experiences that his condition is not one of simple quiescence or arrest of mental life, such as characterizes normal sleep and the coma produced by defective cerebral circulation by toxic substances in the blood or by mechanical violence done to the brain."

"If we refuse the name trance to ordinary sleep-walking, to normal dreaming, to catalepsy, to the hypnotic state and to stupor, there remains two different states that seem to have equal claims to the name; these may be called the ecstatic trance and the trance of mediumship respectively."

"Trances of these two types seem to have occurred sporadically (occasionally almost epidemically) amongst almost all peoples in all ages. And everywhere popular thought has interpreted them in the same ways. In the ecstatic trance the soul is held to have transcended the bounds of space and time, and to have enjoyed a vision of some earthly event distant in time or space or of some supernatural sphere or being. The mediumistic trance, on the other hand, popular thought interprets as due to the withdrawal of the soul from the body and the taking of its place by some other soul or spirit; for not unfrequently the speech or writing produced by the organs of the entranced subject seems to be, or actually claims to be, the expression of a personality quite other than that of the sleeper."

"Modern science has rejected these popular interpretations. It inclines to see in the ecstatic trance a case of hallucination induced by prolonged and intense occupation with some emotionally exciting idea, the whole mind becoming so concentrated upon some image in which the idea is bodied forth as to bring all other mental functions into abeyance."

"Science regards the mediumistic trance as a state similar to deep hypnosis, and to explain it by the application of cerebral or mental dissociation in one or other of its many current forms. A striking feature of mediumistic trance is the frequent occurrence of 'automatic' speech and writing; and this feature especially may be regarded as warranting the application of the theory of mental dissociation for its explanation, for such automatic speech and writing are occasionally produced by a considerable number of apparently healthy persons while in waking condition which presents little or no symptom of abnormality. When, as in the majority of such cases, such speech or writing merely gives fragmentary expression to ideas or facts that have been assimilated by the subject at some earlier date, though perhaps seemingly completely forgotten by him the theory of mental dissociation affords a plausible and moderately satisfactory explanation of them."

All of this can be simplified and made understandable and the Life Science explanation can be demonstrated under test conditions.

Trances so-called are just self induced hypnosis. In hypnosis the sense forces do not play upon the brain. Therefore there remains but the organic forces and the forces of the ether of space. In such cases we have a condition where the ether of space is uninterrupted by sense impressions, and the mechanisms of the brain can focus upon or center attention upon the telepathically received impressions - or the impressions in the subconscious of which consciousness was unaware.

How much more reasonable and understandable it is! Instead of a soul or spirit, disembodied, roving hither and yon to see and hear, the mind remains always centered in the individual, but can receive impressions transmitted electrically or electronically - which it transforms into seeing and hearing. This we can understand because we know counterparts - mechanical mechanisms - which demonstrate the hypothesis, and furthermore we now know, measure and chart brain waves, electrical in nature, and that the human body is highly electrical in nature.

It has been found that the cells of the human body act as a B battery in producing a minute direct current of one type, and that the contraction of muscle tissue creates a wave of alternating current. The heart gives off another type of electricity as we have heretofore mentioned in connection with the electrocardiograph, which interprets the emanation. The tissues of the central nervous system give off another type. This is the one we have heretofore explained as the "brain waves."

Sustaining evidence of the Essene explanation of mind is found in the fact that persons at rest with their eyes closed tend to produce a specific pattern - named the alpha wave - in their brains. When the eyes are opened the alpha wave disappears - showing that when sense impressions or forces from the sense organs are actively

playing upon the brain, that the mechanisms of the brain perform differently than when they are shut off. Is that any different from machines we know in our daily life? Change the force and you alter the operation. Change the mechanism and you alter the product.

The basis of hypnotism is suggestion. The object of hypnotism is to shut off the operation of the sense forces - and thereby permit the brain mechanisms to center or focus upon already imprinted brain cells - the subconscious, or to permit the imprinting of brain cell patterns, as a basis for an altered mental result - the imprinting being by suggestion.

The simple truth is that in the reality of being there is an imprint which is more than suggestion. It is the imprint of the One. All of the attributes of Being, all the potentialities of your true nature are within you. You are the custodian of the store-house. You are the one to take command. To know this is to be free from belief in powers outside of yourself.

The material body and every organ and organism is in a sense a brain-- meaning that intelligence pervades the entire body and that inter-communication is by the way of the nerves. That the transmission is electric in character, an electron with a pattern or design. That the brain by its marvelous mechanism transforms these patterns into the sense of seeing, hearing, etc., and of them makes mental concepts is by now accepted by all thinking people.

The law is here clearly stated. A body, possessed is by you only. This is to say that you are obliged to take possession. It is your responsibility. I AM is not now or ever has been a disembodied something outside of the individual. I AM is the very law of your being and you alone exercise that law. I AM, - I WILL - I CAN - who, save you alone can say that for you?

Arise then and take control of this organism through which you work and produce. Say " I will put my spirit upon you" to all those marvelous brain centers and then be very sure that the "spirit" you put upon it is that spirit of joyous freedom, of successful accomplishment, of abundant living you so earnestly desire.

***** G E M S *****

INFLUENCE BY EXAMPLE - WHICH OUTPICTURES THE
GOOD LIFE WITHIN -IS TRUE GOLD IN ALL ITS
PURITY.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

SOMETHING COMES OF IT.

Something can not come from nothing. That is understandable. Apply this principle to ideas -- thoughts.

Thinking, we accept, is a process or product of the mind. Being a process or product, there must be a mechanism or instrumentality by which produced. This is the physical instrument - the brain. This is demonstrable and provable.

The product is an entity. (Thoughts are things.) It is an imprinted electron, as you have learned in these instructions. It abides with you. You can recall it. It is in the storehouse of memory, the sub-conscious. It is something.

The ether of space passing through it is altered. The result is an electrical wave or impulse, capable of being reconverted into a thought or idea, by one attuned to it.

The instrumentalities of the brain can focus upon sense perceptions and ideas result and can likewise reconvert the electronic impulses in the free ether of space into the original idea, focus upon it and imprint a brain cell and it becomes individual to the recipient. Ideas come from something.

This is the rationalizing of telepathy. This is an understandable explanation of intuition and inspiration. This is what happens when men truthfully say they get their ideas from GOD.

To call this ocean of power, intelligence; building blocks of the universe, order, harmony, principle and life itself, in which we move and have our being, SPIRIT, in no way alters its constituent properties. The Bible teaches that GOD is spirit and must be contacted in spirit.

Such a God inspires no fears. It does not punish. There are consequences, Yes! But the seeds we sow come true to type. In the mirror of life we see ourselves. We smile and a smile comes back. We think poverty and we are poor. We fear not and render useful service and our "cup runneth over."

All things in this world are related, happiness is the relation between what you have and what you want. Content with what you have, is to be happy. To achieve what you desire brings happiness.

The great lesson of life is to perfect the within, - to work on YOU, - - - and there will be a consequence, and it will unerringly take the path of your cherished aims.

Thinking, affirming, and self suggesting give design to brain cells and imprint electrons and SOMETHING COMES OF IT.

Sincerely,

THE ORDER OF THE ESSENES

S. Hamur Davis



THE Essenes

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the Order.

Copyright 1944, by The Order of The Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 89

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

"THY WILL BE DONE IN EARTH, AS IT IS IN HEAVEN"

SIMPLY MEANS THAT IT IS QUITE POSSIBLE TO MAKE THE
WITHOUT THE SAME AS THE WITHIN. WE CAN MATERIALIZE OUR
VISIONS, THE FIRST STEP IN OUR FORMULA OF ATTAINMENT.

ALL GROWTH IS FROM WITHIN OUTWARD. MAN IS IMPLANTED
WITH THE POWER TO VISION THAT HE MAY GLIMPSE A POSSIBLE WORLD
FOR HIM.

ADD TO THIS DESIRE, FAITH, DETERMINATION AND EN-
THUSIASTIC ACTION AIMED AT THE DESIRED ENDS AND LO! "IT
IS DONE UNTO HIM."

UNKNOWN BUT NOT UNKNOWABLE

"Philosophy seeks to do for the sciences just what each science does for the doctrines it comprehends. In the latter case separate truths are brought into unity, and in the former separate sciences. The one unity constitutes a science, the other a science of the sciences and shows that absolutely there is but one science, although it has various departments, whereby the incommensurableness of nature is brought down to our capacities," says Robert Flint.

Physical exploration has been more resultful in the past century than mental exploration, but we are well along in the age when mental investigations and findings will be most helpful in bridging the economic upheavals which appear periodically throughout the world.

By reason of the unity Flint so accurately describes, we are finding the physical sciences most helpful in bringing within our capacities, the understanding of things which were in the olden times incomprehensible and hence were given mystical magical explanations. We pass from the belief in miracles to an understanding of a world of law, and natural sequence.

We have just completed a brief survey of action prompted by hypnotic suggestion. The world of behavior and human action we witness every waking hour is the result of mental action - thoughts - we all agree. Looking behind this we find that the thoughts which prompt behavior, have behind them suggestions or experiences. When these created mental patterns or thought forms - imprinted brain cells - come into the focus of the brain mechanisms, or to express it another way, come to the attention of the central "you," we act in accordance with what we term our "judgment" or "emotions" or "impulses."

Psychologists have spent an endless amount of time trying to figure the relative efficiency of suggestions in the waking state to suggestions in the sleeping or hypnotic state. To us this seems hopeless, because each individual, and each mind is different. Some will let a recording or past experience, act as a counter suggestion or modifying and altering influence. The abilities of concentration of each individual are different, and there are other psychological reasons.

This much is true. In hypnosis the sense perceptions are shut off. In the waking state sense perceptions are at work and dividing the attention element of the mind.

The fact remains however that the course of human lives is governed by mental concepts - and that the course of human lives is often changed by some simple suggestion, such as "You too, may some day build a great canal" - to which we have heretofore alluded in our letters or instructions.

If you remember, in our instruction twenty-three, we quoted from the London Lancet an article about a young lady of twenty being deserted by her lover, and she kept a daily vigil expecting him to return and at the age of seventy had not aged -- having suspended the consciousness of age.

In this we have a case of auto-suggestion and the possible effects. -- It might be of interest to you to know that one of our students after

reading that article wrote us and told us that the lady in question was her aunt and she verified the facts as related in Instruction Twenty-three.

Let us now point out a case of "regression." We take this short excerpt from Science Digest with respect to a lady under the observation of Dr. Beverly R. Tucker at Virginia Medical College.

"A 62-year-old woman who'd been pampered and waited on all her life suddenly lost her devoted husband. Not knowing how to meet her problems alone, she gradually reverted to the thoughts and ways of a child."

"Soon she apparently had grown younger than her own sons and daughters and at the time she was sent to Dr. Tucker he says, 'She was like a nice little girl wearing short dresses.'

"He and his associates worked desperately to set back the hands of her personality clock, but she soon took on the traits of a careless three-year-old. Her speech became only a prattle. She crawled on the floor."

"In only a few months she progressed further to the kicking, cooing baby stage. Finally, assuming the folded up pose of an unborn infant, she died."

"Undoubtedly, this woman's rapid trek back from old age to infancy -- and death -- was caused by a complete mental upset, which in turn affected her glandular balance. For the endocrine system and the mind work in extremely close association."

In this case there was no possibility of a cause other than a mental one. Some might say it was from the shock due to the death of her husband - but if that is carefully analyzed it means "mental cause" - because such "shocks" are due entirely to the way the event is accepted mentally.

In a recent instruction we said that we would illustrate "actions and performances of people above and beyond their known capabilities.

In the press of this country there was a great deal of publicity given to a servant girl with very little education, who apparently went into a trance and spoke in "some strange tongue." It was discovered that she was speaking Latin. There was no possibility that her education gave her any knowledge of Latin.

How natural was it, that people without understanding should say that "her body was possessed by another soul" - that another "spirit" possessed her, and give all the old and uncultured explanations.

Upon scientific examination it was discovered that for years she did house work and was a maid for a Catholic priest, and while working he was always speaking aloud and rehearsing and reading aloud in Latin, and she was but repeating the material she had so long heard but did not consciously remember or understand.

Now consider that case. It confirms again our statement we never

forget, although we may be unable to consciously recall or recollect.

Then too, think of this: - Unless our hypothesis of imprinted brain cells is correct what reasonable or plausible explanation could be given?

Again we can reason how far reaching in human lives is unconscious motivation.

When we speak of unconscious motivation we do not want you to think of it in terms of something connected to weird or strange events or happenings, and not related to every day people - you - and every day events.

Let us illustrate -- If some lady you know "just hates" dish washing - she will be the lady who is constantly letting dishes fall and break, or often sets them in place in the cupboard too vehemently and breaks them. Of course she thinks of it in terms of accidents, but her accidents seem to run to breaking glasses or dishes.

If some one you know "just hates" to cook or "hates the kitchen," she it is who will be constantly burning her hand or scalding herself or cutting her fingers or hand or self with the can opener or butcher knife or on a sharp can edge or with a broken glass or dish. She too will say accident, but her accidents all run to the form of incapacitating her for the hated task.

Let some man whose occupation necessitates night driving develop a hatred for night driving, and he will be the one to have a smash-up and the injury that tends to render him unable to do the thing he "hates" -- and he will, like the dish breakers and finger burners, ascribe the result to "accident."

Now just what is the psychology of this? We have learned that the subconscious reasons, but it reasons deductively and not inductively, and it endeavors to work out situations in a direct way. When you "just hate" something, the subconscious accepts it at face value. There is a motivator. You take your conscious mind off the job at hand, and the scene of an accident is at hand, and the so-called accident is in terms of separating the "hater" from the "hated" task.

Of course the dish washer didn't intend or desire (consciously) to break up the glassware or china ware, and the last thing the finger and hand cutter and scalded would consciously desire is to injure herself, and the victim of the auto crash never had a conscious motive to inflict injuries upon himself - but "hating a thing," to the subconscious is motive -- it does not reason why or inductively.

The subconscious motive is generally unconscious motive to the individual.

As we progress in the study of mind we shall learn how countless daily events, and modes of life, countless nervous and functional and even organic disorders come about as a result of antecedent suggestions resulting in fixed attitudes of mind, dispositions, personalities and characters, and terminating in health or sickness, happiness or discontent, plenty or poverty, and we shall find that when the results are dire and unpleasant in no case would the sufferer have consciously desired that result, but he brings it about by indirection.

Every unkind action is motivated by an inner fear. The unkind have yet to learn in the school of experience, that unkind words, acts or thoughts aimed at another, hurts only the one who sends them, that suspicion, resentment, revenge, hatred, jealousy and a horde of negative emotions create brain cell patterns, and when the mind is focused upon them, the human telegraph system hums with the messages and the human chemical factories are set to work, and actual poisons are dumped in the life streams, and the nervous and muscular systems change their functioning, just as any machine is altered in operation as the forces applied to it are changed.

Buried deep in many persons are suggestions and experiences which constitute unconscious motivation - which if ferreted out and brought into the open, as we have heretofore explained, will change the entire conduct of the individual.

The essence of this digging out of these repressed motivators is the transference of the decisions, judgments, condemnations and so on, from the old irrational unconscious super-ego, with its out of date nursery outlook, to the conscious self, fortified as it is with all the strength of the conscious personality and the knowledge of reason.

The patient is thus freed from the old tyranny and acquires a control over his full self, never before possible.

It is strange how we confuse our minds and our bodies, how difficult it is to believe that mental ills can express in bodily pains, and yet most people every day are translating distress of mind into distress of body.

Every reputable physician will tell you that hard work - mental or physical - never produced a single case of nervous exhaustion.

A man may have of course physical fatigue, due to physical effort - but proper rest and proper food and elimination fix that. It doesn't carry over or pile up. Dissipation or undernourishment may cause fatigue, but with the end of dissipation and with proper nourishment that fatigue ends and it doesn't carry over.

Marie Beynon Rey in "How Not to be Tired" - Bobbs-Merril - puts it this way.

"Confronted with an enemy, whether that enemy be a man with a gun or imminent bankruptcy, we react in exactly the same way -- always physically. The endocrine glands pour out their hormones, the heart beats faster, the liver increases its supply of glycogen, the sweat glands speed up, the blood pressure rises, and the action of many internal organs is suspended in order that their energy may be diverted to the external muscles -- in short, the whole body is made ready for intense action, for fight or for flight, exactly as was the body of primitive man on the advent of a lion on his horizon.

"This is exactly what happens to the man sitting quietly in his office chair when a statement in red ink is laid before him. Can you wonder that he is exhausted at the end of the day?

"It isn't so much the gusts of passion that we have to fear as it is the continued gnawing of the less spectacular emotions. Boredom, worry, little daily fears and timidities, undermine the morale and distill fatigue far more than do occasional outbursts of passion.

"We have great elasticity, great resistance and recuperative powers. But what we can't stand is long periods of nagging by the quiet, deadly little emotions.

"Here we come upon one of the major sources of chronic fatigue -- indecision, which arises from a disunion of the personality. Those who suffer the agonies of indecision over small as over big issues, harbor one of the most virulent of fatigue toxins.

"They are the constant preys of doubts, conflicts, fears. Until they can establish the habit of a positive attitude toward their difficulties, they cannot gather much momentum.

"Any of these emotions may originate either in our conscious or in our subconscious minds. It frequently happens that we are conscious of the emotion but not conscious of its original cause. It may even be some complex with its roots deep in childhood.

"According to the psychoanalysts, eight-ninths of our actions are guided by the unconscious. It runs our bodily machinery, controls most of our mental and emotional life, and above all, is the source of much of our energy. It is, in fact the reservoir on which we must draw if we are to have at our command inexhaustible vitality.

"Our subconscious is, for the most part, an unknown quantity -- but not unknowable. We should all of us know enough about it to be able intelligently to question our motives, analyze our emotions, dissect our rationalizations, suspect our prejudices -- and thus be able to control our conduct."

Life Science we trust will teach you to safeguard and build up the physical, as a fit housing for a sane mental and spiritual life, and will cause you to create brain cell imprints, which when played upon by the brain mechanisms will result in a consciousness - which will result in health, happiness, and success -- It can be done -- Carry on!

THOUGHT GEMS

"When you start to live and an unpleasant emotion springs up at you unexpectedly, your first reaction is to dodge it. People who are not proficient in the practice of living spend much of their time avoiding situations which they fear or do not feel competent to solve" --

The answer -- Do the hard things first. Inevitably you will experience the spirit of exaltation. You do thus honor and exalt yourself.

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

DEPARTMENT OF INSTRUCTION

LIVE TODAY!

Two lives - the physical and the mental - is less of a figure of speech than some imagine.

If you are living in the past, constantly recalling unpleasant events and unfortunate experiences, you are certainly aware you are dealing with that which cannot be changed or altered so far as external conditions are concerned.

Do you enjoy the company of those who deal in their past difficulties? Do you imagine others enjoy your company if you unload upon them your troubles? Do you know that your subconscious mind is your ever present company? Do you know that discouragement, complaints, and difficulties lived over and over, is a constant putting into focus and bringing to the attention of the brain mechanisms imprinted brain cells, and that thereby your present and future are materially affected.

You cannot change the past, but you can mar a present and a future by living in the past.

If you have fears, you are living in the future. Recount all the fears and anticipated troubles you have lived with and recall how few of them materialized. If they materialized, you have lived through them, but you had two living hells, -- the anticipation and the realization. The anticipation was probably the longer and more painful, and it weakened you to meet the actuality.

Fears actually tend to bring about the thing you fear. The subconscious picture or imprinted brain cell is of the thing you hold in mind either as desired or feared and works to materialize it.

If you are afraid of dogs, - the dogs know it by the sense of smell. Fear poisons have a distinct odor. If you are afraid of people, people know it by a quivering chin, a shaky hand, a furtive look of the eye, a hesitancy in speech, by what you say or how you say it, or some nervous or bodily movement. There is telepathy. People often sense but do not consciously know how or why Man in his subconscious knows more than he is consciously aware of.

Do you not recognize that in recalling unpleasant experiences, the attention element is focused upon you? In your fears do you not clearly see that the thoughts are of self?

Regard all of the past as EXPERIENCE with distinct value. Look to the future with courage and confidence. Live today and let your thoughts take an outward course -- how best you can be of service to others.

If you do, your future is assured, and your tomorrows will not be tinged with remorse or regrets.

-----and you can do it.

Sincerely,

THE ORDER OF THE ESSENES

By *B. H. Hammer*
Director

Enc. 90



THE Essenes

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the ORDER.

Copyright 1944, by The Order of The Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 90

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

THE THING THAT WILL CARRY YOU FROM WHERE YOU ARE
TO WHERE YOU WANT TO BE IS WITHIN YOU - MIND. BUT YOU
MUST LET IT FIND THE WAY - NOT CLUTTER IT UP WITH WAYS
AND MEANS OF YOUR OWN DEVISING, BASED UPON SELF-SERVICE.

THERE IS A SOLUTION TO EVERY PROBLEM - AND
STRANGE THOUGH IT MAY SEEM - THE BASIC PRINCIPLE OF THE
CORRECT SOLUTION LIES IN SERVICE TO OTHERS.

AN ARMY OF MASTER METAPHYSICIANS

Early in our instructions we stated that there are many weird so-called schools of thought, but that we had no quarrel with them because each had some grains of truth and each in its way probably did some good.

An extensively advertised one in the northwest sought attention by the slogan, "I talked to God - actually and literally."

In the first place the use of "I" in the announcement was a clue to a rather egotistical frame of mind -- In the course which is sold we find the clue substantiated by the use of "I" a minimum of twenty-five times to the average page.

In the first lessons he says that "God is a law" and that this "God law" does certain things. Of course those trained in Life Science know that a law never does anything. It is a rule of action - the description of the way certain forces act. As for a man "actually and literally" talking to a law (God) we merely comment -- It is a good trick if you can do it.

To one who has made a study of all of the cults and isms and semi-religions and religions and sciences (?) related to theological and religious tenets, it would be a matter of suspicion - and almost a conviction that the author of this material suffered with an inferiority complex - and by the constant repetition of "I tell you this" - and "I tell you that" and "Don't let anyone tell you any different" was subconsciously aware of an inferiority - and that his relation of how much money he has made, of the things he owns (made from selling his instructions) is a "defense mechanism" of one aware of an abiding inferiority.

Well within the suspicions relating to it may be included the surmise that the author read some such literature as Collier's "Secret of the Ages" and with an aroused enthusiasm prepared his material - his new religion - ridiculing all other religions.

Another surmise is that "I talked to God - actually and literally" was the coinage of a Chicago advertising agency - and that the U. S. Post Office Department had something to do with the discontinuance of its use.

A final surmise is that the author may have made a million dollars as he says, but that complete happiness is not abiding with him -- that "uneasy lies the head" that has sold these twenty lessons at a set price and has not paid an income tax to his government on the ground that he has established a new religion.

Now for the bright side of the picture. -- He doubtless has thousands of bona fide endorsements and letters telling of good accomplished in the lives of students - and for the good accomplished, we would give full credit, and by reason of it soften our judgment of the man.

If individuals believed certain things he taught - true or false - and with firm faith acted upon them in a constructive way - we see an exhibition of the power of mind -- suggestion at work.

Back in pagan days there were certain so-called priests who had prayer wheels - and for a certain compensation one could prepare a prayer and it would be put upon this wheel and the priest would spin the prayer wheel, and the assurance was that such prayers would be effective -- would be answered.

We call that paganism - heathenism and what not.

Today there are any number of so-called religious institutions and cults who have "prayer chapels" and they invite people to write out prayers and send them in with "love offerings" or "contributions" and they will be put on the "altar" in this "holy of holies" and the chapel attendant will offer up prayers that these piles of prayers be answered. - There is very little difference in principle between these -and the pagan prayer wheels.

There are innumerable "teachers," "mystics," "religionists," and "schools," who advertise to "send in a dollar and your problem and we will pray for you."

Some there are who bitterly and severely criticize this - and by numerous uncomplimentary terms label it.

Nevertheless it is true that each and all of these can produce genuine and sincere letters testifying that the prayers were effective and that the "desired" has come about, and thus the faith of many in a God in a far off heaven, granting special requests is strengthened - and individual reputations are enhanced as righteous - for they teach "The prayers of the righteous availeth much."

Some of these "cults" and "isms" and "schools" teach that if you face the north and go through certain mumbo-jumbo certain good things or strange powers will attach to you; that if you sleep with your head to the north certain vibrations will beneficially affect you. (Cosmic rays and ether of space move in all directions - being universal); that if you intone Ah-um and other special sounds some wonderful phenomenon will take place; that if you crow like a rooster or bray like a donkey you will tune up your vibrations and something grand will happen to you; that if you light a candle and put it in front of a mirror and gaze at it you will see crosses and colored lights and other strange things with strange meanings; that if you squat in certain positions and fold your arms in a certain way and breathe in a certain way - you call into being strange powers.

There seems to be a tendency among those dealing in the mystical to relate the wisdom and secrets they disperse to pyramids, lost or submerged continents or civilizations, to masters or guiding spirits resident in Thibet or the High Andes or other places where the mails do not reach, and they seem to run to prophecy - colonization or new economic orders.

To browse in the section of our library pertaining to the strange and weird (several hundred volumes) and to trace the filching of ideas one from another is indeed amusing.

There is no Bibliography - neither is there clarity of ideas or

expression. If you don't understand, you have not attained something or other -- it is not the fault of these mystics. It is your ignorance. - Thus are inferiority complexes built.

Endlessly we could thus tell of teachings strange - weird - mystical and ridiculous, and yet thousands will seriously, sincerely and enthusiastically testify to the effectiveness of the teachings and the prescribed methods.

Let us view all of this and see if we can bring order out of chaos.

In the first place the subject is told certain things -- here we have suggestion. It is accepted. The subject believes it - tries it - and it works. Let a man try it who does not believe it - and it doesn't work.

This brings us to the point of the power of suggestion in the waking state. In hypnotism the suggestion is accepted and acted upon - true or false. In the waking state a man may have a false belief, and act upon it - and reach a desired end.

Praise and encouragement is a form of suggestion - with far reaching influence.

The man who is told that he has a certain destiny - and who believes it and acts upon it and works to that end generally reached it.

If a man believes a God is working for him he is given faith in himself (now see Instruction 15 again).

In the matter of the prayers on the Pagan wheel or in the Chapel of Prayers, the belief in the answer is Faith. Faith is an ingredient in our mental formula of attainment.

Faith, being a mental state, is a product of mind. It is compounded of expectancy, assurance and certainty, without the alloy of doubt.

St. Paul says that "Faith is the substance of things hoped for, the evidence of things not seen."

Thought is mind at work, the formative force which acts upon the unseen, that which faith has ever proclaimed substance - and science now knows as the building units of the universe.

It is that simple - an electric force working upon units electrical in nature. -- Such is creation. True in the past - True now.

Thus we view the various schools of thought - and thus is our judgment tempered and for this reason we take no part in crusading against the "cults" and "isms." They all have some grains of truth to sow and perhaps they are the only means of reaching some of the ignorant and superstitious - the believers in magic and mysticism. But with that start, they may and often do grow into a search for higher things.

From the writing of one of the undoubtedly sincere teachers, one of the many who is working a great amount of good - and who is sincerely

seeking to find a scientific basis for the understanding of life and its phenomena, we are going to quote excerpts - and make a few comments.

The end in view, as always, is to induce thinking - and to acquaint you with ancient thought "hang overs" that still affect present day thinking. In one of his discourses this man says: -

"Dreams provide us with the most dependable evidence that the human soul is an actual entity capable of acting independent of the physical body" -- "The soul, in the dream state, moves above time. It travels above natural time and sees things happening in what we may call the astral light, in which past, present and future time comingle." --- "while asleep man's soul sees, hears, has sensations and experiences of various kinds" --- "mind is still the observer in the dream state just as in the waking state." --- "The significance of sleep and dreams is in the fact that they point to reality of a spiritual or astral world, and that the soul can see, during sleep, events that are forming in the womb of the future and in due time will be born or come forth as actual experience on the material plane" ---

"It is the continued functioning of the mind in terms of consciousness while he is asleep which gives substantial proof that man lives in two worlds and that the phenomena (dreams) which take place during sleep is actual experience in a non-material world where the figures and facts of experience move in relation to a different order of time" --- "what is seen in a dream is the clairvoyant action of the soul" --- "The soul is the dreamer with power to live in that other world, while still connected by the 'silver cord' to the body of flesh" --- "Our sense-organs do not function at all while we sleep. The Potential Observer is during deep sleep, out of touch with this material environment. He is unconscious, and during the state of sleep he is literally dead to his surroundings" --- It is because a mysterious form of consciousness persists when the physical senses are asleep and not functioning, and therefore not in contact with the material world, that there is such transcendent meaning and mystery in sleep."

Our comment: With no desire to engage in controversy with any teacher or teachings - and with no intent other than to arrive at truth and the facts of life we point out that man is always the center of his own universe. Instead of a man's soul or spirit or some entity which belongs to him roving about in two worlds to sense things - how much more reasonable and understandable is it to comprehend that the sensing of things comes to the human mind by an electric impulse - an intelligence laden or imprinted electron ever present and pervading the ether of space. We get news over the radio. The radio does not travel to other parts of the worlds to get the news - the news, so to speak, traveled to the radio.

As to: -"While asleep, man's soul sees, hears, has sensations and experiences" --- "He is unconscious and during the state of sleep he is literally dead to his surroundings" -- "A mysterious form of consciousness persists, when the physical senses are asleep." --- "There is transcendent meaning and mystery in sleep" ---- Would not the confusion of thought and apparent contradictions be ironed out

by the simple understanding that the forces of the ether of space play upon the brain during sleep - even though the sense forces do not.

We are hardly able to understand "transcendent meaning and mystery in sleep" -- If there is meaning there is no mystery. If there is mystery, there is no meaning.

As to "the soul is the dreamer with power to live in that other world, while still connected by the 'silver cord' to the body of flesh," we have heard much of astral bodies floating in space, and connected with cords to the body of flesh, but never have we heard of anything of that nature which could not be explained. Some people actually believe they experience such things - Purely a result of suggestion and imagination. As to "astral worlds" -- "Astral" means pertaining to the stars -- It is just a little starry.

Just put it down that man is a radio and a telephoto receiving station, among other things, living in a world where he has his being in a great sea - the ether of space - and that all of these things "a soul" goes out and grasps come to man in a perfectly natural manner. -- "Souls," to see or hear would have to have the physical instruments of seeing and hearing. - The human brain can and does transform electrical impulses into the sense of seeing or hearing -- and seeing and hearing is in the brain, not the eyes or ears. There is nothing mysterious about that. Electrical impulses are transformed by human made instrumentalities we have heretofore studied.

Of course those who have studied with us, without having it pointed out will see the inconsistency in the statements, "It is the continued functioning of the mind in terms of consciousness while he is asleep, etc.," with the statement that "man is unconscious when asleep, 'literally dead' as he expressed it.

How simple it is --- Three classes of forces play upon the brain to produce mind. The sense forces - the organic forces - and the ether of space forces. In sleep the sense forces cease.

From the same source we take this: "Many of the great Masters of spiritual laws have demonstrated the truth of man's inherent power to live in the two worlds while still in the body, and they have decided when and where they would make the final transition into the known spiritual realm."

Let us hope that the good teacher by the use of "Masters of spiritual laws" doesn't mean that any laws were subservient to man. Laws do nothing. Laws are rules of action. Natural laws are inviolate, unalterable by man.

As to the "living in two worlds, while in the body" - we all do. The mental world and the physical world. Perhaps he refers to the trance state. Nothing we have ever observed about it even indicated two worlds. It does prove however two states of the mind -- The conscious and the subconscious and the unity of man's mind and the universal.

As to "they have decided when and where they would make the final transition" -- That is a nice way of expressing "suicide" -

As we have heretofore said - there is a unity in all science - in all knowledge. The nearer we relate the science of life to the accepted sciences - greater will be our understanding and the clarity of our expression. He who knows a thing clearly can express it understandably.

It is a law of mathematics that two things equal to the same thing are equal to each other. If, in an algebraic problem, X equals 2 and Y equals 2, then X equals Y. Quite simple - you might say self evident.

In metaphysics if we are to have a science we must be exact in our expressions. Those who scramble religion and metaphysics have been rather loose in their expressions.

To illustrate -- they say that "God is love." "God is mind."
"God is all good." "God is omniscience." "God is omnipotence."

Let us apply the law of mathematics. Can we say that "love is mind?" Can we say that "mind is all good?" Can we say that "all good is omnipotence?" Can we say that "love is omniscience?"

Doubtless it is true that love - beauty - harmony - omnipotence and "all good" are descriptions of qualities of God's manifestations. A God worthy of worship would manifest these virtues - but in observing exactness in expression we can not say God is This or That - using terms of limitation, and more especially - we cannot comprehend a vengeful or wrathful God or a Deity with emotional qualities. Certainly vengeance and wrath would not square with love - beauty - all good or omniscience or omnipotence. Love in its broadest sense is not an emotion. Working to a given end to satisfy an objective (in nature perfection) we can say the love principle is manifested.

It is evident that qualities of emotion are incompatible with a conception of that which is infinite - and infinitely good. Nature never evidences emotions. Emotions are purely human traits. Natural laws, principle and the universal are dependable and never vary in application.

'Tis well we would say - Effects are the results of causes. When man knows that a given cause will always be followed by a definite effect, he is dealing with a God in which he can place his confidence.

Such a God can be known - known by his works - just as electricity is known by its manifestations.

In a world of law and order, Life is a science. We must first understand the laws - then obey them - and then apply them. We are each surrounded by, immersed in, interpenetrated by, made from and are the chosen architects and artisans to fashion the building blocks of the universe. They are known, the use of them is life's transcendent study.

We cannot understand electricity completely, yet each of us knows its uses. In using electricity we must have an appliance through which it can do our work.

Through a motor it runs our machinery, through resistance we have heat for stoves and toasters, through light bulbs we have light, through other appliances we have infra-red rays, through others Xrays, through others ultra violet rays.

Vision, desire, and faith are instrumentalities by which accomplishments are wrought, electrical appliances as it were.

Perhaps we shall learn that suggestion is the conductor - but the great lesson is to learn that man - the individual - is the embodiment of the instrumentalities which work for ultimate perfection and that through man and his works all that humans can desire will be worked out.

Observe these seemingly divergent views of eminent scientists: Sir William Bragg says, "Electricity is the way matter behaves."

George W. Gray said of that: - "Electricity is not only the way matter behaves, it is matter."

Professor Robert Millikan says, "The atom has revealed that it possesses functions so varied and mysterious that science has concluded that it is mind rather than the old mechanical matter." Now we know and graph brain action as an electrical discharge.

Fitting this together we have a simple. - Mind is as we have defined it a result of brain mechanisms -- man is a creator -- he moves upon and affects the building blocks of the universe by mind action, and no where more effectively than within his own physical make up. There is an electrical basis of life. Every cell and organism of the body responds to it.

In this connection we give you this thought: Disease occurs only in living organisms. It is a manifestation of life and intelligence acting in a certain way. Intelligence is mind at work - electrical in nature - it pre-determines the combination of electrons, the father of atoms and the mother of the material. "As a man thinketh in his own heart, so is he."

All of the great spiritual teachers have sensed this fact in a vague and indefinite sort of way. The failure in its application if failure there has been, has been in the technique in bringing it home to individuals. Failure with individuals is of necessity failure with the masses.

It may be hitching our wagon to a star, but our cherished ideal is to give to the world an army of Master Metaphysicians, who know and can demonstrate that man is master of his own fate, and can teach Human Engineering - a way of thought and a way of life that will not lead "but to the grave." Such is our vision and our desire, our faith is without limitation, our determination firm and unswerving, and to this end our energies and lives are dedicated, and to those who encourage us in this work and help to make this understanding of the God-like nature of man world wide, all credit will be due and duly acknowledged, and with it goes our heartfelt gratitude that we have been permitted to be the messengers and the servants of all.

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

DEPARTMENT OF INSTRUCTION

JUST TALKING IT OVER
WITH YOU: -

The history and background of the New Thought and Mental Healing Movements is intensely interesting. It has its value.

Appleton, in his Outline of Religion says "Perhaps the real founder was Phineas Parkhurst Quimby (in his early days a clock maker). Perhaps the chief interest in his work lies in the fact that Mrs. Eddy, the founder of Christian Science, was one of his pupils. --- If you read Quimby's book beside Mrs. Eddy's you will have no doubt that she evolved her system from his; but she added a religious emotion and she simplified many of Quimby's beliefs."

Appleton further commenting said that neither Mrs. Eddy nor her followers admit borrowing from Quimby. "This is a pity, for the connection seems so obvious to unbiased observers, and to admit the debt would do good rather than harm. It is admitted of course that at one time Mrs. Eddy was one of Quimby's patients and also his pupil."

The Eddy idea that all disease is a false belief of 'mortal mind' Appleton traces to Plato's idea of the 'cave', to William Blake's doctrine which was derived from William Law's translation of the work of Jacob Boehme and Swedenborg's idea 'that natural appearances body forth unseen spiritual existences'.

Prentice Mulford was one of the early leaders in the movement. He wrote in a simple straight-forward manner adding no touch of "isms". Witness this: "When you say 'impossible' and 'I can't', you make a present impossibility for yourself. This thought of yours is the greatest hindrance to the possible."

"You should say it is possible for me to become anything which I admire. You should say, 'It is possible for me to become a writer, an orator, an actor, an artist'. You have thrown open the door to your own temple of art within you. So long as you said 'impossible' you kept it closed. Your 'I can't' was the iron bolt locking that door against you. Your 'I can' is the power shoving back that bolt."

Every science is a development, - taking tangled threads of thought and weaving them into pattern, - relating the conjectured to the known, working all to a principle, - discovering the laws and processes.

Carry on! Don't lose interest or your contact. We are soon, - very soon - to deal with techniques - How to be what you desire - How to acquire what you seek - How to demonstrate that all you have learned has life value and that life is a science and that you are a Master.

This is your just and deserved reward for faith and helpfulness.

It shall be yours!

Sincerely,

S. Hammer Davis

Enc. 91



THE **Essenes**

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the Order.

Copyright 1944, by The Order of The Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 91

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

DR. JOSEPHINE A JACKSON, IN "OUTWITTING OUR NERVES,"
SAYS THAT THE TROUBLE IN A NEUROSIS IS: -- "LACK OF
ADAPTATION TO THE SOCIAL ENVIRONMENT -- CAUSED BY LACK OF
HARMONY WITHIN THE PERSONALITY -- CAUSED BY MISDIRECTED
ENERGY -- CAUSED BY INAPPROPRIATE EMOTIONS -- CAUSED BY
WRONG IDEAS OR IGNORANCE;" THAT THE CURE LIES IN WORKING
BACKWARD: "RIGHT IDEAS -- RESULTING IN APPROPRIATE
EMOTIONS -- RESULTING IN RE-DIRECTED ENERGY -- RESULTING
IN HARMONY -- RESULTING IN READJUSTMENT TO ENVIRONMENT."

A COLUMN WITHIN ITSELF - SAY WE.

THE KINGDOM OF MATERIAL WELL-BEING

Heretofore, we have intimated that all knowledge is related and we have insisted that the great need is simplification and unification. The solution of problems in mechanics, chemistry, the sciences, and in life requires a return to the simple principles involved.

In the Oxford Magazine, Sir James MacKenzie, a physician, speaking upon the subject of the great number of specialists engaged in the medical profession, made this enlightening statement: "The reason given for the need of a body of specialists to examine one patient is that medicine is becoming such a complicated concern that one man is incapable of understanding all the phases. This view should at once arouse the suspicion that the pursuit of medicine is not on right lines, for the more a subject tends to become a science, the more it becomes simple and easy to understand."

The aim and object of the study of Life Science, and in fact of all study and effort, is that the end results or the consequence may be health, happiness, and material well-being (success). It is quite apparent that there is an intimate relation between good health and happiness and success.

Through the course of these Instructions we trust that you have become impressed with the fact that this is a world of law and order, and that effects follow causes, and naturally the sequence of right action is a result that we call good.

There is no accident in mental life and behind everything we do there is a force or group of forces mental in nature, and we must therefore reach the conclusion that every action of an individual is significant, and from such action it is quite often simple to trace back to the cause.

The great majority of illnesses which doctors are called upon to treat may be classified as nervous disorders. This is spoken of very often as a "case of nerves."

If one is obsessed with fears, which seem to be without meaning or reason or object, it is called an anxiety neurosis. If there is some idea which seems beyond the reach of reason and is quite foreign to the personality of the individual -- a strange and often recurring idea -- it is called an obsession.

If one has a definite fear of some harmless object or condition, it is called a phobia, and there are many classes of phobias.

If one is possessed by an insistent desire to perform some act which is absurd or entirely foreign to the character of the person, it is called a compulsion.

Many people feel greatly depressed and the mind tends to wander backward, dwelling upon unpleasant experiences, and in its forward-looking tendencies builds unpleasant pictures of the future; it is called "the blues."

There are other classes including worriers, the irritable, the bashful, and those with complexes --- all related to fears in some way.

Carefully looking back over this outline, you will find that a thought or an idea is the basis of all of them.

One would naturally believe that in nervous disorders, there was something wrong within the nerves themselves, but this is far from the fact. The nerves of the most confirmed neurotic are perfectly healthy nerves. They are not exhausted, nor depleted, nor do they lack in nourishment. There is no inflammation and there is not an accumulation of products, chemicals, or waste material, the result of fatigue. The trouble is not with the nerves themselves, but with the messages that have traveled over the nerves, which messages have disturbed the functioning of the glands and organs and organisms of the body - resulting in discomfort, pains, and what we call symptoms.

We must conclude therefore that nervousness is not a disease of the physical body, but it is intimately related to the psyche, or personality, or character of the individual. -- There has been a mistake in behavior, and behavior results and can only result from thoughts. The nerve tissue itself is sound. - The thinking unsound.

We have told you in no uncertain terms that the nerves correspond to telegraph or telephone wires, and are used to carry messages from the sense organs to the brain and to take messages from the brain to all of the organs and organisms of the body, and these messages are electrical in nature.

We would recall to you that we have pointed out that you do not see with the eye. The eye is lens-like instrument to take a picture to the optic nerves. The sense of sight is in the brain. We have pointed out that hearing is not in the ear, but that sound waves are converted to electrical messages which travel the auditory nerves, and that hearing is in the brain. -- And now we desire to impress you with the fact that pain is perceived only by the brain.

This is easily proved. If you cut the nerves leading to the leg, there is no sensation in the leg, and no pain or sensation messages reach the brain from it. In cases of paralysis, the member paralyzed is not an originating source of pain.

Do not understand from what we have said that nerves are immune from organic diseases. They can be out of order, and such disorders are accompanied by nervous symptoms.

If the cause is physical - organic disease - then only physical means can cure it, but if the trouble is psychic and in the messages that travel the nerves, then diet, rest, surgery and medicine are of little avail. The remedy must be psychic also.

It is perhaps difficult to understand that the brain can report sensations that have no physical cause, but are a response to mental pictures or suggestions or imprinted brain cells which have dwelt upon pain or disorder, which brain cells come to the focus of attention of the mechanisms of the brain.

-- And this physical pain feels just the same as though its cause were wholly physical. Thus we see that we can have a mental cause and it can result in sensation.

This understanding is not modern by any means. In the book of Proverbs it is said: "A merry heart doeth good, like a medicine, but a broken spirit drieth the bones."

The physical conditions, the symptoms, and the pains brought on by a mental process are very real, and to say to one experiencing these

sensations that the trouble is "mere imagination" is not helpful, but arouses antagonisms and brings on greater difficulty.

To say that they are not real and to deny all materiality and to say or affirm that there is no pain, when in fact there is, is not the route to the seat of the difficulty.

In these Instructions we have told you that man has developed throughout the ages that which is termed instinct to run or to fight in the face of danger.

That we may have a clear picture of physical processes taking place as a result of a mental picture, let us just look at a case of fear which seems to call for flight, or running away. If one is to run from a danger, he needs energy. The muscles must have an extra supply of it and the heart and lungs must be speeded up, in order to provide the oxygen which is necessary to burn up the waste which will be created by the exertion, and this calls for the slowing down of digestion and other functions, that all the energy may be thrown into the necessary strength for flight.

Let us examine in detail what takes place. We see or sense the thing which creates the fear. It is in focus, or it has been brought to the attention of the brain mechanisms, and the brain immediately flashes over the nerves a message to the bodily organs. The message goes to the suprarenal glands, or adrenals, which are located just over the kidneys, and to the thyroid gland in the neck, and these glands immediately pour forth adrenalin and thyroid secretions into the blood.

What is the result? The blood pressure rises, the liver pours forth fuel, called glycogen, the sweat glands send forth cold perspiration in order to regulate the temperature, and the blood is re-routed from the stomach and the intestines, which are practically quiescent, and supplies it to the external muscles.

Now, let us suppose that fear comes upon one, and he does not run or take to flight, - what condition have we? We have an excess of gland secretions; we have a stoppage in the function of digestion.

Practically the same thing takes place in the human body when one becomes angry. In this case nature is fitting us to fight.

In both cases the blood is flooded with fuel and substances which are harmful to the body if not used. Most persons are familiar with the ill effects which are a consequence of fear and anger, and generally persons do nothing to work off this excess of body chemicals, and think in terms of "nerves being shot."

We refer now to the statement that all knowledge is related. There is a relation between the principles governing mechanics, the human body, and all sciences.

Those familiar with things mechanical -- engines, motors, and moving parts -- know that the wearing out process is due only to friction.

We have for moving parts what we call ball bearings, or roller bearings, the object being to alleviate, so far as possible, friction.

Axles are greased and bearings are oiled by reason of the principle of friction, the results of which are known and result in heat,

wearing or crystallization.

Physicians make headlines in the papers when they deliver addresses before scientific organizations, saying that it is entirely possible that the average life span will be extended to a hundred or a hundred and twenty-five years. Universally they claim that this happy result will be due to scientific discoveries, such as vitamins, hormones, antiseptics and innumerable chemicals - and chemical reactions.

We suggest that life expectancy can be greatly extended by simple attention to the alleviation of friction in the human body -- the understanding of man's mental conflicts. Friction is largely a result of civilization and our complicated way of life, resulting in a complicated way of thinking. - Repressions, suppressions, inhibitions, "Thou shalt nots," deceptions, evasions, simulations, imitations, and frustrations.

The economic world is so organized that it favors the man who knows what he wants. -- The human system is so constituted that it works for perfection, and that which can not be termed Good - or (drop one o) God - is friction. Thus is the life span shortened.

There are throughout the world tribes and peoples whom we call uncivilized, and among these people there are no known cases of nervous disorders such as we are familiar with in the more civilized and enlightened countries, and which constitute 75% of those seeking medical attention.

We have just had a view of the functioning of the body in cases of fear and anger. Each of us knows that the conscious mind does not tell the glands and organs of the body what to do or how to perform to prepare for flight or fight. We know that this preparation is the function of the subconscious mind.

We have learned that the subconscious runs the bodily machinery, tends to the matter of the circulation of the blood, the building up of tissue in the body, the digesting of the food we eat, the glandular secretions, and the every day functioning of the body.

We should have faith in its functioning and should not give conscious attention to how it should function, because the conscious mind of man is meant for other purposes. We can suggest the desired objective - but must leave the ways and means of accomplishment to the subconscious, if we are to expect results.

It is positively true that constant thought about any part of the body sends an over-supply of blood to that part, which results in congestion and pain. Man should therefore not be thinking about the functions of the body. If you find one who is constantly taking his own temperature, you will find one who will be subject to fevers; if you find one who is always feeling his pulse and thinking about the functioning of his heart, you will find one who is very apt to have trouble with his heart. When you find those who are constantly thinking about the stomach and about diet and calories and food values, you are in the presence of those who are very apt to have digestive disorders. This is particularly true if there is any emotion or fear connected with the thought, because emotions accompanying thought are more effective than thought alone. Our emotional power can be thought of in terms of heat --- our thinking in terms of light.

Do not understand us to say that a man by his thought can create tumors, cancers, or ulcers, but he can create the feelings and the symptoms and the pains and the miseries that accompany those maladies, by fears of cancers, tumors, and ulcers.

--- And it is possible that the malfunctioning of the body created by such fears long continued might bring them into being, because disordered functioning in the region centered upon in the thinking make it very susceptible to whatever it is that causes such disease.

You are perfectly familiar from past instructions that the subconscious mind is ever open to suggestion. It accepts what it is told and it acts accordingly. As all sciences are related and all knowledge has a common background, so all the organisms and organs and substances of the body are related.

From this Instruction we want you to carry this thought: Ideas and thinking travel over the nerves. The nerves are entwined with the muscles of the body, and the muscles and the nerves of the body surround and have direct connection and influence over the arteries, the veins, and the capillaries of the body, and there is a most intimate relation between the lungs and the heart, and the nerves and the muscles.

When the brain flashes a message over the nerves which is negative, which means relates to anger, fear, jealousy, hatred, and evil, there is an immediate tension of the muscles, and with the tension of the muscles comes an interference with the blood supply -- and health is and must be effected thereby. Blood is the life stream and carries the gland secretions and other chemicals of the body - the foods and the wastes. Thinking largely determines its character.

We trust therefore that you will come to a full realization of the fact that in our Instructions aimed at the building up of character, personality, and the thinking upon all that is good, we have been instructing you with respect to a way of life, the end result of which is health.

We would emphasize that the subconscious mind is the master of the body, but that it can be made the servant of the conscious mind, and that therefore we are dealing with known facts and laws capable of scientific proof when we speak of the effect of mind in the body.

The importance of human engineering cannot be over-emphasized; we call it Life Science.

An eminent medical authority has said that clinical medicine has advanced far in the study of disease after it has produced a physical sign, or after the patient has died. This study has related to tissues after they have been damaged. The aim and object of Life Science is to enable people to understand something of their sensations, something of their symptoms, and to investigate the causes which lead to them, and not wait until physical signs appear and disease has taken hold upon the human body. A pure thought stream works for a pure blood stream - and that is the great immunizer against contagion.

The Kingdom of God is within us. The Kingdom of material well-being lies within us also. Therefore, right living and right thinking is the hope of the world. Life Science will come into its own, and blessed will be he who helps in the spread of the Understanding.

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

DEPARTMENT OF INSTRUCTION

AM-ER-I-CAN

The advertisers of America understand suggestion and the power of suggestion. When doctors, religionist, professional men and individuals generally come to recognize that there is a suggestion in the very word AMERICAN and they grasp the feel of AM and I CAN - the first syllable and the last two syllables - and act accordingly, we will go forward, individually and nationally.

This thought is dynamically expressed in an advertisement sent us by one of our students. We share it with you.

"Doctor Alexis Carrel, the famous surgeon and scientist, believes that mental telepathy some day will be scientifically proved and accepted. We radiate our mental attitudes. We tune-in on the mental wave lengths of others. Thoughts are contagious. Thoughts of fear and defeat spread like wildfire and lower morale. Thoughts of courage and victory lift up minds and spirits."

"We conquer when we believe we can," wrote Emerson. "He has not learned the lesson of life who does not each day surmount a fear." Let us think victory, talk victory, and act victorious. Let us banish all thoughts of failure from our minds. In our contact with others let us express confidence, courage, loyalty, harmony."

"The victorious attitude will give wings to work. It will take the sting out of sacrifice. It will help us find happiness in hardship. It will give us the dynamic enthusiasm to hurdle obstacles. It will make us a triumphant people."

"The spirit of victory is a part of every one of us because the last syllable of American is CAN! What has to be done can be done, and we are the ones who can do it!"

Yes! -- "I am" is the one thing in all the world that is a certainty to you and to each of us -- the identifying word of God.

"I can," is your heritage -- the eternal promise which you alone can bring to fulfillment.

As a student of Life Science you are on the pathway -- by your helpfulness in spreading this understanding, you give wings to the contagion of thoughts of courage and victory, and help lift up minds and spirits and earn the degree AM-er-I-CAN.

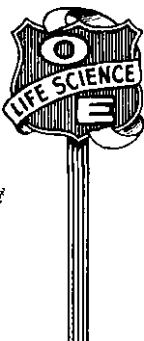
Sincerely,

THE ORDER OF THE ESSENES

BY

B. H. Hamner
Director

Enc. 92



THE **Essenes**

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the Order.

Copyright 1944, by The Order of The Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 92

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

IT IS THE CLOSE OBSERVATION OF LITTLE THINGS WHICH
IS THE SECRET OF SUCCESS IN BUSINESS, IN ART, IN SCIENCE,
AND IN EVERY PURSUIT IN LIFE. HUMAN KNOWLEDGE IS BUT AN
ACCUMULATION OF SMALL FACTS, MADE BY SUCCESSIVE GENERATIONS
OF MEN, -- THE LITTLE BITS OF KNOWLEDGE AND EXPERIENCE
CAREFULLY TREASURED UP AND GROWING AT LENGTH INTO A
MIGHTY PYRAMID. ---

S. Smiles.

SAFE GUARDING THE GREATER VALUES

"Son, you too may some day build a great canal" -- you will remember influenced the life of the man who started the Panama Canal. It was a suggestion of his mother. Ever thereafter anything that pertained to canal building was attracted to his attention. One tiny brain cell imprint constantly came into focus of the brain mechanisms, -- the course of a life was determined.

There is nothing unusual about that. Glenn R. Martin, whose name and fame will ever be connected with aviation, in his youth was told by his mother that before he was born she had a dream of flying over their home town in a flying machine, and waving to her friends and felt sorry that they too could not fly.

During his youth she often told him of it, and expressed the conviction that this was a revelation that he was to fly. Here we see a suggestion in its simplest form. Here we see reiteration or repetition - building up of confidence that he was "fore-ordained" to fly.

The perfectly natural consequence was that this imprinted brain cell was often brought into focus, his attention just naturally gravitated to things in the air. As a youngster he made and flew all kinds of kites - box kites; and boy like attached weights to them - and thought of persons going up in kites.

He also made sails of bed sheets and put them on his wagons. He used sails to propel him in ice skating. When Glenn was seventeen the Wrights made their first flight at Kittyhawk. What was more natural than that this should come to his attention and fire his imagination.

He was running a garage and selling automobiles and knew engines. -- He started to build an airplane in an abandoned church. His father, along with the townspeople, called him a crack-pot -- but his mother kept affirming - "You can do it" - and he did. It flew. -- He flew at twenty years of age - and in World War # 2 we find him the Manufacturer of Marauder bombers for the Army - Mariner bombers for the Navy and the Baltimore bombers for the British.

Digressing for the moment, some would say it was "prenatal influence," but we have expressed the opinion that there are no brain cell imprints before birth - physical characteristics alone are the inheritance of man. The suggestions during childhood were the important element in shaping his life. The mother's faith in her dream strengthened her ability to give encouragement and confidence to her son.

The transcendent lesson to be drawn from this and a hundred similar stories you may hear is that the impressions of childhood are important. -- Here we have an example of suggestion in youth which ends happily -- but countless are the neurotics whose lives have been most unhappy due solely to negative suggestions in youth.

The whole technique of psychoanalysis is directed to unearthing past experiences and the consequent reactions which accompanied them, or suggestions in youth which have been the motivator of actions which digress from a normal. Freud and Jung perhaps somewhat over-emphasize the sex element.

The objective in this unearthing process is to bring the experience to the attention of the conscious mind, to put that imprinted brain

cell from the storehouse of memory of the subconscious into focus in the brain mechanisms, so that it may have a new relation or indexing with respect to the mature experiences of the patient or subject, - a conscious mind reappraisal.

In youth it was given a place of undue importance or improperly related, and has been a hidden cause of improper reactions to ordinary life experiences.

Such experiences or suggestions when unearthed and viewed in the light of more mature experience are generally recognized as having been improperly interpreted and the reactions childish, foolish or uncalled for. The remarkable thing is, however, that the neurotic tendencies based thereon just cease of their own accord when reappraised or given mature and normal consideration.

The mind of man has a wonderful ability to make him "forget" unpleasant experiences. Perhaps you have noted that you cannot readily recall the name of some person who was distasteful to you -- some person with whom you had unpleasant experiences, some person who made an unfavorable impression upon you. The mind works that way with respect to experiences, if they were immoral in nature, and, in accordance with accepted standards, were unmentionable. In other words, we "repress" or keep hidden certain events which our own conscience disapproves or which if revealed would meet with condemnation of others.

As for "forgetting" it is a misnomer. We have a record of every event and experience in an imprinted brain cell in what we call the subconscious. -- Nature is kind to man; it tends to erase these experiences from conscious mind -- meaning it does not put them into the focus of the brain mechanisms. Otherwise expressed, they do not possess a strong "attention getting" element, but they do possess a strong subconscious urge for expression.

The subconscious has accepted them. In the process of the subconscious there is no inductive reasoning, and it accepts your conclusions at the time of the experience and acts upon them. If conscious mind forbids direct action - the subconscious takes it out in what is termed symbolic action.

(Remember the case of the housewife who broke dishes, and of the man who hated night driving - and had an accident?)

All of these things have importance. We have countless illnesses which purely and simply are the result of mind action -- and the cure must come from mind action.

Did you ever hear any one say, "I cannot stomach" that person or some action or situation. If a person has nausea and there is nothing organically wrong with him, then the figure of speech - "I cannot stomach this or that becomes not a figure of speech but a reality. -- The trouble is an environmental one - and the mental reaction to it is the cause of the nausea.

There is much in our figures of speech, which has a fundamental basis for existence.

For instance: "That fellow is a headache to me" -- That countless thousands suffer from headaches must be self evident when we view the great fortunes amassed by makers of Bromo Seltzer, - B. C. Headache powders, Stanback -- and hear the costly radio programs of

makers of aspirin.

Eighty percent of headaches are not due to organic diseases - but to tensions, strains and stresses brought about by the way people react to people and situations -- so truly and literally - "The fellow is a headache to me."

Another instance: "What's ailing you, fellow? -- Get it off your chest" -- If one is depressed mentally - has the blues - or is keeping something hidden mentally, the feeling is in the chest and the breathing is high up and not in the abdomen and the call of the subconscious is for air, and the result is a sigh -- so it is "on the chest."

Dr. Edward Weiss and O. Spurgeon English, in their book, "Psychosomatic Medicine" (W. B. Saunders Co. - Philadelphia, Pa.) point out that often people who lose their appetites and become undernourished are emotionally starved -- the emotional starvation causing the condition; that people often have aches and pains which are the result of muscle tension, caused by emotional tension; that very often fatigue is the direct result of emotional conflicts. They point out that an ache in the arm might be the result of a desire of the patient to strike someone, but does not do so, by reason of affection or respect that is mingled with the hostility; if there were no negative emotions there would be pain in the arm only as a response to some focus of infection.

They have noted that itching, for which there is no physical cause, often represents dissatisfaction with the environment, - the mental symbolism being that he scratches himself instead of someone else.

They noted that shaky legs and dizziness are more often due to anxiety than to organic causes; they also noted that sudden death among relatives or friends of the patient from heart disease brings on a heart neurosis, and in such cases there is actually a pain in the heart region, fatigue, insomnia, ringing in the ears, faintness, dizziness, irritability, and flushes.

These are due to the belief of the patient that he too is affected with heart trouble, but in most cases examination finds no organic heart trouble, but the symptoms are the same as if the heart were organically effected.

Of course such a neurosis or false belief does add a real burden to the work of the heart, by reason of tensions.

They also found that in high blood pressure, psychic factors play an important part. The steps being nerve tension, muscle tension, restricted arteries, veins and capillaries - and the heart has to put on more pressure to reach all extremities.

Among other conclusions reached by them was that people often used the eating process to allay anxiety or to gratify pleasure cravings, which should be satisfied in other ways; for instance, through a better sexual and social adjustment.

They speak of this as a nervous hunger, and say it is symbolic of the emptiness of the emotional life.

Very often when you find people eating at odd hours and at night and between meals it is a form of nervousness; an emotional hunger seeking satisfaction and taking it out in symbolized activities. - The subconscious has a way of satisfying its desires in collateral ways.

The medical science has gone far in the analysis of what is called diseased tissues, and deserves all credit for its wonderful discoveries respecting vitamins, hormones, and food elements, but in the years to come there must be a classification of the feelings and emotions and thoughts which effect the various organisms of the body and the various glandular secretions.

It is entirely possible that there are various physical causes for asthma, but it is safe to say that the origin is very often due to a feeling of inadequacy to meet certain situations or positions.

This could be classed generally as an inferiority complex, but this term covers many kinds of feeling of inferiority, and so far as we have observed this fear of inability to measure up to a situation or position makes one susceptible to the physical causes of asthma. It has a weakening tendency in the bronchial tubes and nasal passages .

The medical fraternity finds that this situation can be very materially helped by very large doses of Vitamin C.

Reasoning backwards, it is logical to conclude that the electric vibrations from thoughts of inadequacy or inability to measure up to anticipated requirements, effect the ability to make available the vitamin C in the ordinary diet, or are destructive of them or some protective element which keeps most of us from asthma.

Of course all tooth decay cannot with our present knowledge be said to be due to mental attitudes or emotions, but in very many cases an upset in the love life very materially hastens tooth decay.

It might be reasoned that disappointments in love affairs send forth certain vibrations which effect the bodily secretions necessary in the building and maintenance of the tooth structure. Savages and the uncivilized had little occasion for dentists.

At this point in our understanding we cannot say that all stomach ulcers result from a certain type of mental life, but practitioners are generally agreed that in very many of the cases they are emotionally precipitated and that such ulcers are preceded by personality disorders before they develop into organic diseases.

It has been our observation that the thoughts resulting in stomach ulcers are a form of anxiety. Being more specific, it is our observation that they take the course of an endeavor to conceal a violation of conventional standards and the anxiety takes the course of a fear of a discovery of such violations of ethical, moral, civic, family, or business standards.

We cannot say with our present knowledge that all strokes of paralysis are due to mental causes, but our observation has been that many such strokes are due to violent tempers, to fits of rage and to dispositions which may be termed explosive.

These emotional storms which bring on a blood clot which settles in the brain and which cause paralysis are often preceded by long periods of repression or holding the temper, and a brooding or mental dwelling upon the situation which is so irritating to the mental calm of the individual. Often the stroke comes on by reason of the mental storm within, which does not have a release by expression. Expressed otherwise, a stroke comes on at a climax -- anxieties reach an explosion stage.

Generally speaking, nervous symptoms correspond to the backfire in a motor car. It is energy which is not utilized in the cylinders of daily life. Thus we might take every known disease and trace back to find the mental causes which work to bring on the disorder, or weaken the natural body resistance - and enable diseases to get a foothold in the system.

It is known that persons who are in perfect health create the substances in their bodies which combat the possibility of infection and contagion. It is known that but for the skin on our bodies manufacturing constantly substances which protect us from ever present germs and microbes, we would all be dead in a short while. If the skin does not function perfectly we may have a seat of infection. The skin and what the ladies call the complexion is very intimately tied up with the emotional and mental life.

Knowing these things, one must come to appreciate that a real understanding of ourselves is of first importance, and if we analyze our motives in all that we do, carefully and conscientiously, we can find the connection between our thoughts and our symptoms.

If a man has desires which he dares not acknowledge, by reason of the conventions of society, and he does not work off the energy which would carry such desires to fruition, in some useful and constructive way, the subconscious mind will gratify those desires in what may be called a symbolic way. As we have seen above, if someone wants to scratch someone else, and doesn't do it, he will take it out by scratching himself and creating imaginary points of itching upon which he will vent his energies.

In the first year's Instructions at about Instructions 23 and 24, we pointed out that the sex energy could be converted into other forms of vitality and energy.

Boiling it down to a simple: - If people have urges which make them "want to get even with someone else," if they have urges of revenge or urges to do anything that the conscience will clearly and definitely class as a negative, the poorest thing in the world to do is to sit and brood over the situation and let it come into the focus of the conscious mind, because that picture, given to the subconscious, will result in action, and it will very often result in action which the conscious mind would deeply regret. It becomes what we have heretofore spoken of as an unconscious motive. Hunger of one form will seek the satisfaction of a hunger of another form - The negative emotions back-fire.

The simple way to handle such situations is to put all of the energy one possesses into doing something that will be of service to others. This is in effect but an admonition to give, and the Bible parable, "As ye give, so shall ye receive," is particularly true with respect to thinking.

We are conscious that this has been the topic of many a sermon by theologians, prior to passing the collection box, but we present it as a general truth and one that is especially applicable to the thoughts that enter the conscious mind. It can be simplified in another way -- by an agricultural symbol -- "As ye sow, so shall ye reap." In the individual life mental sowing is a constant process, the seed selection life's transcendent duty.

--- and, so it was in the early part of our Instructions that we instructed you that if you would preserve the greater life values, you must safe guard the portals of the mind. It is far more important in life to safe guard your thinking than it is to safe guard your money. In the one case money may be lost, but in the other, it may be a case of losing life itself.

* * *
THOUGHT GEMS

"If a person is able to express himself in some real way, to give himself to socially needed work; if he can reproduce himself intellectually and spiritually in artistic production, in invention, in literature, in social betterment, he is drawing on an age-old reservoir of creative energy, and by so doing is relieving himself of inner tension which would otherwise seek less beneficent ways of expression." -- "Outwitting Our Nerves"

* * * *

"When I consider the wonderful activity of the mind, so great a memory of what is past, and such a capacity of penetrating into the future; when I behold such a number of arts and sciences, and such a multitude of discoveries thence arising, I believe and am firmly persuaded that a nature which contains so many things within itself cannot but be immortal. --
Cicero

* * * *

Times of general calamity and confusion have ever been productive of the greatest minds. The purest ore is produced from the hottest furnace, and the brightest thunderbolt is elicited from the darkest storm. ---
Colton

* * * *

Knowledge is said to be power: and it is power in the same sense that wood is fuel. Wood on fire is fuel. Knowledge on fire is power. There is no more power in knowledge than there is in the stones or stars, unless there be a spirit and life in the knowledge which give it its energy. In proportion as men have this spiritual power they become strong in the world. --

A. Mackenzie.

* * * *

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE
TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

THE CONSERVATION OF VITAL ENERGY: -

Let us do some simplified thinking. Let us relate our energies, forces and powers to something objective. The result will be to get down out of the clouds that generally surround metaphysical expression.

The electronic structure of the universe is easy to understand, because it is demonstrable. Man is a part of the universe. Man is electrical in structure. Thinking is an electrical discharge -- proof of which is in the fact that it is measurable.

Let us think of ourselves as human storage batteries. Thinking in this vein we naturally think in terms of "charge" and "discharge." - When we speak of vital energy, we can relate our image to a charged battery.

There is one thing certain. Disease in any part of the human system is impossible when every organ and organism has its full charge of vital energy.

Two things stand out with this conception: How to charge -- and how to discharge without waste or loss of power.

The subconscious presides over the bodily functioning. The charging comes naturally with sleep - recreation - breathing - eating and normal functioning. Charging we might say is automatic. It comes about when a condition of relaxation and poise and calmness is induced (mental and physical). The subconscious responds to conscious direction - and it also responds to moods, feelings and emotions.

If we build up vital energy (adhere to the teachings in these instructions) and waste and dissipate none of it - we must be well, and constructively used, we must be successful and happy.

Our energy is meant to be used - the greater the constructive use of it, the greater is the capacity for use. Be moderate in all things. Live and work within your capacity - but work always to increase that capacity.

Most people have a tendency to discharge their electrical energies uselessly. They short circuit the human battery, or discharge it on useless lights or gadgets. They have loose connections and consequent loss of power.

We must not misuse the body or mind. Mental depression for an hour can discharge three-fourths of your vital energy for a day, it has been estimated. Fear, prolonged fear (worry), anger, jealousy, feelings of inferiority or inadequacy are short circuits -- they are definitely a discharge and run the battery down.

We hear much of conservation of soil, conservation of resources, power conservation in our rivers and streams.

You want health and success -- then think of the conservation of your power. We mean just that. If you think of it - visualize its increase - feel that it is possible and you can do it, it is done.

Thus the conscious controls the subconscious.

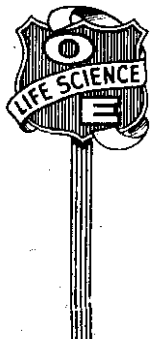
Sincerely,

THE ORDER OF THE ESSENES

By

J. Hammer Davis

Enc. 93



THE Essenes

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the Order.

Copyright 1944, by The Order of The Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 93

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

"WORDS ARE, LIKE MONEY, A MEDIUM OF EXCHANGE, AND THE SURENESS WITH WHICH THEY CAN BE USED VARIES NOT ONLY WITH THE CHARACTER OF THE COINS THEMSELVES, BUT ALSO WITH THE CHARACTER OF THE THINGS THEY BUY, AND THAT OF THE MEN WHO TENDER AND RECEIVE THEM."

--- Allen Upward

"A WORD FITLY SPOKEN IS LIKE APPLES OF GOLD IN PICTURES OF SILVER."

--- Old Testament

LET EACH WORD PICTURE A BLESSING POSSIBLE TO HIM TO WHOM SPOKEN, AND YOUR SEED WILL BE FERTILE AND BRING FORTH FRUIT.

--- Essenes

ASK NOT AMISS

"Human thought translates itself very quickly into physical function." Every thought is a cause, and the effect is physical action -- just one example of the power of mind over matter.

We know and can demonstrate by hypnosis that the subconscious mind contains much of which the conscious mind does not have an awareness. If one walks down the street, his attention may be centered upon some subject or upon some particular object, and yet his physical senses are operating and he hears much and sees much which is recorded in the subconscious, but it makes no impression upon the conscious. There is an imprinted brain cell which becomes a part of the subconscious, and under given circumstances is available to the individual. Attention is the element required to impress the conscious mind. Interest is the element that insures conscious memory.

The decisions and courses of action of individuals are largely determined by the conscious mind and it therefore behooves us to have an understanding of how the conscious mind is effected and to study the steps necessary in securing desirable conscious action by another.

Most everything that one may desire can be and is generally secured by the action of some fellow man. Organized society is largely a matter of inter-dependence.

We hear much about influencing people, and if this is taken to mean the securing of desirable action on the part of another, it is not only legitimate, but it is in reality the every-day functioning in the social and economic world. But if it means domination of the will of another, the legitimacy could be questioned.

The steps necessary to get a favorable decision from another or some favorable action are of course an approach to the mind, because mental action must precede physical action.

To imprint a brain cell of another with the end in view of conscious action we therefore know that we must first have attention, and favorable attention, and having attracted attention we must hold that brain cell in the focus of the instrumentalities of the mind until an interest is created in the proposal or subject matter presented to that mind. We must then proceed one step further and fan the interest into a desire to do that which we suggest or request.

We have often said heretofore that all knowledge and all sciences are related, and we now call your attention to the fact that in getting another to do something for you, you must in effect "sell the idea."

The natural steps in selling are, first, Attention; second, Interest, third, Desire; and fourth, Moving to Action.

We know that people do things in this world by reason of what we call a motive. Every person's interest is primarily his own interest, and therefore we can reason that if we seek some decision or some action by another, that we must in presenting the matter so imprint the brain cell by what we say or do that we create a picture of a benefit to be derived by the person who is going to decide or act.

We can classify the motives that prompt people to do things, and when we classify these motives we can learn much about how to present our ideas to others in order to get a favorable response. These motives every person

should memorize, because they cover the entire field of human action incentives.

If you will carefully analyze it, you will find that people do things for objectives which can be outlined with five words. These five words are: PLEASURE, PRIDE, PROFIT, UTILITY, and CAUTION.

If a man buys an automobile his mental picture is the pleasure which he can derive from owning it, or the utility of it in his business and the uses that he can make of it in serving his purposes.

The matter of the selection of an automobile may take into consideration the matter of pride in owning that particular make of car, and caution might be a motive if he were buying one that would last and be economical of operation. Profit might enter into it, because he could picture himself engaging in a business or calling which he could not so efficiently follow without it.

The salesman who desires to sell an automobile should therefore in the presentation of his proposition create a mental picture of these benefits that will accrue to the buyer.

The buyer of a life insurance policy would be largely motivated by the sense of caution, - the protection of his family or those near and dear to him in case of death. He might be motivated by pride in being one conscious of his obligation to his family, his business, or his associates.

The salesman who desires to get one to buy an insurance policy should therefore create a mental picture of the benefits to be derived from the thing he is selling, leaving out no picture covering all possible appeals.

If a man were selling books he should determine upon his presentation to the prospective buyer. From the book the man might derive great pleasure, and therefore in presenting the proposition a definite mental picture of that pleasure should be presented. From the books he may learn certain things that are useful to him in his social or business life, and therefore to get favorable action the utility phase should be definitely phrased in order that the man may get a clear picture of benefits to him. If the book has definite educational value, then a clear picture should be drawn of the pride a man would possess by reason of the knowledge obtained from it. The book might contain ideas useful in business, or knowledge which would make the purchaser a more efficiently functioning individual, and by reason of increased efficiency he might profit. If such be the case, then a clear and definite picture of the profit possibilities should be presented.

Now this principle applies not alone to the selling of commodities, merchandise or property; it applies in all human intercourse.

If a man is courting a young lady with the object of marriage, to be successful he must create a mental picture in the mind of the prospective bride, of either pleasure to be derived, or pride in the possession of the individual as a husband. Too often, perhaps, in this modern day the prospective bride might think along the line of profit, or think in terms of a husband as a provider, or in other words, his utility, and sometimes perhaps think in terms of the individual as a last chance, or in terms of caution.

Perhaps too often people with something to sell approach others and say, "I want to sell you so and so." Upon looking at that you should immediately

see that it has no great attention value and certainly no interest creating value, because in that statement the salesman states what he wants, and overlooks entirely the fact that prospective buyers are primarily interested in what they want.

The housewife or the daughter who wants a new dress or a new hat, or something for the household, may simply say to the husband or father, "I want a new dress" and often might be met with the answer, "We can't afford it at this time," or "You can get along without that;" whereas, they might have been successful with the request, had they observed the suggestions we here set forth.

For instance, the housewife may have said, "John, I know that you always take pride in having me look well, and I was downtown today and Jones Brothers are having a sale, and I can get a fifty dollar dress for twenty-nine dollars, and now is our opportunity to make a saving and get a dress that we will be proud of, and I am sure that if we delayed it I would never be able to get its equal."

Analyzing this approach we find that the husband's sense of pride has been appealed to, that a profit would be derived by purchasing at the sale, and the sense of caution has been aroused by the realization of a passing opportunity. Into the picture has been put a benefit to him, and the desire of the wife has not been stressed.

Countless are the people who approach employers and say, "I want a job." This is not an approach calculated to create either attention or interest, or desire.

It might get a job under war conditions or when labor is scarce and difficult to secure; but a job obtained in that way does not even give the sense of pride to the man who secured the job.

Business people employ others, because they believe that the employed will be a source of profit to them, or will be useful in carrying on their enterprises.

One seeking a position sincerely impressed with the idea that he can be useful in the enterprise can surely think up an approach to an employer which will impress him with the fact that it would be a pleasure to him to have neat appearing, sincere, efficient, employees who would take pride in the business and were so trained or were so constituted that they would eliminate errors and mistakes, and thereby he would imprint the brain cell of the employer with a picture which included the elements of pleasure, pride, profit, utility, and caution.

Making friends is solely and simply selling oneself to the prospective friend. Can you imagine a person desiring to have as a friend one who would not in some measure contribute to his pleasure and happiness? Do not people generally like to have friends of whom they can be proud? Sad but true, countless men join fraternal and civic organizations with the view to friendships which will be conducive to business prosperity or profits, or political position and power.

It is quite obvious therefore that if you desire to get people to do something that you want them to do, you must of course get favorable attention, and then you must create an interest in the thing you present, and that interest can only be created by showing the benefits to be derived by the man you want to do that which you desire done, because people generally are interested in themselves and their welfare, and the returns to them in any course of action.

There are countless charitable people, innumerable people who help in Red Cross drives, community chest drives, and in civic projects, such as Chambers of Commerce, and planning committees, but this commendable spirit, when analyzed, stems from a sense of pride and civic obligation, and from a sense of pleasure derived from being helpful to one's fellow man, and possibly from a long range motive of profit, by living in a better city, state, or nation. So we can say that it is universally true that if you would interest another in your ideas or projects, you must so present them that your interest is subordinated and the interest of the man to be influenced is made of first importance.

Let us for the moment relate this to the often repeated phrase, "As ye give, so shall ye receive" -- What is it that you're going to give to man that you may in return receive that which is uppermost in your desires? You are going to give him that which will be a source of pleasure to him, or you will give to him or induce him to do that which will be a source of pride. You are going to render a service or deliver unto him that from which he can derive profit, or you are going to provide him with goods or service which will be useful in his business or social life, or in other words, has utility value; or you are going to provide the means or the service which would protect him from a loss or destruction of values, either human or material -- thus appealing to his sense of caution.

All of this has a material bearing upon success. A lawyer might know all the law in all the law books, but he does not profit from it until he sells himself to a client in search of legal service. The minister of the gospel might be able to quote every passage in the Bible, but his ministry is not successful if he cannot sell the idea to a congregation, that they will be benefitted by his teachings. The most successful medical practitioners are those who create confidence in their ability to bring benefits to their patients.

The successful politician is he who can convince the voters or the appointive powers that he can render a service in which they will take pride and will profit the community and possibly save it from economic losses (this last, the appeal to caution).

We hear much about personality, but a good personality in its final analysis is a course of action which induces confidence that within him lie abilities which can bring pleasure, pride or profit to associates, and usefulness in joint human endeavor and gives a sense of security when life's problems are encountered.

Mental healing is in substance but selling the idea and creating confidence in the fact that mind is God's gift to man, and selling faith to the individual that he must benefit by the right use of his mind, and the creation of desirable mental pictures, and that such pictures brought into the focus of the mechanism of the brain is mind action which terminates in bodily action and that the good in thinking results in the well being of the body; that the imagining of a fresh, sound, vigorous body is in actual substance, though unseen, a fresh, sound, healthy, and vigorous body. It is a spiritual reality. The physical body must grow to be like the spiritual reality.

Prentice Mulford was therefore giving sound advice when he said, "If your body is sick, do not see it in your mind's eye as sick. See yourself full of life and playful vigor. Don't see yourself as an invalid propped up in a chair or confined to the house, though for the time being your body is in such condition. You are healing yourself when you see yourself running foot races. You are keeping yourself an invalid when you see yourself ever

as one. Don't expect or fear either sickness or pain for tomorrow, no matter what sickness or pain you have today. Expect nothing but health and strength. In other words, let health, strength and vigor be your day-dream." This is sound because it works.

In the matter of prosperity or material well-being do not live with the thought of poverty, because it saps your strength. In your mind's eye see yourself as prosperous. This is the creation of a wealth consciousness. It is the creation of an imprinted brain cell which is given to the subconscious and if you live with such thoughts and banish complaints with your condition, the subconscious will create the ways of attainment and will flash it to the conscious mind by a telephoto process upon the proper occasion.

If therefore you would "make friends and influence people" you must set the mind to work to find ways of transmitting ideas to others, the substance of which is that they will benefit by following the suggested course of action. Remember always that the five appeals to the mind which prompt action are pictures of PLEASURE, PRIDE, PROFIT, UTILITY, and CAUTION, and the logical conclusion must be that if you can give to another these benefits you are serving mankind well.

Too many there are who believe that people buy material things -- the house, the ice box, the clothes, the jewelry, and the necessities and luxuries of life, when the fact is that the sale is made when the clear conception of the benefits to be derived from them is established in the mind and the determination is fixed to acquire those benefits.

In other words, the sale is a mental process and the purchase is a physical action resulting therefrom.

Life Science therefore must deal with mind processes, for by them the world and its affairs are governed.

Let us be practical. If you are going to ask anything of any one you can so phrase the request as to stress the benefit to the person requested. A request to a hired man to fix the barn door can be so put that it will stimulate his pride, and the work will become a pleasure. -- Thus, "John, you are a good mechanic -- we have been having trouble with that barn door. I know you can do the job better than any of the rest of us and it has been as much of a nuisance to you as to the rest of us. -- Let's see you do a bang-up job of it."

Just think along this line, consider your requests, and soon it will become a habit to think in terms of the other fellow -- and great will be your surprise and joy to find more and more of your requests being granted. Surely it is the way of accomplishment.

In painting word pictures avoid so far as possible the use of general terms, such as -- good, fine, quality product, beautiful, swell, tasty, fashionable, smart, sound, substantial, and a host of others. If it is good, tell the make-up that makes it good or the maker and his reputation. If it is fine, what is there within or about it that makes it so. If it is a quality product, what is the ingredient or what is the character of workmanship that gives it quality.

At this point, let us drop a word of caution about dwelling too long on the quality and character of a product. Keep in mind people choose things, and buy products for what they will do for the buyer. In the description of quality or character of a thing always tie it into the benefit or advantage to the man who selects it.

This applies in other things than selling commodities or material things. The man who seeks a position and says, "I am a good man" or "I'll make you a good man" is not painting a definite picture. There is nothing of outline or detail for imprinting a brain cell. The experience or training which makes a man "good," can be definitely pictured.

Let us for a moment show the working of the human mind. -- If a man says, "I am an honest man" - and often repeats it, there is a ground for suspicion that he is not honest. We speak of this in psychology as a defense mechanism. People generally accept others as honest - and if brought up by the person being passed upon or judged - the mind of the examiner or employer or inquirer immediately reacts - "Why bring that up." If the matter of integrity comes up as a question then detail of past connections and responsibilities form the basis of a definite and graphic picture of honesty.

The reaction above pictured can probably be better illustrated. If some person is telling of some course of action he is about to pursue, and adds, "I don't care what other people say about it" - it is a fairly safe presumption that he very definitely does care -- just another case of "defense mechanism" at work.

A sense of guilt finds its way to expression; an inner sense of man's obligations to his fellow man likewise will show outcroppings in his conversation.

Integrity and character, which in essence are but subconscious recordings of conscious acceptance of the desirable ways of life, have a way of shining through; refinement gives color to expression.

Those mindful of the rights and feelings of others and imbued with the spirit of human service will not miss the Kingdom of Heaven, which is within and not afar.

* * * *
THOUGHT GEMS

"The Father abiding in me doeth his works." That is the perfect explanation of all so-called miracles. That is the "immanence" of God about which learned tomes have been written, and all put in four words, "The Father . . . in me."

* * *

If we have as much faith when we plant our mental seed as we do when we plant our material seed, the crop will be just as sure and as true to type.

* * *

Personality is the extent to which the individual has learned to convert his energies into habits or skills which interest and serve other people.

* * *

He who best controls his thoughts and feelings is he who best meets life's problems. Poise and effective action depend upon peace of mind. Peace of mind is the result of controlled thought.

* * *

He who has a goal of fame and fortune is on the wrong track. - These are results achieved by many in times past and will be attained by many in the future, but they were brought about and will always be brought about by ideals which are not centered about self.

* * *

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

OIL ON THE WATER -

Do you expect your "ship to come in"? The "ship of fate" like a merchant liner prefers a calm sea.

You are on the right track when you "expect your ship to come in". Expectancy has an attractive power, -- but if you expect evil it is equally potent.

You must enlarge your expectancies if you would receive in a large way.

Now about the "calm sea" -- We call it poise. It does create a free channel for the reception of ideas. Seek calmness and poise and often you will steer a better course than by striving and straining for a material objective. You provide a calm sea.

Dis-ease itself in ninety cases out of a hundred is nothing more nor less than a mind not at ease. In ninety-five cases out of a hundred if you face a situation fearlessly, there is no situation to face.

"How to get rid of fear" - we are often asked. Just walk right up to it. It is that simple.

Some people fear dogs. The dog is fearless because he smells fear. People sense it in others "intuitively". Fear is misdirected energy, a drain upon the human battery. It is a short circuit so to speak.

And why fear? It is an emotion, a response to a picture of your own creation. If you have no emotional response to an adverse situation the situation changes.

Just put it to the test. You will be delighted with results. That is "oil on the water" -- the creation of a calm sea -- poise.

With poise and the understanding of "selling an idea" and a careful study of instruction ninety-four you will go forward.

In instruction ninety-five to follow we shall show you how to question -- the Socratic way to understanding.

As ever we are grateful to you, and your helpfulness in taking this understanding to others should give you a feeling of pride and worth-whileness. Together we can take to the World that which it sorely needs.

Very sincerely,



THE Essenes

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the Order.

Copyright 1944, by The Order of the Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 94

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

A NEW LEVEL OF CONSCIOUSNESS IS THE NEED OF THE
MASSES. IT IS SELF EVIDENT THAT A CONSCIOUSNESS IS AN
INDIVIDUAL MATTER.

SUCCESS FOR MAN, COMMUNITY OR NATION DEPENDS UPON
VISION, CREATIVE ABILITY AND INITIATIVE.

THE FOUNTAIN SOURCE IS IN THE MIND. A HIGHER LEVEL
OF CONSCIOUSNESS COMES AND CAN ONLY COME FROM UNDERSTAND-
ING OF MIND - VALUES IN THOUGHTS AND IDEAS - - THESE ARE
THE TRANSCENDENT VALUES. WE ARE AFLOAT IN A SEA OF
INTELLIGENCE. -- WE HAVE BUT TO STOP - LOOK AND LISTEN.

THE MEANING OF "THE RENEWING OF THE MIND"

There is a definite relation between all truths; hence a unity in all sciences. The closer relation we can fix between Life Science and the exact sciences, the more readily it can be assimilated by lay minds, and the more understandable and practical it becomes to the masses. Economic and social betterment is but a matter of the improvement of individuals. These are the units of our body politic. Chemical changes in the material world are brought about by the reworking of the chemical units.

In the material world we have, broadly speaking, three forms -- solids, liquids and gases. To arrive at a more definite conception of mind let us see if we can not metaphorically express it in some comparable classification.

The mechanisms of the brain consist of prisms, lenses and other instrumentalities which make it a unity functioning as microscopical, stereoptical, photographic, moving picture, telephoto, telegraph, recording, classifying and filing, adding and calculating, phonographic, telemotor, thermometric and thermostatic instruments; dynamos and transformers, chronometers, and a counterpart of all instruments of measurement, analysis, power creation and transmission and intelligence conveyance which man has by the use of his mind created objectively. This is comparable to the solids in the material world.

Playing upon these instruments are three forces, - the forces from man's organs and organisms and the forces transmitted over the nerve systems, called the sense forces. These can be classified roughly as the liquids of our mental world.

The third forces playing upon the brain instrumentalities are the etheric forces. These are comparable to the gases in the material world.

The working of the mind ultimates in thoughts and ideas. Health, happiness and material well-being stem from consistent and persistent thoughts and ideas. The natural steps to those desirable attainments we have learned to be vision, desire, confidence or faith, determination and balanced compensation or action. These steps are readily recognized as purely mental, with the possible exception of action or doing something about the materialization of vision and desire, but it is equally recognizable that the motors of action are mind controlled.

The planned life must therefore deal with the material -- doing something about proper eating - drinking - breathing - exercise-- elimination - posture, etc. Let us call this the solids. We must do something about our thinking or mental processes which flow through and materially effect our bodily organisms. Let us call this the fluid. We must do something about the spiritual. -- Omniscience -- all knowledge and truth; Omnipotence -- all power and the source of all power; Omniactivity -- the ether of space - electronic structural basis of the universe, ever flowing - is spirit. Man's soul is a part thereof. Spirit is the Universal. The soul is the I-identity - the individual - the You -- a definite part of spirit and through which all spirit flows at incredible speed. Let us call this the gas of our metaphorical structure.

We can readily understand that we can take two parts of hydrogen (invisible) and one part of oxygen (invisible), two gases, and combine them and we have water, a fluid, and this we can freeze and we have ice, a solid. In reverse we can apply heat to ice and get water and boil water and it passes off in steam and back to its component parts, the gases - Hydrogen and Oxygen.

We can have thoughts of fear - jealousy - and anger -- They travel the nervous telegraph system; glandular secretions result -- muscular tensions are set up, blood circulation is impeded - bodily functioning is upset - resulting in disorders and ending in diseases. Very roughly speaking, we have a transition from a gas, to a liquid, to a solid.

In reverse we can have what was formerly called "shell shock," -- nervous exhaustion - a most deplorable physical condition - what we may call a solid for the purpose of analysis. In many instances rest and proper feeding has little effect. The neurosis hangs on. We can hypnotize the patient, by suggestion or drugs, heretofore mentioned, rationalize or bring back to the mind the events, the tensions, strains and stresses leading to the nervous exhaustion, rationalize the events and have the subject observe them as he would the same train of events happening to another -- put them in the subconscious in the category of past events and in proper relation and unrelated to emotional states existing at the time of the experiences, and we get a release of tensions. The patient can sleep and can rest and the neurosis passes away - and the patient regains normalcy. Again crudely speaking, we pass from solids, to fluids, to gases.

What we have discovered about the mind and its power for good or evil is almost unbelievable to many.

From what has been given you in these Instructions you can properly translate the report carried in the Associated Press which we reproduce. You will recognize in this account - first, a physical condition, which even during the last war might have had a pitiful ending, by reason of a lack of understanding of mind and its powers.

Next, you will recognize hypnosis. In this case, by a drug - a hypnotic - which was mentioned in a former instruction. A hypnotic being necessary in this case because the patient was not amenable to suggestion in the waking state.

Next, you recognize suggestion in a subtle form - in the imitations which center attention upon battle conditions.

Undoubtedly this A. P. report was not complete as to the suggestions given in the sleeping state, such as assurances of blamelessness in conduct - future well-being, etc.

We give this report primarily to build up and strengthen your acceptance of the power of mind - to induce you to have faith in your own affirmations - and auto-suggestion, and that your well-being is intimately related to your thought processes, and to give you that confidence in these instructions (in themselves suggestions) which will induce you to accept as truth and fact that you are one with the infinite, and having accepted the

relation will rely upon it and act in accordance with the suggestions we give - time proven and effective, and requiring only the test of experience and that they be put to the test.

In the reading of this report there will come to your mind principles we have announced, facts of nature we have restated, and explanations which you will see are being utilized and found effective in the rehabilitation of men who would otherwise become public charges and a burden to society.

Such being the case, who is there who can set a monetary value upon a knowledge of man's mental and spiritual powers, and the realization of man's unity with the infinite. Each of us does possess infinite power and to transmute that power into material blessings is largely a matter of a mental concept, a mental picture - and the projection of that picture by the stereoptical instruments of the brain and the photographing of it upon a brain cell unit - and then to keep it often in the focus of the brain instrumentalities.

It is thereupon electrically transmitted within and without, and attracts to itself the materializing elements. Project the picture and live by it, have faith in the orderly working of the universe, and that it is set to help him who works for good, for the whole trend of the universe is evolution to perfection. Here is the news report referred to:

"'Truth Serum'" by Kenneth L. Dixon, with the AEF in France, (Delayed) -- (AP) -- "A small group of medics stood around a cot, silently waiting.

The sergeant lying on the cot still twitched and trembled uncontrollably as he had since he was brought back from the combat line. Unlike almost all cases of exhaustion or combat fatigue, he failed to respond to rest, sleep, food and sedative treatment.

A line company rifleman, he had been twice decorated for his courage. He finally went to pieces after a week's fighting in the worst possible conditions -- mud, mountains and mines -- during which he participated in almost constant attacks. He was a veteran of three campaigns in two years.

Doctors thought he finally cracked because a buddy with whom he had been fighting, since Sicily, was killed before his eyes. Other efforts to restore him to normalcy having failed, they now tried pentathol, the 'truth serum' treatment. (a hypnotic)

This made the infantryman synthetically drunk due to intravenous injections. The sergeant became completely unaware of his surroundings.

This hospital where the worst exhaustion cases were brought was beyond earshot of the front, but suddenly there came a low, unmistakable whistle. It never was loud enough to be heard 100 yards away, but it filled the little tent with sharp-pitched memories for anyone who ever had heard an oncoming artillery shell. The sound was coming from one of the doctors, whose pursed lips were whistling a perfect imitation of the shriek of a shell.

As the sound grew louder and keener the sergeant's body froze cruelly in a tense attitude of fearful waiting. The doctor broke off the whistle at the highest pitch, paused, and then popped his hands sharply.

The illusion was complete. The completely drugged soldier didn't attempt to avoid it. He came sharply alive, his eyes wakeful, his body under control again. He began talking, shouting orders, warning, calling names.

He addressed the doctors who in his mind had become members of his platoon. One was a lieutenant in charge of the platoon. It soon became obvious that he had little faith in the officer's judgment. He argued angrily. Apparently the lieutenant had been new in combat.

Another doctor became the sergeant's buddy. Twice shells almost got him and it became necessary to hold the soldier on the cot as he tried to leap out when shouting warnings.

In the next few moments all phases of the soldier's last action exploded all over the tent, re-enacted in terrible pantomime and unconscious precision to the most minute detail.

Twice he killed -- once with a low-voice curse as he fired his carbine and again with an aroused, angry yell.

The ferocity of the attack was mirrored in his eyes as well as by the wild ejaculations.

Artillery fire obviously became more intense -- and, suddenly, his comrade was killed.

It never was quite clear just how, due to the confusion and his now frantic excitement, but just as suddenly the whole pantomime ended -- the sergeant's eyes glazed and he collapsed limply.

Then the doctors brought him 'back to the present,' quietly told him where he was, that he was worn out and needed a rest, that he would be okay now. Meekly, childlike, he obeyed. Now that he had cleared the offending incidents from his mind, he could relax again.

This type of treatment is used only when necessary in a tiny percent of exhaustion cases, it has already been showing amazing results. Many 'violent' cases soon are back on duty of some kind.

Due to the terrific strain which precedes these seizures many such soldiers are unable to return to combat, but through the pentathol treatment they otherwise become normal again.

These severe cases constitute less than ten percent of the combat fatigue total and the treatment for the most advanced cases debunks another 'incurable' misconception."

The important thing in the above report is the principle involved. This is an extreme case, but practically all neuroses and cases of nervousness have their root in experiences and the mental reaction to such experiences. Nerve tension and muscular tension are generally results of a way of thinking.

He who keeps his mind staid on happy experiences is practically immune from nervous disorders. Lacking happy experiences, then the logical thing is to start to build happy experiences. Each day do some thing that will be accounted a happy event by another. The reflex will be a satisfaction which will be a stone in your structure of happy experiences.

If your mind reverts to an event or events which give you a sense of guilt, a feeling of unworthiness, or a consciousness of error, and it is not something which can be corrected, just freely admit to yourself the mistake, resolve to do so much good that you will have a "mental balance" on the good side.

Some mystical schools call these errors Karma, look upon it as a debt, and speak of "working out the Karma."

Surely day by day you can build experiences upon which you can look back as happy events or a structure of worthiness. If you do, your sleep will be undisturbed, nervousness will disappear, and physical disorders will right themselves, for this is the ordered way of the universe.

Religionists speak of these errors, mistakes, and what your conscience labels guilt, as sins -- and have much to say of the forgiveness of sin and punishment hereafter.

Any such errors, mistakes or guilt are not judged by some God in a far off heaven -- the judgment is within you. There is no punishment, there is an effect or a consequence and what is called nervousness is a result in a multitude of cases. This so-called nervousness has its consequences or symptoms - headaches - upset stomachs - sleeplessness - stomach ulcers and other systemic and functional disorders and even organic diseases.

There is definitely a "forgiveness" or "remission," and the path which leads thereto is in the correction of the thinking and the consequent change in action. All thinking is a cause of action.

In the case of the soldier in this report the physical condition was a result of excitement, of tensions, of fears, resentment, and confusion. All the best authorities agree that under such battle conditions the reports of what actually took place are unreliable, the personal reactions of the combatant and the concentration of observation to such a limited area and self preservation objective, preclude a conscious memory of the action in its broader aspects.

So it is in the battle of life. In your moments of confusion, excitement, or crisis, the judgment is warped. The observation is limited to self interest or immediate consequence. This, as is all thinking, is immediately accepted by the subconscious at its face value, - unquestioned, - and its reasoning is thenceforth deductive. It keeps functioning with that message, doing to the system and for the system what that situation demands.

The logic, therefore, is apparent in the procedure of bringing back to mind the situation then and relating it to the situation now, that the crisis is past -- and marvelous indeed are the results the subconscious produces.

Childhood and youthful experiences often mar the lives of adults -- and yet there is a forgiveness or remission - and the courses of lives are changed by the simple process of properly relating the past experiences to the present situations, and substituting the more mature judgment under normal conditions for the earlier judgment under stress conditions.

The normal functioning of the body, just automatically comes about with the proper relation of the registrations in the subconscious. The cure in these cases reaches back to the cause, as must all real cures -- and bodily malfunctioning in at least ninety cases in one hundred is a result of a malfunctioning of mental processes.

It is at this point we would call your attention to the front cover of Instruction # 41, with confidence that now you are better able to interpret the meaning and assay its value.

Life Science has an objective; to discover that which is true - to practice that which is good - and to spread this sunshine of understanding until its rays revitalize a world in need.

In these Instructions it is to be noted that we glorify no individual. It is our ambition to announce, reveal and prove, to win faith by imagination and logic, to present a philosophy which gives birth to new hope, new faith and a religion which gives emphasis to human values, and understandably relates man's powers to the infinite.

When our work speaks, it is meet and proper that the authors remain silent. Their ambitions can best be centered upon a sincere desire that their writing shall "come to you as a tonic, like open spaces and fresh winds after a long ceremony in a crowded church -- that you shall be conscious that it is the air of the heights - that it is bracing" -- that it is truth made simple and understandable -- that with it as a torch your way will be visible step by step -- and that you will prove worthy and demonstrate in your life the efficacy of the great moving principle of the universe, when the laws that govern are obeyed.

Their desire (prayer) is that you shall attain your cherished aims and will hold aloft the torch to light the way of others.

* * * * *
THOUGHT GEMS

"The extrovert or unselfish character of Jesus was not an accident, but the result of an ideal which he valued more highly than his personal comfort. His life was a series of intensive and extensive social contacts. He did not avoid the people whose mode of life he criticised. He visited them in their homes. His energies and inspiration were being constantly converted into useful deeds and contacts with a wide variety of people. He believed in principle, but he practiced them in living and he lived an abundant life. He preached meekness of spirit but boldness in action. The story of his life is a story of winning friends in all kinds of situations. He was forever changing the water of existence into the wine of social intercourse."

----- Henry Link

That which perfects humanity can not destroy any religion except a bad one.

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

DEPARTMENT OF INSTRUCTION

BORN AGAIN!

About questions - the subject of instruction Ninety-five. There are just a lot of folks who think that they are too busy to study -- too much occupied to go through the process of analyzing themselves or their problems -- just making a living -- no time to make a life.

"What's the matter with me?", might start a train of thoughts leading to readjustment. Perhaps "Who is the matter with me?" might get to a quicker solution with many people. You have to get the "meat of a problem and not play around the edges.

Many there are who say, "My problem is money" -- When they ask themselves "What for?" they find they want a home - an auto - clothes - and sundry things.

Strange though it may seem to concentrate on the final objective is far more effective than just a "desire for money" -- the path is more direct -- it gives concreteness instead of abstractness - It's an idea that can be detail.

It induces specific trains of thought. Around it can be built some enthusiasm and spirit can enter into it. A definite point of beginning forms and then it is a step by step process. "What next" then appeared on the horizon, - and likewise the answer.

It all goes back to an early instruction. You must know what you want, - call it vision - and it will not be effective if it is "a wish". There must be insistent and persistent desire. That's prayer.

We have never known a person to be successful who just "wanted to be rich".

Now just question that. "What is success?" "Why is that the wrong approach?" "How are riches acquired" -- "Who are the successful people?"

When we succeed in convincing people that "service" is the road to accomplishment. That "giving" is "cause" with beneficial "effects" - and that the person does not live who cannot here and now begin "giving" - and start them to questioning. - "When?" - now "Where?" - where are you. "What?" - with what you have. "Why?" - expressing is giving meaning to life. "Who?" - you. "How?" - do something, -- we set in motion thoughts that will effect the world and all mankind.

Thanks to you and all like you, we witness daily those who are "born again" - and are changing their lives and the lives of those they contact.

Sincerely,

THE ORDER OF THE ESSENES

By

B. H. Hammer
Director

Enc. 95



THE Essenes

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the Order.

Copyright 1944, by The Order of the Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 95

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

SUCCESSFUL IDEAS ARE NOT BORN OF DEPRESSED
MENTAL STATES.

YOU SEEK A SOLUTION OF YOUR PROBLEM. YOU
QUESTION, SEEKING WAYS AND MEANS. ONE BIT OF WISDOM
YOU MUST LEARN. - MENTAL STATES COLOR YOUR IDEAS. SEEK
DETACHMENT. FEARS AND APPREHENSION, UNFAVORABLE AND
DEPRESSING EXISTING CONDITIONS TOO OFTEN FATHER THE
RESPONSES TO YOUR OWN QUESTIONING.

CONFIDENCE IN A CREATIVE MIND AND YOUR ACCESS TO
IT, WILL PRODUCE A POSITIVE TO TAKE THE PLACE OF
HABITUAL MIND WITH ITS NEGATIVES OF FEAR, WORRY, DOUBT,
AND UNCERTAINTY.

ABOUT THAT DECISION

Life is pretty much made up of making decisions -- to do or not to do -- to be or not to be -- to acquire or reject -- what to do -- how to do it -- where to go -- whom to select -- when to act; the heart of every decision seems to be the answer to a question; the correct answer apparently determines success or failure, the state of our feelings, and the matter of health and life itself.

If decisions so vitally effect our well being, is it not the part of wisdom to study and learn how best to arrive at the correct solution of a problem? This set of instructions has not as its goal the determination of any course of action upon any specific question or occasion. It is more in the nature of a manual upon "how to question," that a correct decision may be made. It should be a ready reference booklet -- much like a dictionary - and consulted and followed religiously in the determination of every course of action. It is a guide to effective thinking - a thought control chart - a system of organizing and marshalling knowledge.

Four hundred and seventy years before Christ (B. C.) near Athens in Greece there was born a man who has materially affected the world's thinking processes ever since. In his early years he was by profession a sculptor as was his father before him. He was an outstanding soldier and singularly robust. He surpassed all his comrades in the endurance of toil, hunger, thirst and the hardships of war and weather. He was physically and morally fearless.

In his middle life he gave up his profession as a sculptor and became a teacher -- and such a teacher! He did not travel in pursuit of knowledge; he did not write; he had no school; he neither asked nor would receive pay for his instructions.

His habit was to go about the streets of Athens and talk with any one who came his way, young or old, rich or poor. Great was the contrast between him and the paid teachers of the day, who were generally well-to-do, well dressed and accompanied by admiring disciples; he was poor, poorly clad and most unusually ugly; he conversed with men of all classes on any subject familiar to them or that affected human life - justice - courage - temperance and all the duties and relations of a citizen.

His reputation grew and people came from distant Grecian cities to hear him talk. Aristotle says of him that he was the first thinker who paid attention to accurate definitions.

His method was to begin with familiar conversation on any matter of passing interest. He led his companion to define that subject he wished to examine; he then asked questions to test his answer, and so brought him to see that his definition was imperfect, including some things that had nothing to do with the matter and leaving out some definite essentials. A second and third attempt was then made, to be followed up in like manner -- questions -- questions -- and more questions.

Plato, one of his students, later applied the system to every subject of intellectual research.

Such was the life of Socrates -- called the founder of moral philosophy - and from it came the Socratic or questioning method of investigation - the way that leads to a lighted path of determination,

to choices which bear the earmarks of wisdom and enlightenment.

Socrates left no books; but the dialogues of Plato - especially Crito - contain the substance of his philosophy; but he did leave us, "The proper study of mankind is man" - "Know thyself," "Virtue may be taught," "No one willfully goes wrong," "Virtue results in happiness." The substance of these were in his teachings that virtue consisted in knowledge. To do right was the only road to happiness, and as every man sought to be happy, vice could only arise from ignorance or mistake as to the means; hence the corrective was an enlarged teaching of the consequences of actions. He exhorted men "to limit their external wants, to be sparing in indulgence, and to cultivate, even in preference to honors and advancement, the pleasures arising from a performance of duty, as well as from self examination, and the consciousness of internal improvement." So even twenty-four hundred years ago it was recognized that self knowledge and service were the cornerstones of a career.

If the questioning method leads to wisdom in decisions, then there is a straight path marked out for us and our inquiry must be concerned with methods and systems - and the course of inquiry.

Now let us relate this to our recent study of how to influence action in others. We noted it was related to salesmanship. If we are to decide, we are in a sense going to "buy" - and if we are daily being "sold" on an idea, we must determine the true method of investigating the idea upon which we are sought to be sold -- thus relating and proving the unity of knowledge.

Any idea presented to us or any situation calling for a decision must have a broad basis of acceptance or rejection. There is in the main one question, a first consideration - a yes or no answer, after which may come other minor decisions as to methods, ways and means.

What are the questions on the main issue? Naturally, "Will it ultimate in PLEASURE?" -- "Will it be an outlet for or creative of the sense of PRIDE?" -- From it will I and can I PROFIT?" -- Is it useful to me or what is its UTILITY value?" -- "Will it and can it save, protect, and preserve me, or any values I cherish, and does my sense of CAUTION demand it?"

Weigh and consider any question in the light of these inquiries, expanded to include all implications, and finding benefits the main question will find the true response. (Avoid pure selfishness in determining benefits).

In the Socratic method of investigation there are certain basic or broad questions probably included in "who," "what," "when," "where," "why," and "how." For the purpose of memorizing these think of the 5 W's and H. for Hammer or any other familiar word or name beginning with H. -- Heaven would perhaps serve better.

So transcendently important is this questioning in life's situations we believe each of the 5 W's and H should be expanded and illustrated, that you may more comprehensively grasp the system.

Let us begin with "who."

- Who suggests the action?
- Who is to do what?
- Who will be affected by the decision?
- Who can help?
- Who can hinder?
- Who knows most about it?
- Who can advise best?
- If it is not done by me, who will do it?
- Who is best suited to do it?
- If nothing is done, who will benefit and who will lose?
- Who will judge the matter?
- To whom do you owe any obligation or duty in connection with it?
- Who is doing it or something similar?
- Who are the probable customers?
- Who are the possible customers?
- Who has failed in a similar situation?
- Who has succeeded?
- Who controls the source of supply?
- Who knows the process or processes?
- Who knows the market?
- Who knows the territory?
- Who else can be included in the market or territory?
- Who makes what will be necessary to use in the undertaking? Who else?
- Who knows how to operate anything used? Who can be taught how to use, sell, operate, buy anything in connection with the project?
- Who is essential?
- Who could be dispensed with, without loss?
- Who determines promotions or judges merit?
- Who directs or manages?
- Who employs help?
- Who influences, controls, or suggests selections?
- Who is the buyer?
- Who is his superior?
- Who supplies information respecting the subject involved?
- Who is the authority on the subject?
- Who could improve the appliances, machines, processes or methods?
- And any other "who" that will naturally come to mind in connection with any situation.

Once having determined the "who's," go back over the questioning process, asking "who's" about the "who's." -- The object being to determine the ultimate and to test all angles and all phases of personalities involved. There is a definite reason for this. Your imprinted brain cell with which you are to work functions better with definite personalities than with generalities. Mental vision requires definite outline.

Now let us take stock of the apparent "What's."

First, we must, like Socrates, arrive at a definition. Just what is the real question, the real problem, and the true situation to be passed on?

What are the objectives, the course of action, the benefits, the risks, the possibilities of success and failure?

What is the general classification of the problem or project?
-- Personal? Industrial? Commercial? Transportation?

What is the known, and what is the unknown in your problem? Be definite and make a list of these for further questioning.

What is the result if the objective is not accomplished? If the objective is attained, what value will it have?

What would you do in case of failure?
What is the next step in the event of success?

What is necessary to success? Capital? Help? Equipment? Volume? Turn over? Markets? Transportation? Costs? Profits? Credits? Loans? Economic conditions? Weather conditions? Sources of supply? Regulations? Licenses? Taxes? Restrictions?

What is the source of any opposition or competition?
What has the time and the place and the present condition to do with the problem?
What are the characteristics or functions of the persons or things involved?
What was your reaction when the question or problem arose?

What emotion or feeling was aroused when first presented?
What relation does the question or problem bear to any other?
What would be your advice to another if it were his problem and not your own? (Judging objectively and freed of personal feeling).
What can be the results if the decision is "yes?"
What results if "no" is the answer?
What interest have others in the problem, solution, or decision?
What would be their action in either event?
What would be required to secure cooperation and help?
What could be done about any opposition, objection or interference?
What is the principle, law or ethics involved?
What is the real importance of the decision as related to your long run plans or ultimate ambition?
What substitutions, alterations or changes would be desirable?
What is your duty or obligation in the matter?
What brought about the problem or necessity for a decision?
What relation does the problem bear to your primary interests? To the interests of others?
What is the whole problem or question involved and is the decision called for only a part of a larger whole? (Keep in view the ultimate).
What other decision or question can arise or will be called for when the present one is determined?
What bearing will this decision have upon other questions or problems and the decision of others?
What parallels, precedents or experience will throw light on the subject involved?
What records, evidence, or proofs will help in the correct conclusions?
What influences are being exerted to bring about the decision?
What is the whole truth upon which a sound judgment can be predicated?
What reliance can be placed upon the statements and evidence upon which you are asked to act?
What motives are involved? Yours and others'?
What is the considerate thing to do? The thoughtful? The honorable? The courageous? (the reasons and not excuses).
What would others think or say about my decision or action?
What basis would others have for approval or disapproval?
What one thing would influence judgment?

When you have exhausted all the "what's" you can think of, then apply all your "who's" to any persons or institutions which were brought into the picture.

Then take up the "Why's."

- Why am I considering the question or problem?
- Why is it necessary in my plans?
- Why is any other interested?
- Why is it important?
- Why is it related to any other interests, persons, institutions or problems?
- Why did it come up at this time?
- Why is the location, time, or condition favorable or unfavorable?
- Why would others help or hinder?
- Why is it similar or different from anything within your experience?
- Why is it similar or different from other product, process, or arrangement heretofore in operation?
- Why have others succeeded or failed in similar situations?
- Why conduct research or investigations to determine probabilities and possibilities?
- Why accept or reject certain evidence, claims, statements or beliefs, which relate to it?
- Why would something else be preferable?
- Why is my decision considerate? Thoughtful? Courageous? Honorable?
- Why would my decision satisfy my conscience?
- Why would my course of action receive approval or disapproval of others?
- Why is my process of judging the situation the true one?

Having devised all the "why's" you can apply to the question and recorded your answers, then apply your who and what tests to any new developments. You are then ready to take up your "Where's."

- Where is the location of the subject of the inquiry?
- Where have any events connected with it originated?
- Where is the source of supply?
- Where is the market?
- Where are the roads or transportation facilities?
- For personell? For material? For outlets?
- Where are any persons or institutions or interests connected with the problem?
- Where did they come from?
- Where are they going?
- Where is the nearest, most reliable, and most authoritative information which can lead to the facts or the understanding of all phases of the question and problem?
- Where did my present information come from?
- Where can more be found?
- Where would be a better location?
- Where did those who present the problem get their information, facts or evidence?

Just keep on "where-ing" until you are informed on all subjects and all phases connected with the problem, and test these answers by your who, what and why interrogations.

This brings you to the "When's."

When did this situation arise?
When do I have to answer or decide?
When would results materialize?
When decided, is it final or will it call for further and future solution?
When did others do similar or related things?
When would conditions be favorable or unfavorable?
When are conditions best?
When worst?
When would supplies, necessary equipment and personell be available?
When would markets be good or bad?
When would changes, alterations or improvements be necessary?
When would the interests of others be affected or changed?
When would the problem terminate naturally?
When if the answer is yes?
When if no?
When is the time propitious for any move or action relating to the propositions?

With "when" you can explore all elements relating to timing of all action in any way related to the problem or any phases of it. Then comes your "How."

How did it come about?
How am I involved?
How are others involved?
How do you start?
How do you finance?
How do you pay or receive?
How does it work?
How do you proceed, step by step?
How do you sell or market?
How do you buy?
How do others do under similar conditions?
How could it be changed or altered?
How about each process or operation?
How do I know?
How do I find out?
How is it related to my interests?
How related to interests of others?
How can others be interested?
How will others react to the decision?
How do I proceed step by step?
How do I determine the cost in time, money, and prestige?
How high or how low can costs go?
How do I get a promotion?
How a raise?
How are taxes determined, how paid?
How are all phases of the operation administered?
How are the component parts made?
How could I alter, change, improve, or cheapen any process or parts?
How do those in any way connected with it closely or remotely control or influence the operations - costs or profits?
How does my decision square with ethics, morals, human standards, courage, thoughtfulness, consideration of others, honesty, and the Golden Rule?
How am I influenced in my answers, sentiment, feelings and emotions, by judgment and reasoning or by dependence upon others?

Use your ingenuity in asking "How?" Like Socrates, apply your questions to your answers also. This is the search for the ultimate, truth absolute.

When you have exhausted the 5 W's and the H, you have engaged in scientific thinking. The life and work of Socrates is far better known and is more accurately recorded in history than the life and work of Jesus, although he lived and taught more than four hundred years before Jesus was born. He had no Ph D's or other degrees. His wisdom was the result of questioning, and those who seek Ph D's and those who confer the degrees accord him the place of Master Philosopher.

This is not alone the key to the solution of problems personal and domestic, but to problems of business and economics. It is more than that --- It is a technique of thinking which leads to wisdom.

It can be devastating in some fields of formal religions and in some fields of political ideologies.

Certain it is that Socrates paid the penalty with his life. He drained the cup of Hemlock but still lives as an immortal. His teachings come down through Plato and Aristotle and influence this generation and greater yet may be his influence in coming generations.

Science itself is a Socratic method of investigation. Scientists are living question marks. You and every individual can rearrange the cells of the subconscious into perfect order, and can straighten out your own thinking and thinking processes -- and can find the road to a successful way of life by ever questioning. -- It is the way to truth.

Now more than ever the general public is interested in what we term psychology. The newspapers and magazines play up anything related to the subject - often without regard to truth or taste. If it seems to relate to supernaturalism, it often gets undue display.

We have what is termed the "Sunday Supplement" psychologists, willing to accept wild and unreasonable implications, but unwilling to put forth the necessary effort to find the relation of phenomena to the laws and facts of nature.

Not only have we many who are gullible and credulous, but on the other hand we have the skeptical - the "doubting Thomases," who "pooch-pooch" even the well known and conceded facts with respect to "mind power."

There is a simple fact, which if understood, would do much to add to the happiness and success of countless people. Unhappy people often rob others of happiness. The simple fact is this: "The greatest thief of happiness and success is a mind of fear -- fear of unemployment, poverty, public opinion, of being unappreciated, unloved, of ill treatment by individuals and the world, of disease, old age and death. With understanding, all such feelings of fear and misfortune can be made to serve us constructively, which is their potential purpose in the Creative Scheme."

By questioning - we can dissolve fears and thus disarm the thief.

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

DEPARTMENT OF INSTRUCTION

WITH THE UNIVERSAL

AS YOUR GUIDE -

ACT, WITH CONFIDENCE:

We ask that you study carefully, many times, Instruction Ninety-six, that accompanies this letter. It contains that which may change the course of your life -- that which, if seriously considered and set into motion, can elevate you to a place in your development that you have long desired to attain.

And how may this come about? To one of your advanced understanding the answer is comparatively simple. You know that man is a spiritual being. By self control and self development he can unfold his latent divine powers - and thus can he grandly fulfill his destiny.

Spiritual powers exist in every individual, but few indeed are ready to pay the price of self conquest and self discipline which their development demands. You have learned in our Instructions that the Universal -- Principle -- is omnipresent, omniscient, omnipotent, omniactive -- and wholly impersonal.

It logically follows that this Principle should be used - and to use it intelligently there must be a knowledge of the laws governing it -- and it is our purpose in the course of these Instructions to teach you these laws.

You are progressing as you apply our teachings. Keep it ever in mind that you are primarily a spiritual being - believe in your divine source - believe in yourself as a part of omniscience and omnipotence -- and remember always that an attribute of the Universal is omniactivity. Conforming to this quality it is necessary to not only believe - but act.

Knowledge is not power. How to use knowledge - is power. Therefore, with the Universal as your guide, our tenet to you is - Act, with confidence.

Very sincerely yours,

THE ORDER OF THE ESSENES

By

W. H. Davis

Enc. 96



THE **Essenes**

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the Order.

Copyright 1945, by The Order of The Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 96

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

BY THE STREETS OF "BY AND BY" ONE ARRIVES AT THE
HOUSE OF "NEVER" --- Cervantes.

NEVER PUT OFF TILL TOMORROW THAT WHICH YOU CAN DO
TODAY. --- Franklin.

"WRITE YOUR OWN TICKET." -- THIS YOU UNDERSTAND
TO MEAN A GENEROUS CONSENT TO MAKE YOUR OWN TERMS.

ACCEPT IT LITERALLY -- BUT WRITE -- WITHIN LIES THE
EXPLANATION -- YOU CAN "WRITE YOUR OWN TICKET."

You question that you may determine facts, the truth - and a course of action.

"Course of action!" -- there is the rub.

You have your problems - your indeterminate moments. You think, you question - "What shall I do?" You arrive at a conclusion, right or wrong. Then what?

If there is something wrong in your life and affairs, the chances are one hundred to one that one of two things is true. You have not thought the matter through or else you have done nothing about it.

We accept for instruction only those in whom we believe there is at least a spark of a desire for self improvement. Our experience teaches us that upon self examination - a fair majority concede that their great weakness lies in the habit of hesitation - procrastination and indecision - just "putting off" that which they know they should do or that which would be helpful.

Professor James once said, "We should do something every day for no other reason than that we do not feel like doing it. To let our feelings or our stomach or our nerves or any other part of our anatomy rule us is to surrender our self-mastery, and this we should never do."

All psychologists take their hats off to James, but there is an easier and a more pleasant way to accomplish results than by the exercise of pure will power -- forcing yourself to do a thing.

Let us relate this science to another science -- selling. Let us use salesmanship, which is suggestion. A sale is best made when the prospect is led to want or desire to possess and acquire.

If there is something you should do, look beyond the doing of that thing and make a mental picture of the possible benefits from doing it -- the good opinion some other will have for you for doing it -- some benefit someone may be able to confer upon you by reason of that good opinion. Or, picture yourself as thinking more of yourself by reason of having done it -- the greater appreciation you will have of yourself as an improving person -- and by other possible mental pictures lead yourself to want to do the thing you tend to put off.

Certain it is that procrastination is a genuine cause of failure in many lives, it is a pure defect in the habit mechanisms of the individual who practices it. Continually putting things off that should be done, is a form of escape from the reality of today and is usually accompanied by wishful thinking of tomorrow - which is just asking for failure.

Inability to make a decision is a genuine character defect and has dire effects. -- Doubt and uncertainty carried to extremes make an individual flabby and ineffectual in all his relationships, and pretty generally are neurotic in origin. The person who cannot decide, first stands still; then he deteriorates. Voltaire said, "Vacillation is the prominent feature of weakness of character." -- William Wirt said, "The man who is perpetually hesitating which of two things he will do first will do neither. The man who resolves, but suffers his resolution to be changed by the first counter-suggestion of a friend -- who fluctuates from opinion to opinion, from plan to plan,

and veers like a weather vane to every point of the compass, with every breath of caprice that blows, can never accomplish anything great or useful. Instead of being progressive in anything, he will at best be stationary (hover) and more probably retrograde in all."

"It is only the man who carries into his pursuits that great quality of first consulting wisely, then resolving firmly, and then executing his purpose with inflexible perseverance, undismayed by those petty difficulties which daunt a weaker spirit, that can advance to eminence in any line."

George Eliot said, "No great deed is done by falterers who ask for certainty." Indecision has been called a disease of the will. Certainly there is sense to the observation that it can do no more harm for a man to decide wrongly than never to decide at all.

It has been our observation that indecision is sometimes a disease of excessive mental culture, where the intellect is highly cultivated and the power for action almost paralyzed. O. S. Marden observed that "The vacillating man, however strong in other respects, is always pushed aside in the race of life by the determined, the decisive man, who knows what he wants to do, and does it. Even brains must give way to decision."

The fact is that many people think they are thinking when they worry. Thinking is a purely mental process. Worrying is largely an emotional process. Becoming jittery or perplexed when a difficult problem presents itself is a certain index that fear is interfering with judgment and to stop and inquire if excitement - anger or negative emotions are not being injected into the question will often clarify the thinking atmosphere.

To go or not to go -- to keep the job you are on or get another -- to consent or refuse -- and thousands of questions that come up daily in the lives of many people are exaggerated in importance -- the consequences of the answer "yes" or "no" is magnified, and hovering over the decision has more dire results and causes more mental anguish than would the wrong decision.

The man of affairs has many problems; he must make his decisions; otherwise he will be swamped with undecided problems and with these he is counted neither executive nor a "man of affairs."

The man does not live who has not made many mistakes. If such there be, you can depend upon it he has never done anything worthwhile, and will leave no "footprints in the sands of time."

Making mistakes is experience. It is the fire that makes fine steel. The business man whose decisions are fifty-one percent right has his balances in black. The vacillator is the one who requires red ink for his ledgers.

If you have been a "hoverer" in the matter of decisions - your mind is like the desk of the man who has all his papers in a pile on top of it. The desk of the ideal American business man has nothing on it but a clean blotter. He is ready for the next matter at hand.

Look back over your life at the problems that have perplexed and

made you jittery and have hung on for long periods. The outcome was never as painful as the anticipation of the decision being wrong.

Assume the attitude that nothing is more important than peace of mind. If a mistake is made in judgment, the consequence will present a problem the solution of which is clear cut and unmistakable -- that every problem has a solution -- that "this too will pass away."

Now back to our James advice of doing something by the pure force of will, as a matter of discipline.

When you are presented with the intuitive consciousness or urge that you should do something -- and by habit you are about to put it off, and say "tomorrow," think of yourself as an improving individual, see yourself as one with mind superior to doubt and fluctuations. Feel within yourself the power to will and do. Have confidence in your own power to carry out whatever you will to do and that you are one who easily knows and dares to do all that becomes a man. In your imagination see and feel the strength that will be yours by overcoming the inertia - that it will give you a power and a radiance that will shine forth - will become apparent to others, and will pave the way for confidence in you - by you and others.

Then will you have sold yourself the idea, then will you want to do it as a great experiment to test the great principle of the universe that as you give and do it will be given and done for you. You will look expectingly for results -- this is the substance of the materializing agent. Thus it will not be a pure matter of forcing yourself - the exercise of will power alone - but the flowering of desire.

It is our mission to be helpful - and every device that we can present that will help you over the halting, hesitating, procrastinating, hovering and fearful stages, we feel it our duty and privilege to present.

Dealing with thousands we daily are presented with a panorama of "minds of many hues."

Strange indeed it is, how many people have a dread of writing. This is the principal item of "put off" with so many - and in all probability it is the key that will unlock for many a treasure chest in character building - problem solution, and personality development.

Do not understand that we are urging anyone to write books - or take up writing as a profession. That is for those whose hearts are set upon it and who have the mental abilities and the storehouse of knowledge, experience or imagination to draw upon to make what they have to write of service to mankind. We would say a word upon the value of man writing for his own benefit as an aid to the easy and correct solution of his own problems, as a guide to his expression, as a way to find the pathway of accomplishment, and the correct formation of a consciousness that will materialize his ardent desires and bring fulfillment of his prayers.

You perhaps are one who "does not like to write" -- and we advise you to write! Then and there is the tendency to "put it off" -- "try it some other time" -- you procrastinate.

Yet you want a solution to your problems, perhaps to find a life ambition, to find what you want to do - a desire about which to pivot or a prayer that can be materialized.

We assure you that if you will just get some paper and a pencil you can work magic in your own life. Of course this "magic" will be a perfectly natural result. The reason of it is simple. The mind to function at its highest level must have definite concepts - not hazy, cloudy and indefinite "wishes."

What is it that writing is going to give you? Words, of course. - If you have read your Bible or heard religious discourses you have often heard much about "words."

What is the object of words? To convey meaning.

You want to put meaning into your life - your efforts must have meaning. Meaningless thinking and meaningless action is the ruin of most lives.

Meaningless thinking, you say, is going to be helped by writing words? That is just what we say. The world's achievers, those men who have brought America to the highest level of accomplishment in recorded history universally testify that they have written outlines of their plans and listed abilities, talents, interests, and requirements needed to accomplish their cherished ambitions.

Why should that be unusual? Why is it not perfectly natural?

If you have a problem in mathematics much above the grade of 2 & 2 is 4 you put your figures down on paper. You add - you multiply - you divide - you subtract - you get your answers and you thereby clear your mind for the next step. You do not try to carry it all in your head as each new answer is to be further handled in the process of the search for the final result.

Do you imagine that a life problem, which so worries you, is less important than a problem in mathematics?

In helping in the solution of thousands of life problems we have universally found that the great difficulty was that the subject always viewed his problem subjectively - and not like an engineer on a project - objectively. Always there was emotion and fear intermingled with the approach to the problem, and unaided he never got past the first considerations -- here he hovered -- no wonder he never reached the detailed consideration of the elements involved.

"Granted," you say, "I am to write -- what shall I write?" That is what the questions in the previous lesson are for. Take your problem -- Ask the questions. Write the answers. You will marvel at the thoughts that can and will come to you as you write. It works out this way: When you have one idea down on paper it clears your mental machine for another and related idea that is buried in the subconscious or universal mind; just as taking a total on an adding machine clears it for the next figures with which to work.

As is usual with the "putter offer" - you say, "Oh, I have no particular problem." Right on, we say, try writing. You have a marvelous experience and a thrill ahead - if you do. Just put that paper in front of you and take pen or pencil in hand. There will be

a direct wire (nerve) connection to the brain. You have wondered and doubted about grasping thoughts from the universal. It has all sounded weird and strange to you — You could not experience it — "Do as we request and the experience shall be yours."

You want suggestions as to what to write? Write any words that come into your head — "Mind wander" on paper for a change. When you have written a word or words — then write about why that word or idea came into your head. If it is a proper name you write, answer the question in writing why that came. Then wander off to writing a description of why I like or why I don't like that person. Then write a description of what he does that makes you like or dislike him or her.

Another suggestion: People want to be noticed. People want to be considered important. People want to win (in arguments and in life). The "builder upper," who is sincere and always finds in others something to commend, and expresses that appreciation or commendation is surely — even if unknowingly — building a pleasing personality. It is just the law of the universe that as you give so shall it be given to you.

So why not try writing the names of people you know — if nothing else grasps your mind — and then writing opposite each something you could say to them that would give them a renewed faith in themselves, or would let them know that their good qualities are appreciated. (Do you remember the poem, "I know something good about you.")

Remember! No attempts at "fancy" writing — Just express what comes to you. Spelling makes no difference. This writing is for you and you alone. You may find it slow and difficult to find the right words at times — but that is good. Writing makes an exact man. You will feel a triumph and a thrill when the right word comes.

Go at this like a game — not once but often. If you had a "Ouija Board" and believed that by laying your hands on it and asking questions it would tell your fortune — you would be thrilled and interested and want to do it — Well! The fact is that if you will just put the paper in front of you — take the pen or pencil in hand and write — and keep writing you will have your fortune told — a true fortune — and you will be on the road to your fortune.

"LeBaron Russell Briggs, former Dean of Harvard College, was one of the ablest Professors of English this country ever produced. He taught for forty-two years and was instrumental in revolutionizing the teaching of English composition in the United States. Together with Professor Adams Sherman Hill, Briggs insisted that an obligatory course in writing English must come in the freshman year. And, together with Barrett Wendell, he developed the idea of the daily theme. It made a vast amount of work for the teachers, but the way to learn to write was to write, in daily practice on a variety of subjects."

"The roster of his students includes such well-known editors and writers as Frederick Lewis Allen, Editor of Harpers; Edward Weeks, Editor of the Atlantic; Edwin Balmer, Editor of Red Book; Robert Benchley, John Dos Passos, H. V. Kaltenborn, and Conrad Aiken. There were many more." Thus wrote Henry James Forman of Dean Briggs.

A "flow of ideas" is a much desired end. Writing does provide a channel for the "flow." Stagnation of ideas results from lingering over one idea and not advancing the next step.

We are sincere in urging you to write and keep writing if you would contact the infinite and step by step learn that you are a great electronic receiving set, and can attune to things cosmic, and thus know the part played by the ether of space as its forces play upon the brain and produce what we know as mind.

Great writers take only one step at a time. Each idea they reduce to writing brings on another. It's an endless chain. When one idea is reduced to writing it clears the mind for another. You and most of us do not clear the mind often enough; we keep hovering around an idea that should be dismissed that "we may be ready for the next piece of business." Writing is like laying a track over which the mind can travel. Distance and far stretches in thinking will come to any man who practices writing - instead of depending upon silent thinking or even speaking.

Why? - It is a form of expression. Life is evidenced by expression. The greater the expression, the greater the ability to express. It's just another example of the principle, "As you give or do, so shall it be given or done unto you."

The mind needs exercise, as do the muscles - The nerves are better transmitters, the more they are used. There is a principle in life that as the nerves are used for the transmission of forms of expression, the greater will be the source of supply of expression. It taps the universal and that is limitless. Nature supplies to man only that which he utilizes.

Thinking mentally is like mental arithmetic. It can go just so far. -- "Thinking on paper" extends your horizon. Writing is a Ouija Board that really works.

Why do you have to have a three-legged little table, moving about on a larger lettered table to get a message -- and an unwritten one at that -- when pencil and paper are available, and the message will be a recorded one.

Now if you just try this suggestion, you will think more of yourself for having tried it -- and if you persist and do it often you will write "your fortune" - and the remarkable thing about it is - you will do the thing you have hesitated about. You will no longer procrastinate. It is the secret of "a new birth." It works and therefore you will love it. This is a form of meditation. It brings on, pleasantly, concentration. It is, in the language of the street, "good medicine" and "what the doctor ordered."

Write your way to fortune. It is the "right way." It is the way to a "life" -- and living will be easier, more pleasant, more profitable. -- Your clouds will dissipate if you just follow through -- May peace be with you - and the universal guide you!

* * *

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE
TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

DO NOT RESPOND

TO ENCORE OF ERRORS.

Man changes by growth -- not by magic. The human body is never defeatist in its make-up. It always strives for perfection. It always fights. You know that life is evidenced by the constant endeavor of organisms to harmoniously meet existing conditions.

Be mentally as good -- and all good will be yours.

The very essence of manliness and of character is self control. Why stress that, you ask? Because when you attain self control, you do control your thinking -- that is what self control means.

With thinking under control, you can, over the network of the nerves, send messages of courage, confidence and conviction. These are picked up by every organism and they respond. It's just telegraphy that sets human mechanisms to work.

We have heretofore stressed that every particle of the body changes in less than seven years, but "no chemistry human or divine, can entirely expunge from the mind a bad picture" -- and it is divine chemistry that not only the body, but man's affairs, change with a change of mind.

From Instruction Number 97 we hope you grasp what it is that moves upon and moulds the building blocks of the universe. You possess it. Right-use-ness is the sole prerequisite to life "more abundant."

Your difficult experiences have had countless parallels in the lives of others. Those who drew mental pictures of defeat were generally defeated. Those who looked upward and not downward, accepted on faith that there is a way out of every difficult situation, and kept their minds clear -- and unclouded by negative reactions, universally came through better for the experience.

Recount your own difficult experiences. You lived through them. If you fretted, worried, and reflected a bad spirit, you can now appraise how it hindered and delayed solution, and can now fairly judge how useless were your fears and tensions.

Every mortal man makes errors -- the wise man does not respond to encores. Experience has value -- use it. Meet every situation with calmness, serenity and confidence in the outcome, and thus you cast the moulds which divine chemistry will fill in accordance with your mental concepts. That is the way the world is set to work. -- Accept this as true and for you it will bring untold blessings. -- It induces growth -- There is no magic.

Sincerely,



James



THE Essenes

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the Order.

Copyright 1945, by The Order of The Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 97

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

TO UNDERSTAND THE TRUTH OF LIFE WILL MAKE YOU WHOLE ---
SOUND IN BODY, MIND AND SPIRIT, AND YOUR MATERIAL AFFAIRS
WILL CORRESPOND.

A DEEP AND SATISFYING PEACE IS THE PRIME NECESSITY,
WITHOUT WHICH THERE IS INTERNAL STRUGGLE WITH UNPLEASANT
BELIEFS, AND CONSCIOUS MIND IS DIVORCED FROM UNIVERSAL
MIND.

HEREIN WE POINT OUT THAT LIFE IS INTELLIGENCE, AND
THAT THIS INTELLIGENCE, UNPOLLUTED, IS THE CURATIVE
AGENT.

THE CERTAIN TREATMENT IS TO KEEP PURE THE WELL-
SPRINGS OF LIFE -

PEACE BE WITH YOU ---

A LIGHT ON THE PATH

A hundred radio broadcasts are possibly present where you are. Your radio you attune to one. It magnifies and multiplies that one, and shuts out the hopeless jumble of all the rest -- and you have clear reception.

You are in effect a radio receiving set for the thoughts that are universal. You can attune to the destructive and negative thoughts as well as to the constructive and positive. All power can be used constructively or destructively.

How is this human attunement regulated? We go back to the principle involved in selling: First comes attention -- next interest - and then desire.

You are so constructed cosmically or spiritually that you will attune only to those thoughts to which you give attention -- to those in which you have centered interest, to those related to your deeper desires.

If you seek not truth and understanding your attention is self centered. You are not giving attention to right-use-ness, you are not interested in the fundamental things which can and do produce health - happiness and prosperity, you are giving attention to the created and not to creating.

The result is that your intuitions or inspirations are not satisfying -- your attunement is faulty. Your confusions of thought are pure static.

From the examination of countless situations we find that emotions, fears, dreads, and negative moods and attitudes are prevalent in the mental realm of those who fail to get results -- and far too often we find that behind the attempt to attune to universal intelligence is the desire to change, alter or control another. Put thine own house in order and by the law of induction or attraction order will prevail in the aura of peace you carry with you. It is as simple as carrying a light into dark places.

It does seem a slow process that we must change our way of life, our mode of thinking and our habitual practices to get results -- but there must first come peace and poise and a desire for the better way of life.

This does not mean any withdrawal from the activities of life - (only those maladjusted to life do that) - but it does definitely mean that if there are negative forces operating in our lives, we must not center attention upon them - and our interest must be directed from them. There must be a substitution of interests. Our energies must be directed to the attainment of the desirable, and not to the elimination of the undesirable -- to building, not to destruction.

We are all living in our own thought worlds. If it is not to our liking, then the logical and the effective thing is to change our thinking processes - and remold our destiny. We must learn to identify ourselves with our desires, affirm that they "are," not that they "are to be."

Life is intelligence. You are in a sea of intelligence. It is

in you and you are in it. In it you have your being. The real you is a part of the Universal ---

In the course of these instructions you have come to think of it as an energy, a force and a power, and such it is.

We have come to think of it and know it as electronic in nature - and by the process of reasoning we must have arrived at the conclusion that our minds are the instrumentalities through which this invisible but intelligent energy is operating. The process of creation is by thought or idea. All observation and all experience teaches us that intelligence is the creative force of the universe.

Therefore the statement that "Thoughts are things" is literally true, - perhaps a "projection of energy" -- and it will be helpful to realize that when you "think" you are "doing something" - and it is creative.

To create means to mould, shape or form something out of existing material, and certainly does not mean to make something out of nothing.

In the very outset of these instructions we set forth and demonstrated to all reasoning minds that "all things are here and now." As we progressed we have clearly presented the findings of science with respect to "the building blocks of the universe" -- the electronic units of the ether of space.

An intellectual understanding of Life Science is not enough to bring forth health, to produce happiness, or materialize prosperity. There must be a spiritual grasp of it, which means that you put into practice the principles learned and observe strictly the laws of life, and you exercise faith, which means that you live in the now your aims, ideals and ambitions.

You must first realize that this is an orderly world governed by laws and that natural processes will operate for good.

Whenever you discover a zinc mine you will find that the crystalline forms of the zinc ore are always the same. When you discover lead ore you will find it has certain forms.

If you will take table salt and dissolve it in water and then evaporate the water, you will find that the salt will go back to the crystalline forms it originally had in place in the earth.

We point these things out to show you that nature works unerringly.

The human body is a collection of some twenty-six thousand billion separate and individual cells, and we have pointed out that these cells have a separate and distinct existence and it has been demonstrated that these cells can live and grow and multiply apart from the body if given proper nourishment and conditions.

These cells go to make up the tissues and organs and muscles and nerves of the body, and each has a distinct function and purpose, and to make a whole, healthy and hearty man each group depends upon every other group, and there is perfect cooperation.

Now these cells are made up of millions of molecules, and each

of the molecules is made up of millions of atoms, and these atoms are made up of electrons. These electrons are little worlds in themselves, and are fashioned much the same as our solar system, with space between the neutron and the whirling electron which is comparative to the space between the solar bodies.

These constitute what we have often termed the building blocks of the universe.

As a part of the assembly of units in the body there are thousands of automatic mechanisms which maintain order and which function as we have pointed out, by direction of the subconscious mind, and we ask you to remember that the subconscious mind is a part of universal mind, and these mechanisms perform their tasks better than any machinery man could devise, and within the body from the foods we eat and the sunlight and the other forces that play upon the body, there are thousands of different chemical compounds formulated within the body, and these different compounds undergo many changes before they are finally used.

As pointed out, these functions go on without conscious attention, from the cradle to the grave, and their functioning would be perfect were it not interfered with, and this means that man would maintain perfect health, and that that is his natural state.

What is it that can interfere with this normal, natural functioning? --- poisons, physical injury, and greatest of all, man's way of thinking.

When a poison is thrown into the body, nature endeavors to manufacture and meet the situation, following the life principle of the constant endeavor of organisms to harmoniously meet existing conditions. If a cut or an injury is received, the natural process is to throw the healing agencies into the task.

When man engages in fearful thinking, the subconscious accepts the condition as natural and all organisms function accordingly. Therefore the greatest danger and the greatest injury is done by man's thinking.

Medical science gets its clues from external signs and treats conditions, and the effort is to assist nature, but they do not determine the cause of disease by external signs.

When we learn that there is in all cases a lack of adjustment within the mind of the patient, then will come about understanding.

We are rapidly approaching that period. The medical profession is recognizing that the mental state of patients has much to do with their physical ailments, and this includes organic diseases.

Dr. Norman Treves of Memorial Hospital, New York City, one of the world's outstanding cancer specialists, has emphatically stated that the mental attitude of a cancer patient can have a direct bearing on his condition. Quoting Dr. Treves directly, he says:

"The different mental outlook of a man who believes his condition to be absolutely hopeless, from that of a patient who believes that he has even one in a thousand chance to recover, is enormous. Even against hopeless odds, one may most infrequently expect spontaneous regression and even disappearance of an advanced cancer." ---

--- and he stated that there are several hundred cases known in which cancer patients have completely recovered without medical aid.

It is true that this is a reiteration of former statements in these instructions that doctors have long recognized that a discouraged, hopeless mental attitude will delay or altogether block recovery from many illnesses, and that fear, jealousy, hatred, and other negative attitudes actually produce many sicknesses and diseases, and in these instructions we point out varying mental attitudes which seem to produce specific ailments, such as asthma and hay fever, stemming from feelings of inadequacy or a feeling of inability to meet situations; rapid decay of teeth, often stemming from upsets in the love life; stomach ulcers, originating in repression and concealment.

All of these negative mental attitudes create tensions. The negative message of fear is flashed from the mind. This, in effect, is an idea or a thought of something that will effect the individual, and the nerve that carries the message, by reason of the message, is tensed, and as a natural sequence, the muscles are tensed, and this brings about a tension or tightening about the arteries, the veins and the capillaries, and the whole life process is upset, or interfered with.

Now the Universal Mind, working always for good, is in charge, and the process of recovery is naturally to put Universal Mind back so that it can work uninterruptedly.

If we call Universal Mind "God," then Christian healing can be understood, so mind healing or Christian healing works itself down to the simple basis of bringing a deep and satisfying peace to the patient, and healing will naturally follow.

Physical disease and mental disturbances go hand in hand. The subconscious mind is a part of Universal Mind, and it always brings healing, and interior mental conflicts always change the natural process.

The object, therefore, of Life Science, is to bring to you an understanding of the truth of life, and when this is accomplished, physical healing takes place and material well-being is a natural sequence.

Fear thoughts being destructive, by reason of tensions and disordered functioning, any religion which depends upon fear to induce a way of life is fundamentally unsound.

If the religionists in speaking of the fear of God, would explain specifically that by fear was meant a wholesome respect for Universal Mind and the universal order, then it would lead to understanding, and when they speak of the love of God, they would explain that man should love the natural order of things, because it leads to perfection, then would results be more wholesome.

One of the most positive statements in the Bible is that man is made in the image and likeness of God, and that the Kingdom of Heaven is within us. A proper interpretation of this is that God is Universal or Divine intelligence and that our life and intelligence is a part of and inseparably connected with the whole,

and that the divine order of things is within man, and without interference by man's exercise of his free will, it will work for good in all things, because that is the nature of the Universe, and the great secret of the use of this divine power is to have an interior awareness of man's contact with the Universal.

The Science of Mind, Life Science, Christian Science, Divine Science, and metaphysical healing will be effective when man can let go of his conceptions of disorder, disease, lack, and fear, and can see order, health, plenty, and faith, and can bring himself to realize that that is the natural order within him and within his surroundings and can act in accordance with his faith.

This means an open mind, a reliance upon intuition and inspiration and the recognition that spirit is a very real thing.

Our analysis of mind, which is the play of forces upon the brain, takes all of this into consideration, because the forces that play upon the brain are the forces from the sense organs, the forces from the organisms of the body, and the forces from the ether of space.

When the mind by the play of all the forces upon it creates a concept and a definite picture, and that picture is held in consciousness, it is the creative force which works upon the building blocks of the Universe, and "out of something" something is created, and it is in accordance with the mental pattern, because intelligence is the sole and only force of creation. It is that to which the building blocks of the Universe respond because it is an electronic force working in an electronic field. -- Thus are life patterns made.

When man realizes this, he will consider that the Holy Place is within him, and he will give due attention to the proper interpretation of the things he senses by the sense organs; he will regard the organisms of the body as Holy, and will give due attention to proper food, breathing, bathing, posture, and physical environment, and he will pay heed to what is termed the dictates of conscience, and he will recognize that he is a part of the whole and like the whole will work for love, peace, and service, and when he does, he will ever have the attitude expressed by many in this way: -- "The Lord is on my side, and everything works for good, and I can do no less and shall work for the good of all mankind, because life is a whole, my life is a part of the whole, and the life of every man is a part of the whole, and the brotherhood of man is possible and will come about, and I must do my part to help bring it about."

All fear is basically rooted in some uncertainty about the welfare of the self.

All faith rests upon an understanding that spiritual man is perfect, that at the very center of man, the neutron of the electron, so to speak, is a Divine Pattern, which will work itself out into Manifestation if we will just "let it". The invisible becomes the visible - an observation of all nature teaches.

Seek a "new set of the soul" -- have faith in this new ideal -- affirm that it "is," and live accordingly - and you have a light on the path.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

IT POINTS TO A SATISFYING WAY OF LIFE: -

Understanding the atomic structure of the universe and realizing that every word, thought and act has its effect upon the building blocks of the universe, you are aware that you are building a life, creating your own destiny, selecting "your mansion."

"Build ye, more stately mansions Oh my soul!" does have meaning -- a desire expressed, - a prayer. "In the Father's House are many mansions" is simply an expression indicating that your career is one you can choose and materialize.

When you are fully conscious that this is a foolproof world, you are ready, block by block, brick by brick, to build for yourself security, peace, and material well-being.

Going back many, many weeks in these instructions, we find we must first have a vision, a plan or purpose. If there is confusion, discord, vascillation or frequent changing, how can Universal Mind create. -- You provide no definite model -- you create no substantial mould.

If your mind wandering - "wool gathering" unstable mentality doesn't leave you or your closest friends any idea of what you desire, or where you are headed, how can the Universal mind which is subjective carry through a constructive job for you?

In the simple, effective and all inclusive working formula of attainment next comes DESIRE. Read this instruction carefully. Desire is basic -- all phenomenon stems from it.

Next comes confidence or faith. You can know positively the world functions in accordance with the laws. Fear is the opposite of faith in one sense -- and in another it is faith itself --- faith in the thing you do not want.

Study well this instruction. It is neither superstition nor speculation that your thoughts do travel the etheric waves and affect the universe - and all medical and healing practices are now giving recognition to the "Psyche" as cause and cure in human ailments.

The world's business institutions stand or fall in accordance with the ideas or thoughts behind them.

If you do not share satisfactorily in this world's blessings -- reorganize!

Yes, reorganize your thinking. Life Science points to a satisfying way of life. -- Review -- Reorganize!

Sincerely,



THE Essenes

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the Order.

Copyright 1945, by The Order of The Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 98

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

IF YOU WOULD WORK OUT YOUR PROBLEMS AND WOULD BUILD FOR YOURSELF NEW AND MORE BEAUTIFUL EXPERIENCES, YOUR GREATEST NEED IS A QUICKENED APPRECIATION AND AN INTELLIGENT UNDERSTANDING OF MENTAL AND SPIRITUAL VALUES.

ACCEPT WHOLE-HEARTEDLY THE TRUTH THAT THE NATURE OF YOUR EXPERIENCES IS DETERMINED BY THE NATURE OF YOUR MENTAL IMAGES -- AND "BUILD YE MORE STATELY MANSIONS" IN THE MENTAL REALM - AND "ROUND ABOUT THEM" DESIRE WILL RALLY. DESIRE IS THE MOTIVATING FORCE OF THE UNIVERSE. -- WITHIN THESE PAGES YOU LEARN THIS SIMPLE FACT.

MENTAL FORCE IN THE WORLD ORDER

We have often spoken of Universal Mind and omnipotence (meaning all power) and omniscience (meaning all knowing-ness). Here we have combinations of mind and power. This for the purpose of understanding we will name Intelligence Force. When we use the word intelligence in this connection we use it in its fundamental sense, and separate it from the meanings we usually associate with intellect, as applied to humans, who can reason, decide, and act according to choice or will.

That there is a universal mind or intelligence force we must know -- not leave it to a matter of speculation or blind faith or in the realm of mere beliefs - or religious acceptance.

Can we know it, you ask? Yes -- In exactly the same way that we know electricity - gravitation or magnetic properties. These we know by what they do. We see the manifestations, we know the effects and we utilize the power. This Intelligence Force or power can likewise be utilized by man when he understands it - has a consciousness of its existence and its powers and the laws governing it.

This intelligence power pervades all space and is in all things, animate and inanimate, organic and inorganic - and is evidenced in an unending variety of forms and phases.

Follow us closely in this instruction. If you ever studied carefully, apply yourself to this one. It is made so plain and understandable that you can grasp it. You have been prepared for it by all previous instructions.

Science, as you know, claims that physical or material energy pervades all space and is immanent in all things -- This is demonstrable or capable of satisfying proof.

Mark this well! We agree that there is a physical or mechanical force present in all things, but it is not the Intelligence force or power we shall prove is present, but this material force is a result of the living mind force we term Intelligence power or force -- the action of Universal Mind.

We teach that this Universal Mind is an actual living force -- not some theoretical nothing or an abstraction - but is a mental acting force manifesting in all things and that all material things are what they are as a result of this acting Intelligence - and that all mechanical - material and electric power stems from and has its source in movement or energy, resulting from this mental or Intelligence force operating in the building blocks of the universe - the electrons and atoms.

Luther Burbank said that this universe is not half dead, but all alive - and that his research and experiments had convinced him that this was not a dead material universe, but was a universe which is absolutely all force, life, soul, thought or whatever name we might choose to call it.

Burbank must have arrived at this conclusion by reason of his observation of plants absorbing the minerals of the earth, and their conversion into living plant cells, and man eating the plant cells, and noting the conversion into animal cells, and thence to blood - bone - muscles - organs and brains.

Who is there who could observe this and not conclude that all nature is one in its essential elements, and that she is alive and possesses Intelligence power.

Scientists agree that life is potential in matter and that life-energy is not a thing unique and created at a particular time in the past. That living matter has been evolved by natural processes from matter which is, apparently, not alive.

Dr. Saleeby says, "If life is potential in matter, it is a thousand times more evident that mind or intelligence (as we use it) is potential in matter." Illustrating in this way: "The microscopic cell, a minute speck of matter that is to become man, has in it the promise and germ of mind. May we not then draw the inference that the elements of mind are in those chemical elements -- carbon, oxygen, hydrogen, nitrogen, sulphur, phosphorus, sodium, potassium, chlorine -- that are found in the cell." --(You will remember that in earlier instructions we gave you these elements in the make-up of man).

Dr. Saleeby goes further, saying: "Since we know that each of these elements and every other is built up out of one invariable unit, the electron, we must therefore assert that mind is potential in the unit of matter - the electron itself."

The French Scientist, Flammarion, says: "The Universe is a great organism, controlled by a dynamism of the psychical (mind) order. Mind gleams through its every atom. There is mind in everything, not only in human and animal life, but in plants, in minerals and in space."

Professor J. A. Fleming, in "Waves, Air and Ether" says: "In its ultimate essence energy may be incomprehensible by us except as an exhibition of the direct operation of that which we call mind and will."

Dr. Robert S. Williams of the Massachusetts Institute of Technology, in a General Electric Science Forum radio program, said, "Most of us think of metals as being cold and unresponsive and yet they are so much like human beings that many of the terms we use about each are well recognized in metallurgy. Metals may be hard or soft, strong or weak, tough or tender. They get tired and have their diseases. Metals are temperamental. Like human beings they have weaknesses as well as amazing strengths."

This we know; that minerals and all forms of matter, are composed of infinitesimal atoms or particles; that these particles or atoms combine by reason of some inherent "attraction" existing between certain of them. The scientist calls this "chemical affinity" -- Now just what is "chemical affinity?" It is evidence of mind or intelligence. It is a manifestation of likes and dislikes - loves and hates.

Haeckel, the scientist, puts it this way: "The idea of chemical affinity consists in the fact that the various chemical elements perceive the qualitative differences in other elements -- experience "pleasure" or "revulsion" at contact with them, and execute specific movements on this ground."

Note that statement carefully. "Perceiving" is a mental process. It is a form of intelligence. So also is experiencing "pleasure or revulsion." You will remember the quotation above from Flammarion. - With him Cope agrees in this statement: "The basis of life and mind

lies back of the atom, and may be found in the universal ether."
(Remember this is the ether of space - one of the forces we pointed out as playing upon the brain from which mind results).

Hemstreet says: "Mind in the ether is no more unnatural than mind in flesh and blood."

Here is a logical conclusion and the only possible conclusion -- This ether of space is Universal Mind or Intelligence force as we use it or is contained within it. It is the only force within and without all things. It is the universal.

We have learned in these instructions that no two molecules or atoms or electrons are blended. There is always a space between them, which has been said to correspond to the spaces between the celestial bodies. They have within themselves orbits of movement. Within these tiny spheres is the ether of space.

Reasoning further -- We find what the scientist calls "chemical affinity" -- these "likes or dislikes," these "pleasures or revulsions." There is no question about this attracting or pulling power in operation between these minute particles of matter. We find that one atom becomes aware of the presence of the other atom. This awareness is in itself evidence of mental operation or mentation or Intelligence force. They fly together or repulsion takes place and thus there is movement. This is physical or mechanical movement -- vibration. The point of importance is that there is a mutual pull between these atoms that are to unite to form the physical. This mentation or Intelligence or Universal Mind operates - and each voluntarily moves toward the other - its "affinity."

It cannot be electricity or magnetism that thus draws or pulls one to the other. - Electricity is produced by a rate of vibration - the atoms moving.

Let us move over into the field of humans -- We know that living organisms produce electricity - and we likewise know that the brain produces electric current - that they are measurable. We can therefore logically draw the conclusion that mentation or mind action or Intelligence forces create electricity.

Science holds that light, heat, electricity, magnetism, and all forms of physical energy result from the vibrations of the particles of matter.

Follow this closely! We shall use the Socratic method of investigation -- We question.

If all forms of physical energy result from vibrations, what causes the vibration? Motion of the particles -- nothing else could.

What causes the particles to move? The attraction and repulsion existing between them.

What causes the particles to exhibit this attraction and repulsion? The ability to perceive sensation - likes and dislikes - and to respond thereto. And this is a manifestation of Intelligence - as used herein - or mentality.

To fix it in our minds, let us review this in reverse order.

Universal Mind or mentality or Intelligence power in the units causes sensation and a response. The response is attraction or repulsion. Attraction or repulsion is motion to and fro. Motion of the particles is vibration. Vibration causes the manifestation of light - heat - electricity - magnetism and all forms of physical energy.

Then, is it not inevitable we must conclude that Intelligence power or force is the fountain source of all energy or force?

We again revert to our distinction between this Intelligence force - or Universal mind, and the intellect as commonly accepted as an attribute of man. We re-emphasize that the mind of man is a part of Universal mind. Universal mind in one of its phases is an elemental and basic force and it can be called into operation and can be directed by the intellect or man's mind.

From a consideration of the above we observe that there is a transference through space of mentation or mind action even in elementary forms of substance and physical things.

Those who have observed or read respecting bees, ants, birds, dogs, and animals of all kinds know that it holds true in the world of insects, birds and animals. There can be no question it holds true in the case of humans. The experiments conducted by Professor Rhine of Duke University under controlled conditions leave no doubt that man can receive and transmit thought by other than physical means. - Extra sensory perception is an established fact.

Our mental or psychical forces create a movement of ether, which transmits itself afar like all movements of ether, and becomes perceptible to brains in harmony with our own.

By our preparation in this course we are ready to understand that there is nothing unscientific and nothing romantic about a mental or psychic action being transformed into an ethereal movement. We have studied the telephoto - the telephone and other mechanical and electrical appliances where transformations of forces take place. -- The mind can and does have "long distance" effect.

Can and does thought or mental or psychic action affect material substance? This question naturally arises from the consideration of the above.

The answer is Yes. This becomes of vital importance in the matter of our own health and well-being. A thought affecting for good or evil the material substances of the body is demonstrable.

Crystallization is the phenomenon produced when the infinitely small particles of a substance combine in a certain order. We have heretofore pointed out that minerals formed in the earth have certain distinct forms -- one for lead -- one for zinc, etc. They have certain geometrical forms, some of which are visible to the naked eye. -- A few drops of human blood mixed with a solution of copper chloride, if spread upon a sterile glass plate and allowed to evaporate will give you crystals with distinct geometrical design. If this blood is from a healthy individual, it will have one design, if from a person suffering with anemia it will have another design, and if the person has a cancer, it will have another design, and so on through the different human ailments.

Twenty years Dr. Ehrenfried Pfeisser, a Swiss scientist has worked on this. Dr. Begouin of the faculty of medicine of Bordeaux has

collaborated. - By examination of blood crystals he diagnosed thirty cases of cancer out of thirty-one correctly. The thirty-first case had syphilis in addition to cancer. His record was eight correct out of nine in tuberculosis cases and in the ninth case a mastoid and meningitis were present in addition to tuberculosis.

When a sheet of glass containing nickel oxide is placed in front of an ultra-violet ray lamp a blackish light results. And when various objects are examined under this mystical black light they reveal characteristics which ordinary light will not show.

To Dr. Ottor Reche, of the University of Leipzig, occurred the idea of taking samples of human blood, allowing the blood corpuscles to settle on the bottom of the tube and examining the clear, yellowish serum, remaining on the top of the tube under this black light. Under the black light of the ultra-violet lamp these serums of blood presented different colors, hues varying from yellow chartreuse and olive green to turquoise blue, bluish white and purple, some of them transparent and others of milk-like density.

The next problem was how to read with certainty the messages given in the code of these strikingly different colors. Each serum was diluted and purged of all possibly fluorescent bacteria by careful sterilization. The solution of the problem became obvious when one viewed the intense contrast presented by the serum of a healthy person to that taken from the blood of a diseased individual.

The emanations from the blood serum of all healthy bodies was in each case a feeble glow in the same dull pale or dark olive green, whereas serums from the blood stream of sick persons gave off a light that was vivid in color and of notably increased intensity, thus offering palpable proof of the fact that disease works changes in the blood which come to light under the influence of the ultra violet ray. When further study showed that a tubercular serum has one color, while cancerous blood serum always radiates another, and arteriosclerosis still another, the conclusion was that various illnesses may be identifiable through their own specific color.

While there is much to be done, and by no means all diseases have yet been classified by color, a notable improvement in the mechanism of the apparatus now enables physicians to observe that in some diseases the emanation is characterized by certain lines which are absent or dimmed in others.

Now let us tie together all of this understanding that we may discover the unity of Intelligence Power and the material as we see it. Again let us use the method of Socrates -- Why do we have these crystal-forms or geometrical designs in the material?

Because the units or particles of which they were made up - were acting, as do all the units of all material things, under the influence of mentation of universal mind. In accord with intelligence - or mental pattern and influence, to make it clear.

Why the various colors from the blood serum? All colors are due to a vibratory rate of the material substances composing the material. - - Vibratory rates have their origin in the "affinity" - "likes and dislikes" of the units going to make the substance. "Affinity" and "likes and dislikes" are Intelligence forces.

Study "affinity" and "likes and dislikes" for a moment. - Can you not discern through this a relationship to "desires" - one of the elements in our program of attainment. As one of our most thoughtful and discerning students expresses it:

"Everything in this world and universe functions according to basic principles and laws. All is system, order, and harmony. The world exists for the education and edification of mankind. Only can he make his greatest contribution to society and thus secure the greatest satisfactions for himself by discovering his true self and the interrelationships that exist between the various phases and aspects of life - physical, mental, spiritual, intellectual. He has a function and purpose in life which he alone can discover, and he must become conscious of his stewardship not only of the material things but also of the use he makes of his emotions, thoughts, ideas and ideals. Man finds himself in an Infinite Universe of SPACE - no end, no beginning - a fact incomprehensible to mortal mind which thinks in terms of material, all of which has a beginning and an end through disintegration only to be reincarnated in other structures and forms. This space, however, is pervaded by Spirit Force, which when sufficiently slowed up in vibration condenses and consolidates into forms that may be seen, handled, or felt, This is the material world which is ever oscillating between the seen and unseen form - the cycle of eternal life."

It was Emerson who said that education "should be a delightful unfolding of the faculties in right order - the organic law of learning -- is to observe the order, to keep down the talent, to enthrone the Instinct. There must be the perpetual rallying and self-recovery; each talent links itself so fast with selflove and with petty advantage that it loses sight of its obedience, which is beautiful, and sets up for itself, and makes confusion. Falsehood begins as soon as it disobeys, it works for show, and for the shop, and the greater it grows, the more is the mischief and misleading, so that presently all is wrong, talent is mistaken for genius, dogma or system for truth.... The great object of education should be commensurate with the object of life. It should be a moral one; to teach self-trust; to inspire the youthful man with an interest in himself; with a curiosity touching his own nature; to acquaint him with the resources of his mind, and to teach him that there is all his strength, and to inflame him with a piety toward the Grand Mind in which he lives. Thus would education conspire with the Divine Providence. A man is a little thing whilst he works by and for himself, but, when he gives voice to the rules of love and justice, is godlike, his word is current in all countries; and all men, though his enemies, are made his friends and obey it as their own.... I am ready to give, as often before, the first simple foundation of my belief, that the Author of Nature has not left himself without a witness in any sane mind; that the moral sentiment speaks to every man the law after which the Universe was made; that we find parity; identity of design, through Nature, and benefit to be the uniform aim: That there is a force always at work to make the best better and the worst good."

Yes! Verily! When you can attain serenity -- think upon all things good -- count your thoughts as coins and think constructively and not negatively - All will be well! -- Disorder is not the Universal order. -- Disease is not the natural, - and all has its wellspring in Mentation or Intelligence force. Believe in the Universal Mind as God and you have an understandable God -- and to obey God is but to observe the law, and the unity will truly make you "one with the Father."

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

PERHAPS ---

Perhaps we have magnified out of all proportion the Bible as Holy Writ. Perhaps too we have greatly undervalued the Gospel as a guide to a way of life. We have in our instructions heretofore suggested that perhaps too many of us believe in Jesus, but do not believe Him - - - "Know ye not that your body is the Temple of the Holy Ghost" -

We can readily understand the law of sowing and reaping in the realm of agriculture -- almost the whole process, the results at least, are revealed to our physical senses. We can understand this law in our own lives by the simple process of focusing our attention within and not without. It has been indicated that if you would know thy creator -- know thyself. - As within, so without.

The greatest lesson you can learn is that life has a dual quality, and great will be your faith when you realize that the inner and the outer, the mental and spiritual and the physical, work harmoniously together.

The world it seems loves magic -- but slow indeed is it to learn that the mind is magic. The very centre of stability is within.

Psychiatry and psycho-analysis are plans or systems of seeking out mental monkey-wrenches which have played havoc in the machinery of the human frame. The end result being accomplished only when a thought is changed.

Is it not more desirable to discover a way of life which needs no mental mending, and which flowers and bears naturally as its fruit human satisfactions - physical - spiritual and economic? There is a Science of Life -- You and any normal person can master it -- and great and satisfying is the contribution to the sum of human happiness of any one who helps to spread the understanding.

Perhaps fear, apprehension, worry, envy, jealousy, hatred, greed and acquisitiveness are the mortal enemies of mankind. Peace on earth is much to be desired. Individual peace is the forerunner of International peace - and Faith -- faith in yourself - is the hand-maid of peace.

May Faith and Peace be yours,

Sincerely,

Enc. 99



THE Essenes

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the ORDER.

Copyright 1945, by The Order of The Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 99

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

BE NOBLE; AND THE NOBLENES THAT LIES
IN OTHER MEN, SLEEPING, BUT NEVER DEAD,
WILL RISE IN MAJESTY TO MEET THINE OWN;
THEN WILT THOU SEE IT GLEAM IN MANY EYES,
THEN WILL PURE LIGHT AROUND THY PATH BE SHED,
AND THOU WILT NEVERMORE BE SAD AND LONE.

--- Lowell.

THE BALM OF GILEAD

We do progress. -- There is no intent to cast any aspersions upon the medical fraternity, but the fact remains that in the last war (World War I) the leading cause of disability was what was diagnosed as "neurocirculatory asthenia" -- and that seventy-five percent of the cases were incorrectly diagnosed as true heart disease and thousands were discharged and pensioned on that basis.

Our progress consists in the recognition of the part mind plays in producing symptoms and the efficacy of mind cures for conditions produced by the emotions - or mind uncontrolled.

Each of us, from our own experiences knows that emotions can and do produce physical reactions -- very marked and acute too.

Horror or sudden fright can produce "goose pimples" - a physical condition often brought about by cold or low temperature.

Who has not experienced trembling and "breaking out with a cold sweat" and a "heart pounding" from fear? We often witness blushing - a consequence of embarrassment. A gruesome or disgusting sight or a filthy suggestion often causes nausea.

Mental suspense or anxious expectation or anticipation often brings on "cold feet." Anger and jealousy can bring on exhaustion. -- Each of us from our experience and observation can accept wholeheartedly as a fact that the mind and the body are interactive and interdependent.

The medical fraternity for years has frowned upon what was termed psychiatry, and psychoanalysis was received with no more cordiality and psychology was to them largely a pseudo-science in some manner related to salesmanship, advertising, and love making. Materia Medica was the shrine at which they worshipped, entirely rejecting the contention that deep seated or subconscious conflicts and emotions could lead to incapacitating and even fatal illnesses.

In World War Number Two we find a recognition that fifty percent of all Army disabilities have mental or emotional origin or causes and that there is but one way to affect a cure -- and that is by mental processes. They of course use very often hypnotic drugs, heretofore mentioned in these instructions, to induce a condition where suggestion can be effective - and in which condition the patient can give a clue to the subconscious conflict or disturbing emotion.

Medical officers in the Army were given intensive training in handling cases with mental causes. A flood of books and pamphlets were printed and distributed. Psychiatrists have been placed in charge of many government institutions abroad and in the United States, such as the convalescent hospital Don Caesar at Pass-a-grille, Florida. Books by the tens of thousands are being placed in the hands of re-turning soldiers, entitled "Psychology for the Returning Service Man."

The medical profession is now beginning to accept as fact the physical effects that can be and are produced by mental processes.

Perhaps it has been made palatable to the M. D.'s by giving it a new name. -- Psychosomatic medicine -- "Psycho" meaning pertaining to the mind or soul - "soma" meaning pertaining to the body.

So we repeat -- "We do progress!"

When the world comes to recognize how far reaching are thoughts and emotions and that practically all ills -- physical, social and economic, have their source in wrong thinking, then will we bring about revolutionary changes.

These changes will not come from fear of devils or punishment in a world hereafter -- but from a realization that our individual condition of today is but a sequence - a perfectly natural effect of preceding causes, and that these causes are within the control of the individual. Man can by his thinking create new causes - and new sequences will be inevitable.

This institution, like all institutions dealing with the psyche, gets numerous vigorous protests from people who cannot accept a mental cause for what they call "accidents."

We do not go to the extent of saying that all accidents are self-induced or a response to a subconscious motivation. You will remember in recent instructions our observation with respect to women breaking dishes and burning themselves, when doing tasks that were distasteful to them.

Let us at this time carry this thought a little further by quoting to you from an article by Francis Sill Wickware on Psychosomatic Medicine in Life Magazine.

He says: "The most intriguing psychosomatic idea is that many common accidents -- falls, burns, cuts, automobile collisions and the like - also can be traced to emotional origins. Nearly everyone knows certain individuals who seem constantly to have mishaps of one kind or another; and there is statistical proof that a percentage of people actually have a predisposition to accidents. In studying automobile accidents, for example, the National Safety Council discovered that drivers with a record of four accidents were 14 times as numerous as the laws of chance would indicate, while those with seven accidents were 9,000 times as common. Furthermore, the study revealed that in a conspicuous number of cases the same persons repeated the same accidents. In another study the National Research Council investigated the records of commercial drivers employed by a number of utility companies and recommended shifting to different jobs the 5% of men with the highest number of accidents. When this was done the accident rate for the group as a whole dropped 80%. But the men who changed jobs continued to show an accident rate far above normal in the new jobs. As stated by Dr. Flanders Dunbar, noted woman psychiatrist and a leader in psychosomatic medicine: "The consensus of reports ... is that from 80% to 90% of all accidents are not due to defective machinery, to a physical or mental defect, or to lack of skill in the worker, but to an X factor in the person injured."

"In brief, the X factor is the personality or emotional complex of the accident victim himself. For any number of possible reasons the individual unconsciously exposes himself to an accident - producing situation. The motivation may be to withdraw from a difficult domestic situation, to cover up a failure, to obtain sympathy and attention or to commit suicide."

To further explore the idea, and that we might grasp a mental clue to accident prevention we call your attention to a recent instruction in which we related how a man came to a street crossing and "something just told him to stop" and he slapped on the brakes and a heavy truck he had neither seen nor heard raced by in front of him on the cross street.

Perhaps you read in one of the magazines of broad general circulation in and out of the United States, of the school teacher who suddenly had her class arise and march out of the school in orderly fashion, and when they were all safely out the roof caved in.

Asked why she did it, she said, "God told me to get those children out of there." -- It was suggested that she had a premonition or that it was one of those rare cases of pre-cognition. She still insisted "God told me to get those children out of there."

Countless are the stories of miraculous escape, coming out of the war -- and as in previous instructions noted great significance is attached to prayer and calling upon God "to take over."

The experiments at Duke University under Professor Rhine point rather conclusively to "pre-cognition" or "knowing before a thing takes place," as a possibility and a fact.

Putting all of this together, we can reason that all accidents are not accidents, but a sequence and can agree with Dr. Flanders Dunbar that there is an X factor in the personality or emotional complex of the accident victim himself.

In the Bible great stress is laid upon the "Word." -- A word represents a thought -- A thought travels the etheric waves - and the building blocks of the Universe respond. What we want to do, and what you want to do is make this understanding applicable in our daily lives that it may produce for us the ultimate in health, happiness and well being.

We must first know that there is a physical effect, the direct consequence of our thinking, and then we will seriously guard our thinking.

Heretofore in these instructions we have indicated the thinking that precedes stomach ulcers -- The medical profession has wholeheartedly accepted a mental cause of this ailment, if not of other ailments.

And why not? We know that the normal stomach lining is deep pink. We know that the emotions engorge the stomach lining with blood and that it becomes bright red or inflamed and that the flow of acid digestive juices are increased. The inflamed lining is tender and

sensitive, as are all inflamed organs or organisms. This inflamed stomach lining becomes a prey to the excess acid digestive juices, and it is eaten away, and there is your ulcer.

You will remember that in our description of the cause of stomach ulcer we said that it was a form of repression, a sort of covering up, a holding back, and a fear of expression or discovery.

It has been perhaps better expressed in this manner -- "The typical ulcer patient keeps his emotions tightly corked inside. He appears to be without nerves, but in reality he shudders with anxiety."

We have heretofore suggested a feeling of inadequacy as prognostic of hay fever and asthma. This character of thought and emotion seems to lower the resistance of the nasal mucosa. It becomes inflamed and a prey to whatever may cause the hay fever or asthma - whether it be a virus or pollen from vegetation. It is just a case of that character of thinking affecting the nasal passage - membranes changing from pink and moist, to red, inflamed and wet, and the air passage changing from an open to a closed position.

We have indicated heretofore that arthritis seemed to come from a continued and suppressed feeling of resentment -- This feeling has its particular field of operation, and affects certain organs and organisms.

If we were smart enough and observant enough we could possibly discover the mental causes, which lower resistance in our various organs and lead to the various diseases we have so carefully charted and named after they appear.

Yes! There is an X or unknown quantity in our personality and emotional make-up, which leads to human ailments -- Let us stop and ponder the fact that personality and emotions take their hue from the character of our thinking - and with the mathematician we can say, Q. E. D. "The mind and the body are interactive and interdependent."

World War II has been devastating and nothing can fully compensate for the precious lives sacrificed, but we must recognize that its cause was a course of thinking by depraved minds. The thoughts and words of a few subjugated a nation and came dangerously near to placing a world in bondage.

We can give thanks that one of the compensations coming out of it all is a recognition of the psyche -- Hundreds of thousands of the flower of our manhood will not be sent back to fail to work out their own mental salvation, nor condemned to organic heart trouble. Psychiatry has put its finger upon cardiac neurosis -- discovered the emotional causes and by suggestion and mental tonic and emotional sunshine has removed the cause and time swiftly removes the very real symptoms which were present.

--- and perhaps out of this shall come a recognition that in the ordinary battle of life there are many emotional strains and stresses and that perhaps Materia Medica is not the sacred shrine, and that the discovery of symptoms will not be followed by an effort to alone arrest the symptoms but will inaugurate a search for causes and that

success will attend the effort to give relief to minds obsessed -- and nature will as it has ever done constantly endeavor to harmoniously meet existing conditions, and meet with full success, because the patient lets it -- and does not hamper or impede with thoughts destructive.

So far as happiness is concerned, we know it to be a state of mind -- "Thou shalt not steal" should take on new meaning. It applies not to worldly goods alone -- No person has a right to rob another of happiness.

Why cannot a world learn that thoughts are contagious. ---

The sour, sarcastic word or look -- the complaining, nagging or critical word -- the jealous, hateful, pessimistic or fearful soul contaminates the etheric waves and thus violates the commandment.

So far as material well being is concerned, we know that the world deals in ideas -- men buy not material things. They seek to possess that they may derive therefrom a satisfaction of a desire - and desires are mental.

There is a unity in all the world -- a relationship of all things and all people.

Naturalness is goodness -- Love is the Balm of Gilead.

* * * *

THOUGHT GEMS

Our modern way of life is so heavy with substitutes for living - that this alone binds us down and keeps us earthlings.

* * * *

You and I look through the world for hope and idealism. Where shall we find them if we do not find them in ourselves?

We look for understanding. We look for kindness. We look for compassion. - We shall never find them where we do not take them. - They are in the world when they are in ourselves. Be sure of this -- The world will never be much greater than our own hearts.

* * * *

People are ever seeking God in the world of meaning and mystery -- He is in the beauty of the earth and sky.--If you take him to it. The spirit of God is likewise in the world of man if you carry it there -- You will find God nowhere that you do not take him, and wherever you find him you will find yourself.

* * * *

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

BY YOUR WORTHINESS

YOU CREATE: --

This world is full of good people. Faith in human kind is a magnet that draws unto its possessor the best in those they meet and know.

Your contribution, which we gratefully acknowledge, is evidence that you are interested in your fellow man, and are helpful in a direct and effective way --- giving to him an understanding of the laws of life by which he may overcome and achieve. --- You exemplify goodness.

It would do your heart good to realize how helpful it can be to so many. There would come to you a feeling of worthwhileness just to appreciate that you are, by your helpfulness, a part in a work of improving human relations - and life values.

The world sorely needs it --- Our advancement in scientific things has far surpassed our progress in the science of living.

Technology must have a counter-balance, -- an appreciation of mental, moral and spiritual values.

The attainment of these values must not be through adherence to superstitions or reverence for and belief in the supernatural -- but by scientific means. All things are natural. All things are from the same source. Creation IS -- not was.

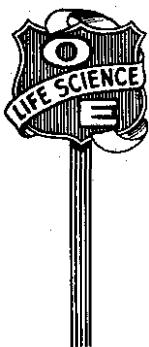
You by your worthiness can create!

Very sincerely yours,

J. Hamrick Davis

R

It sometimes seems uncanny that the right lesson reaches each student when the most needed. One of the mysterious ways the Father has His wonders to perform!



THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

APPROACHING MASTERSHIP:

Dr. Charles Elliot, Past President of Harvard, was not a bit "churchy". He was what might be called worldly, and he was very practical.

The history of his administration of that Institution is one series of breaking precedents, independent thinking and independent action.

It was he who said that the chief characteristic of the religions of the future would be man's unity with and inseparableness from the great creative force of God, which every one can draw on from within.

When you know that it is within you, you just can't be licked. You have confidence in you. -- That is the kind of faith that gets things done. A man may be down, but he is never out until he admits it. Admitting it is just to throw away the clutch which couples up the power within for useful purposes. The power is there, right on. Life is the connection with the infinite -- but it takes faith and self confidence and laying claim to power to make it available. That is the lever that puts the clutch in gear.

When you have received four more instructions you will have completed the second year's work. The Certificate from The Order evidencing that fact will be conferred upon those who have faithfully studied and who desire this award.

We want to hear from you. Have you carefully considered all instructions from Fifty-three up to date? We ask this that we may complete the records in your file.

The next four lessons are going to be a sample of psychological technique on how to banish the cigarette habit.

Next year's work is all technique. -- How to apply the principles you know to the practical end of attaining health, happiness and material well-being.

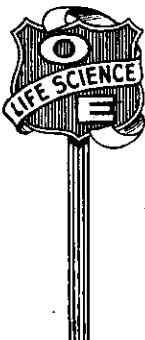
--- And thus you approach Mastership.

Sincerely,

THE ORDER OF THE ESSENES

S. Hamner Davis

Enc. 100



THE Essenes

This manuscript is published by the ORDER OF THE ESSENES, a Corporation not for profit, and always remains the property of the Order.

Copyright 1945, by The Order of The Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 100

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

KNOWLEDGE DWELLS IN HEADS REplete WITH
THOUGHTS OF OTHER MEN; WISDOM IN MINDS ATTEN-
TIVE TO THEIR OWN.

FOR THE AIMS OF MY OWN CAREER, I WANT TO PRO-
MOTE THE INCREASE OF NATURAL KNOWLEDGE, AND TO
FORWARD THE APPLICATION OF SCIENTIFIC METHODS OF
INVESTIGATION TO ALL THE PROBLEMS OF LIFE, IN THE
CONVICTION THAT THERE IS NO ALLEVIATION FOR THE
SUFFERINGS OF MANKIND EXCEPT VERACITY OF THOUGHT
AND ACTION, AND THE RESOLUTE FACING OF THE WORLD
AS IT IS, WHEN THE GARMENT OF MAKE-BELIEVE IS
STRIPPED OFF.

----- Thos H. Huxley

THE ISSUES OF LIFE

In the course of One Hundred Instructions if you have conscientiously considered them, you have much material with which to build, and with this material you must conclude that the secret of health and happiness and the secret of success lies almost altogether in how you use your thoughts.

Those who successfully complete 104 Instructions are eligible to the Certificate of Merit.

In the next year's work, we must learn how to apply the truths we know, and we will deal largely in the technique of the application, to the end that we as individuals shall attain health, happiness and success, and that we may be able to understandingly use that knowledge in being helpful to our fellow man in personal contacts and in our affairs social and economic.

In our early Instructions we stressed something of the physical and throughout we have stressed the interrelation between physical, mental, and the spiritual. In our very early instructions we gave you a simple example of mind action causing a physical effect. You will remember how the description of the rolling and cutting and sucking of a lemon made the mouth water, which was a flow of saliva, and one of the bodily juices which go to make a perfect digestion. We also described the various digestive fluids as food passed through the system. A pleasant anticipation of food starts the flow of these various digestive fluids and the functioning of the glands even before the food, through its natural channels, reaches the organ in which the secretions are mixed with it for normal functioning.

We therefore know that our thinking very materially affects our digestive system and therefore is a factor in controlling the effect of food.

We know as a fact that anger and negative emotions affect adversely the digestive system. We know that fears create certain chemicals in the body and that they have a distinct scent which dogs can detect. In Instruction 98 we learned that from blood crystals we can diagnose disease and from the blood serum, by color and lines observed under black light, we are learning to diagnose various diseases. Our thinking as well as our performing of natural functions, such as eating and drinking and breathing, do affect the functioning of every organ and organism of the body.

In Instruction 99 we reviewed the character of thinking which often precedes stomach ulcers; the character of thinking that precedes hay fever and asthma, and the thinking that is conducive to arthritis. We have been very careful to observe that we have not gone so far as to say that the sole cause was that character of thinking, but we have indicated a line of

research, and that there was much yet to be done, before a scientific chart could be compiled with respect to certain results stemming from a specific character of thought.

We now give you some observations with respect to another disease -- consumption, or tuberculosis. As heretofore, we express it in this way -- that certain character of thinking seems to be conducive to certain ailments.

With respect to consumption, our observation leads us to believe that thoughts of self pity, and thoughts along the line that one is unjustly burdened and has too great responsibilities and is imposed upon by friends and loved ones, accompanied by resentment, and a fear of not pleasing the one most loved, are conducive to conditions where consumption or tubercular germs can gain ascendancy in the body.

These feelings of self pity and of being overburdened and of fear bring about a feeling which is commonly expressed, "depressed," and in the depressed state the breathing is very shallow, a full load of oxygen is not carried into the lungs; the blood stream is not properly purified, and tubercular germs can gain a foothold.

Heretofore in these instructions we have indicated that upsets in the love life have a tendency to affect the teeth. Throughout these instructions we have stressed the interrelation and the interdependence of all organs of the body and of all bodily functions. There is much work to be done along the line of the analysis of the thinking of persons having the various diseases. The medical profession has not been very helpful along this line, because its attention has been devoted to the symptoms, after they have materialized, and those who have engaged in negative thinking are very prone to keep it a secret, and this secretiveness in itself has very often been the very thing that impedes a rapid recovery.

In our early instructions we have pointed out that the road to accomplishment is to acquire an appropriate consciousness, and many teachers stress affirmation as an avenue to building the appropriate consciousness.

Now this appropriate consciousness is necessary not only in matters of health, but is necessary to material or financial well being.

The person who worries and frets and stewes and labors with a problem to get five dollars to meet some pressing bill, has what might be termed a five dollar consciousness and in most cases the five dollars is secured some way or some how, or the worrier comes to realize that life does not depend upon that particular five dollar obligation.

In the matter of happiness, which all recognize as a state of mind, we find generally that unhappiness comes from an over emphasis of some single event, or the anticipation of the results of some particular chain of circumstances or events.

We of course have often emphasized that happiness is conducive to good health, and we know from observation in daily life that success in a material sense seems to be the companion of the serene, the calm, and the happy.

The point ever to be stressed is that when you engage in thinking you are in the act of creation. Thinking is creation. Being a thinking individual you are a creator, and you live in the world of your own creation. When you believe this, you are careful of your creations, and are ever on your guard.

Such a person is fully conscious of the fact that one full of the venom of hate is blind to the experience that in the end hate hurts, poisons and consumes the hater, and is a source of hate in those hated, because it is not only effective within the physical system of the hater, it also is carried in the ether of space and finds reaction in the mind of the hated.

There is a success which everyone can attain, and that is a better understanding of themselves. Each can become aware of just what he wants, and why he wants it. This can be of tremendous value. In the first place, when one understands himself and has discovered his own weaknesses and failings, he knows the problem with which he has to deal in becoming a better individual -- and he also thereby helps to acquire a vision of himself as a better individual, and an objective. In our very early instructions, in the formula of attainment, we gave it that men must know what they want, and have a purpose in life; otherwise, they are on uncharted seas and without compass or sextant.

When a person holds in mind for a reasonable length of time a picture of himself as he would like to be, he is planting in the subconscious a definite pattern to work to, and when he ties that better individual in with an objective, then he lays a foundation for real desire.

When men have real desires and they become almost an obsession and all that they do and say points toward the accomplishment of the object, then they do approach the object. If, however, they dream dreams and have visions and then say that "these things are not for me" and depreciate the ego, then they have their faith turned in the wrong direction. The faith in the attainment of an objective raises the vibratory rate of the human system and it releases emotion.

It is quite simple to understand that if a man wants a little farm or a self supporting homestead, and he begins to think daily or in his leisure time about how he would lay it out, what he would produce and just what he would do when he acquired it, and would take some paper and lay out some little plans, so that he could look at it and become impressed by way of visualization, he would very shortly build up the desire to have it. He would begin to read advertisements of little places for sale; he would begin to inquire of state experiment stations and the United States Agricultural Department for pamphlets and booklets concerning the things he planned to do. He would naturally come in contact with those with some understanding along the line -- it would begin to weave into his consciousness as a very real thing and a very real operation, and his desire for it would grow, and if he had the faith or confidence that he could accomplish it he would at that moment begin to experience pleasure and his emotions would release real force, and ways and means of accomplishment would just naturally unfold.

It might not be accomplished in a day or a week or a month, but the persistence in holding the desire and the picture of the accomplished fact would by way of the Universal Intelligence bring about the means of accomplishment.

Of course in the formula of attainment you are aware that man must do something about the matter of accomplishing his visions, but what to do and how to do it is one of the things that Universal Mind will bring to him by reason of the law of attraction.

There is another great reason for having some objective and a great desire. Everyone in life meets with some disappointments, and disappointments more often than not have their value as experience. If one meets with disappointments and broods over them and magnifies them and builds up fears and other negative forms of thinking, he is engaging in self destruction. On the other hand, if he have a great objective in view and passes over the disappointments by centering upon the objective, and says, "I can and I will attain it" -- the disappointments along the pathway of accomplishment are lightly passed over and soon forgotten. They become incidental, and not all consuming.

The course of action we suggest is the substitution of the bright and cheerful and happy thought for the thought of discouragement.

Do not engage in the combat on the temporary issue or disappointment -- take the long range view of that in which you have faith and where your desires center. It is in a sense a star to hitch to. It is an objective to which you can ever turn when the tendency is to think in the negative.

The little farm or subsistence homestead is but an example of a definite objective.

If the objective is a desire to have some other person do something, you now realize it is both unscientific and usually unsuccessful to think in terms of forcing someone else to do something, and that no individual has the right to control the life of another. The successful way of accomplishment is to look within and to so build up oneself that the other person would naturally desire to do the thing sought; or, to so present the desirability of the action to the other person that he will desire to do it because by so doing he will attain for himself some satisfaction. It will either bring him pleasure or he will take pride in having done it; it will either have brought him profit, or it will be desirable in the accomplishment of his objectives; or he will be convinced that his safety, security or best interests will be best protected by the course suggested.

When people begin to realize the power of thought and that all action is preceded by thought, then will they begin to do some thinking about thinking. The individual who arises each day and whose thoughts are closely tied to only the thing at hand presented by others is not conscious that the world is ruled by thought. By this we do not mean that a person should not give to every problem and task entrusted to him his best thought, but it does mean that one should not always keep the eyes downward and glued upon situations as they are presented one by one by another. It does mean that the eyes should be lifted upward and a living from day to day should not consume all of thought. A living is of course important, but a life is more important.

To those of you who have studied all of our Instructions we give the assurance that you are an unusual person, because your interest would not be held were you not one striving for self improvement. The reason that we can give you an assurance that there is a greater future for you is that less than twenty percent of the people of the United States are thinking in terms of self improvement. Practically all are thinking in terms of acquiring more and having more, but are completely unaware of the fact, and fact it is, that the sure and certain road to success is to deserve success, and the deserving of success is purely an internal matter -- a matter of the improvement of self -- physically, mentally, and spiritually. The greatest help that any man can have will come from within himself, by the realization of his unity with the Universal Mind -- by the understanding that man rules his own life and affairs. Jesus, the Essene, meant this when he said, "The Kingdom of God is within you."

He emphasized that statement when he said, "I and my Father are One. The things I do I do not of myself; the Father in me doeth the works. The things I do you can do, and greater things."

In the Fifth Chapter of Matthew, Jesus uttered the law briefly and clearly, "When you pray, pray to your Father who is in secret, and your Father who seeth in secret, will reward you openly."

There can be but one meaning to all of this, which is, if you would have happiness and health and harmony in life, it is necessary only for you to dwell on thoughts of health and happiness. It is just a case of whatever you sow into your consciousness, that you will reap in your outer life.

The one essential thing is that you believe in and use this power within, and in these instructions we believe that you have come to realize that science by each new discovery is revealing that there is one source of power and that man is a part of that power and to him is available the power of the whole.

We have said much about the subconscious mind, and it depends upon the conscious mind for its material, and with the material given it by the conscious mind, it works.

We have given you in these instructions something about hypnotism, because by it can be demonstrated that the operator may suggest ideas to the subject and the subconscious mind of the subject will receive them and act upon them with the utmost fidelity, and we have shown you that auto-suggestion, or the suggestions you give to yourself -- the things you accept with faith consciously, the subconscious will accept and act upon.

In the days of old it was thought that the heart was the seat of the mind -- and knowing this you can understand the words of Jesus when he said, "Keep your heart with all diligence, for out of the heart are the issues of life." (The issues of life being sickness or health, failure or success, sorrow or joy.)

Resolved to its simplest meaning, it means that as a man thinketh, so is he.

So we want you to accept whole-heartedly the truth that if you would change your conditions, you must change your thoughts.

In the next year's work we mean to give you helpful suggestions with respect to procedure, processes and technique of thinking that will correct any errors in your present processes and that will enable you to build within a character of strength which will be reflected in an attractive personality. You can and will acquire health, happiness, and material well being.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

"WE" INCLUDES "YOU": -

You may not smoke - but you are a creature of habits. We all are. There are things you have done so often that you now do them without conscious thinking. One habit is more or less like another. It is a custom or practice that becomes fixed through repeated acts. - Yes! Acts repeated become habits regardless of whether they are good or bad.

That's encouraging! A good habit is as hard to break as a bad one. -- They are both made the same way.

Instruction One Hundred One enclosed, and the three instructions following are designed to help one break the cigarette habit, but are of value to one not so afflicted. -- Why? It is a sort of running account of the processes used to whip a habit. As a psychologist or life scientist you will naturally catch the simplification idea --- the idea of the basic plan used in all accomplishment, the unity of the principles utilized in all undertakings.

First, you get the picture of the habit and its history and its results -- and a picture of the new state to be sought by breaking the habit (that is vision). Next, you have the desire for the abandonment of the habit and for the new condition (you want it badly enough). Others have done it, so can you - (faith). You Decide to quit -- You quit.

That is the basic formula of attainment. (It works).

As you see the suggestions unfold and the process explained you see at once the principle in salesmanship unfold. You just sell yourself the idea of quitting and a new order of life. It is simplified. Pleasure (in better health, etc.). Pride (in the accomplishment and the benefits materialized). Profit (financial, physical, mental, spiritual). Caution (health and business threats) and Utility (nerve response - physical benefits, etc.).

Habit is the subconscious functioning. We know the subconscious is responsive to and must respond to the conscious mind, so we have suggestion - and affirmation. We thus apply what we have learned over the weeks and months to a practical end.

We are not reformers or fanatics and we have no desire to bring a horde of them into being. - Habits are broken only by the desire to break them.

Those with the desire we and you should help.

That "you" above is out of place - unnecessary. By long association we count "you" as part of "we" -- and soon we hope to see you attain your second Certificate from The Order, evidencing material advancement.

Sincerely,

THE ORDER OF THE ESSENES

By

J. Hamner Davis

Enc. 101



THE Essenes

This manuscript is published by THE ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the Order.

Copyright by The Order of The Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 101

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

"WHAT A CURIOUS PHENOMENON IT IS THAT YOU
CAN GET MEN TO DIE FOR THE LIBERTY OF THE
WORLD WHO WILL NOT MAKE THE LITTLE SACRI-
FICE THAT IS NEEDED TO FREE THEMSELVES FROM
THEIR OWN INDIVIDUAL BONDAGE."

-- BRUCE BARTON

YOU CAN OVERCOME THE CIGARETTE HABIT

It is perhaps a sad commentary upon the American way of life, but true nevertheless that the tax structure of the Federal Government is greatly dependent upon its revenue from cigarettes, tobacco and liquor. The greatest source of income to the Federal Government of the United States is from income taxes, but the next greatest source of revenue is the tax upon alcoholic beverages and tobacco.

In this statement we have a picture of the United States largely dependent for revenue upon what may be termed the vices of its people, and we seem to be growing in vices since the consumption of cigarettes is steadily increasing.

Countless are the people addicted to the cigarette habit who say they want to break the habit and countless of these people are asking for help in this task. It is of course known that countless persons addicted to the drinking habit are seeking help with their problems. This Instruction is devoted primarily to the subject of the cigarette habit. It is a habit, and being such, the one cure for it must be psychological in nature.

We are fully aware that there are different schools of thought, so to speak, on the subject of the best way to break the habit.

One school advocates a gradual cutting down from day to day upon the number of cigarettes smoked, and finally reaching zero. The other school advocates an abrupt breaking off of the habit -- no dilly-dallying -- just the use of will power.

Both of these schools of thinking neglect the psychological factor involved. Being a habit, it naturally had its beginning. The habit itself is a fact, or an effect. It therefore had its cause, which was in the beginning.

Habit -- any habit -- is an act or a course of action instituted by the conscious mind, and by repetition it becomes a functioning primarily of the subconscious.

The correction of the habit therefore requires a re-education of the subconscious and the re-education of the subconscious comes about by suggestion, whether it be suggestion from another or suggestion by the self, known as auto-suggestion. A re-appraisal of the cause or beginning is also helpful.

At this point let us give a word of encouragement to the cigarette smoker who desires to stop. If the desire is sincere, then it can be accomplished, but the accomplishment of the object requires understanding, and this understanding must relate to all of the factors involved. By the exercise of will alone some few can abandon the habit, but it is not the better way.

The root of any habit is not the thing itself, but it is the desire, and if you repulse the desire, the habit will cease.

In the course of this Instruction we are going to help you, if you are a cigarette smoker, create new ideas of value. You have learned in the course of these instructions the value of substitution -- substituting new ideas of hope and faith for old ideas of fear and terror, so in the breaking of the cigarette habit if we can point to you new and desirable values, and by thinking upon these suggestions be natural, it will be pleasant and it will be unaccompanied by nervous strains which are attendant when one endeavors to break a bad habit by the force

of will alone. This re-education assures a winning battle, and conscientiously followed, it will not be a temporary ceasing.

Perhaps you are one who has decided to quit and has quit for a short or a long time, and then has taken up the habit again. This taking up the habit again has brought unhappiness, because it brought a self acknowledgment of weakness, and acknowledgment of weakness is not conducive to well being. It engenders a repression within the subconscious.

A thorough study of this instruction and the following three instructions will lead to the defeat of the cigarette habit, and if you have been one who has quit and acknowledged defeat and have again and again resolved to quit, but failed, you now have the opportunity to accomplish a final victory. -- You may have lost battles, but you will win the war!

We must begin a study of tobacco, and its effect. We must study the habit and learn the physical reactions that accompany it, and we must draw some sane conclusions and apply them in our lives.

The facts that we are going to present as a basis for the re-education of the subconscious are not going to be sensational headline presentations, and we are not going to implant fears in the mind. As an example of sensational headline attack, we might say, "The poison absorbed by the water in an ordinary goldfish bowl from the smoke of one cigarette blown through it is sufficient to kill all the goldfish! One-half to two drops of nicotine will kill a dog! One-sixth drop will kill a cat or rabbit! Eight drops will kill a horse in four minutes! One drop of nicotine is fatal to a man if he takes it all at once! One pound of tobacco contains from 300 to 400 grains of nicotine, enough to kill 300 men if given in concentrated doses!"

The response of the ordinary cigarette smoker to such a scare line is that he knows of men sixty or seventy years of age who have smoked most of their lives and are not dead yet.

The statement above quoted is true, and is a scientific fact, but the smoking of one pack or a hundred does not give to the confirmed smoker a concentrated dose of one drop of nicotine, and the human system being a part of nature and filled with life, builds up defenses against unnatural attacks, and ever endeavors to harmoniously meet existing conditions. This you have met with throughout these instructions. This you know.

Let us begin now the study of the cigarette, of smoking, of habits and results, and we give you the assurance that the results can be a complete victory. We give you a psychological technique which can be applied with results to any habit, whether it be smoking, or drinking, or other undesirable and deleterious personal habit.

We give you the assurance that you can stop smoking if you have a true and sincere desire to stop. Therefore, the technique must take the line of convincing yourself that it is more important to you to desire not to smoke than it is for you to desire to smoke. You must be convinced and convince the subconscious that to stop smoking will contribute to your health, your happiness and your success, and convinced of this, the habit pattern will drop away. You must be convinced, and it is a fact, that you will feel better, sleep better, work better; that it will be helpful to your senses, such as sight, smell, tasting, hearing and feeling, and it is a necessity that you stop if you would sincerely desire to develop extra-sensory perception.

In the first place, you must understand that smoking is not an irresistible hunger, such as is created by what is known as dope. By smoking your system

has not become a slave to a drug. The fact is that you think you are a slave to a habit. When the habit is broken, the joy of a sense of independence and the joy of winning a victory will be helpful to the physical, the mental, and the spiritual.

There would be no sense in endeavoring to break the smoking habit if no physical harm were done, but the fact is that smoking is harmful to the body, and unprejudiced scientists have conducted many experiments with tobacco, and not one single instance reported where a constructive factor resulted from smoking a cigarette or any tobacco.

Let us make a sincere and scientific study of what smoking does. -- In the first place, it does paralyze the nerve endings, the same as an opiate would do, and many smokers think that their nerves are quieted by smoking, but it is largely a matter of psychological effect and comes about from suggestion in tobacco advertising, and by reason of your having repeated this to yourself, or having made the assertion, which in effect was an auto-suggestion.

The effect of a cigarette upon the body temperature, even in the extremities of the human body on the big toes, has been described by Dr. Johnson, the Medical Director of the Life Extension Institute of New York. He placed an instrument to measure temperature on the skin under the nail of the big toe, and the temperature was recorded for a half-hour. Then the patient was told to smoke a cigarette and inhale it in his customary manner, and before the cigarette was half consumed, the temperature of the skin on the big toe began to drop and went down as much as seven degrees while the smoking was continued.

The maintenance of the bodily temperature at a normal is highly important in the maintenance of perfect health, so it is demonstrable that the bodily temperature is lowered by the smoking of even one cigarette.

Dr. Johnson had another interesting experiment. A special high-powered microscope was set up with which individual blood cells could be seen floating through the capillaries in the skin. Observation was made upon the patient when he was not smoking; then he was told to smoke and inhale in his usual way, and a very distinct slowing of the movement of the blood cells in the capillaries was observed.

If smoking has a distinct effect upon the blood circulation in the skin, as these two experiments proved, then we must know that it had very material effect in the veins and arteries of the smoker.

Some smokers suffer with a severe pain over the heart, and it is called "tobacco angina" - and this pain is caused by a lessened blood supply to the heart muscle, brought about by smoking. The proof thereof is that when smoking is discontinued, tobacco angina disappears.

We have in these instructions told you about the electrocardiograph machine which records heart action, and abnormal electrocardiograms were found one and a half times as often among those who smoked, as among the non-smokers, and the evidence is indisputable that smoking does unfavorably influence the coronary circulation in the heart, and hence all physicians agree that smoking must be stopped by anyone who is suffering from coronary heart trouble.

Likewise, persons who suffer from stomach ulcers should never smoke, because smoking increases the secretion of acid into the stomach by reason of irritation of the stomach lining. We shall in the course of this study learn that smoking definitely causes irritation to the nose and throat, and persons therefore who have chronic sinus infection, or who suffer from catarrhal deafness, should most certainly avoid smoking.

In careful studies by the Life Extension Institute two thousand smokers and non smokers were studied. There were three smokers to one non-smoker in this number who complained of cough, and smokers complained of irritation of the nose and throat 167 percent more often than non-smokers.

Smokers complained of palpitation fifty percent more often than non-smokers, and they complained of shortness of breath 140 percent more often than non-smokers.

Heretofore in these instructions we have told you of the power of suggestion, and we mentioned the advertisement "Smoke and Relax," and that many smokers believed it.

The fact is that smoking causes a stimulation and not relaxation, so if suggestion is so powerful as to make a man believe he is relaxed, when he is in fact stimulated, then it will be quite simple to re-educate ourselves with respect to smoking and the results from it, and to cease the habit.

As a suggestion, some of the cigarette advertisers have suggested to smoke their particular brand and get a "lift." The result of smoking is like the result of a shot of adrenalin. The pulse will increase, as will the blood pressure, and the skin temperature will drop and blood sugar will be increased -- so that was one case of truthful advertising of tobacco -- but who wants "a lift" at such tremendous cost?

The fact is that smoking is a habit and not an addiction, and therefore it is quite simple to break the habit, and the basis for breaking it is a sufficiently good reason for stopping it.

If you are a cigarette smoker and have built up in your mind a picture of pleasure derived from it, then we shall give you a true picture of the health hazard, and hope to inspire you to gain a vision of health and to accept the testimony of countless people who have stopped and who testify how much better they feel and how much more efficient they are, and truly picture in your mind the pleasure and profit that comes from ceasing the habit.

We have stressed the fact that smoking is a habit. If you are a cigarette smoker and will stop and think about it - you will find this habit intertwined with other habits. It fits into a pattern.

With your coffee, you want a cigarette -- The enjoyment of your coffee is tied in with the cigarette.

After a meal you automatically reach for a smoke. Eating and a smoke is a united habit.

When you start to read your paper - you perhaps unconsciously light up a smoke.

If your working habits are regular you could, if you stopped to analyze and observe, find the exact pattern of when you smoke. Perhaps when you change from one routine or task to another -- when you get into your car - when you are waiting on an appointment -- when you do anything that fits a habit pattern. You have fitted it in with all of your activities - and even some fit it into the sleep period - smoking during the night when awake or aroused for any cause.

To find this pattern and recognize the fact is a sound psychological procedure. The same principle is involved in psychiatric practice, when we trace back to the basis of fears and repressions - and recall the incident or incidents - and lay them on the table and re-appraise the reactions - the over-stressing of the importance.

Finding the tie-in with your other habits, you know first it is habit. Second, the weak link in the chain and third you know the new mental picture you want to substitute for the delusion of the pleasure of smoking at a given habit period.

The cure is in suggestion - auto suggestion, but it must not take the negative form. You cannot successfully accomplish the simple feat by saying - "I am a weak-willed so and so - and can't stop. I wish I could but I can't" -- and then start a line of self justification like this - "Well, millions of others do it. It doesn't seem to hurt them. I have been doing it a long time and it hasn't killed me yet."

The subconscious will accept you at your word, if you do, and when the coffee is poured, or one of your habit periods arrives, automatically your hand will reach for the smoke - the match or lighter - and your will in all things gets a set back. We repeat, it is not so much a matter of will power, although you must will to do anything; it is a matter of reeducation of the subconscious - and the eradication of a wish or desire to smoke - the making of it repulsive rather than pleasurable, the setting up of a new ideal or objective. A psychological procedure, but sure and certain when conscientiously followed.

This Instruction, together with Instructions One Hundred Two, One Hundred Three and One Hundred Four, is in the nature of a manual.

Study it carefully. Then study One Hundred Two carefully when it arrives -- then study the two together.

When One Hundred Three arrives in due course, study it and then study the three together. And when One Hundred and Four arrives, after study, study all four together.

Then you are in a position to set the time and quit smoking - if that is your desire, without undue strains or stresses.

If you are not a smoker, or are a smoker and have no desire to quit, follow the same procedure as above outlined, and think in terms of "psychological technique" -- in terms of "treatment" -- in terms of "effective suggestion." -- They have been commended by "Masters."

* * * * *
THOUGHT GEMS

Charity should be the habit of our estimates; kindness of our feelings; benevolence of our affections; cheerfulness of our social intercourse; generosity of our living; improvement of our progress; prayer of our desires; fidelity of our self-examination; being and doing good of our entire life.

When we have practised good actions awhile, they become easy; when they are easy, we take pleasure in them; when they please us, we do them frequently; and then, by frequency of act, they grow into a habit. -- Tillotson.

* * * * *

The chains of habit are generally too small to be felt until they are too strong to be broken. --Johnson.

* * * * *

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

Dear Friend:

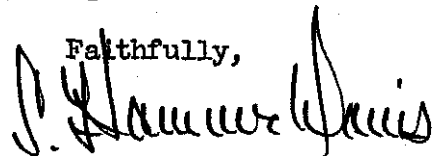
Because of your loving gifts, we are busy giving also, in the form of research, in writing of manuscripts, and in passing on our findings to those who are occupied in other ways. All ways are good ways, but there are a variety of ways to make up the kingdom.

Now that you have learned something of your power to attract and repel things, you should consider what things you ought to attract to be prosperous, but surely you do not want to attract anything that will burden you. Will prosperity burden you? The word prosperity comes from two words, pro, and sperare, which means to hope. Prosperity is defined not as an abundance of money, but as a gain of favorable, helpful things. Happiness and prosperity are synonymous terms. If money is helpful and brings happiness, then it is most certainly a part of prosperity. One of our great teachers says that poverty is a disease.

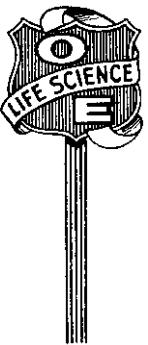
We want to be sure we possess our possessions and not let them possess us, for material possessions can be truly enjoyed only by those who fear not at all to lose them. We do not want to discourage you from attracting money, but we want to attract it in such a way that it will bring happiness. Before you begin to put into practice the Truth method of attracting prosperity, thoroughly imbue your conscious mind and your subconscious mind with the right conception of prosperity, so that you will truly benefit from that which you attract.

Money is a symbol, and our means of exchange, so we are grateful for it in abundant measure, and use it for happiness, in which you have a part, by reason of your gifts.

Faithfully,



A Sorry we cannot send the lessons every week. The only exceptions we have ever made are for people who have never failed to write after each four booklets since #1.



THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

THE PROBLEM IS OURSELVES: --

Miracles? We teach there is nothing supernatural. The nearest thing to a miracle that we can think of is "a changed man."

In our contacts we have witnessed innumerable individuals who have acquired through the years habits, beliefs, prejudices and personalities which were neither pleasing, profitable nor perfect --- and in a short time they become changed individuals.

They have abandoned long standing habits and beliefs - found truth and facts to supplant prejudice, and almost overnight have changed personalities. From failure or mediocrity to success and leadership is a near "miracle".

---and what does it? Just the touching off of the right thought or right course of thinking.

If you have not experienced a near miracle, be not discouraged. When you determine it can be done - then the thing narrows down to the "right idea", and the courage to put it to the test. --- Yes! The courage to do things springs from ideas and ideas only.

-- If you would change your condition and situation in life - you must change your thinking. Let us accept as truth; "As a man thinketh, so is he."

On this matter of habit --- habits of acting and thinking make tracks or paths or grooves in the nervous system of our bodies. With use these paths grow and are strengthened. That is why the more often and the longer we do a thing, the easier it is to do the next time. And mark this -- if you break a habit, the longer it stays broken, the easier it is to do without it.

So when you break one - don't backslide and don't waver in your decision. When you broke away, you took the hard step - so affirm: "It took a good man to do it --- and it doesn't take such a good one to hold to the decision. I am that good one - and will not yield." And right then and there you get a lift -- self confidence and self respect grows.

As one approaching mastership in the science of living, you will want to be helpful in supplying to yourself and to others "the right idea." It comes naturally when you are "right" within, so the problem is OURSELVES.

Let us be like good merchants. Take an inventory, and if we have a "habit" we would be better off without, let's eliminate it.

The doing of it might produce a near Miracle - a changed individual - You.

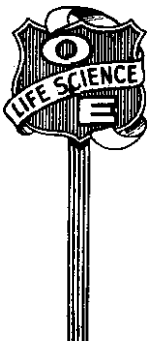
Sincerely,

THE ORDER OF THE ESSENES

By

S. Hamner Davis

Enc. 102



THE Essenes

This manuscript is published by THE ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the Order.

Copyright by The Order of The Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 102

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

ANY ACT OFTEN REPEATED SOON FORMS A HABIT;
AND HABIT ALLOWED STEADILY GAINS IN STRENGTH.
-- AT FIRST IT MAY BE BUT AS THE SPIDERS WEB,
EASILY BROKEN THROUGH, BUT IF NOT RESISTED IT
SOON BINDS US WITH CHAINS OF STEEL.

-- Tryon Edwards.

HABIT IS EITHER THE BEST OF SERVANTS OR THE
WORST OF MASTERS.

-- Emmons

SLAVES TO "LADY NICOTINE" - IN TRAINING

Only one who has been a smoker can successfully give the outline of how to quit the habit, because he alone can give forceful expression to the thrill and the uplift derived from the breaking of the habit. Only he knows how in the smoking days his mouth had that dark brown taste - like an Okie family had just moved out. Only he knows how eating used to be a habit and there was not much difference in taste between beans and peas, and juicy steaks were judged by price and looks, the true flavor drowned in catsup and pepper sauce, and how after quitting smoking the sense of taste returned and eating became a joy and not a routine.

Only he knows what a sweet breath means in terms of social enjoyment and what a feeling comes from clothes that have a clean, fresh odor and are not smoke drenched and foul smelling. Only he knows that twitching and turning in a state of nervousness vanishes and sound sleep returns with the banishment of smoking; that digestion improves, as does the complexion and skin texture and that pains in the heart region vanish with the smoke - and he knows that he is not so subject to colds - sore throat - or uneasy feelings in the sinus or nasal passages, and he feels and senses the fact that he is lengthening his life span - and can express convincingly.

No man could live on smoke alone. The cleaner and fresher the air one breathes the more perfect is all bodily functioning. That is fundamental and basic and not seriously disputed by any one.

He who would supply the successful suggestions must be one who is tolerant, and must not have the crusading-reformer type of mind and must not possess any feeling of contempt or even pity for one in "the toils of an enslaving habit."

He must know that one to quit must want to quit - and when he does, that all that is necessary is to truly present to him the facts - and supply the true picture of the benefits and joys of ceasing - and how to pass this all to the subconscious in convincing manner and the trick is done.

It is not a matter of reforming in the accepted sense. It is simply an educational process.

By no means would we oversimplify it. The first three or four days will present its problems, but if one looks forward to the thrill and real joy of the moral victory - the quickened sensibilities to follow - he will surely experience it.

To smoke or not to smoke -- That's the question! Each must decide it for himself. To do so intelligently and wisely each must weigh the benefits and advantages against the loss and cost.

So far as the benefits and advantages of smoking are concerned, no reputable physician, scientist or philosopher could name a single one other than a psychological one - and that comes and could only come from a false belief or the acceptance of an erroneous suggestion.

The loss and cost items are measurable in terms of injury to the human system, the temple of mind and spirit - and in its last analysis this means in terms of life itself.

Who is the smoker who has not smoked on an empty stomach or in the morning before breakfast or in the middle of the night and experienced dizziness and the breaking out in a cold sweat?

What took place was - the muscles in the walls of the arteries contracted - the natural consequence was that the blood stream was impeded - and the blood supply to the brain was diminished. There was your dizziness from inhaling one cigarette - smoker though you be.

If one can do that - what must the cumulative effect of twenty or more a day be, even though the human system struggles, as is its nature, to compensate for all our errors?

The endeavor to harmoniously meet that condition is an energy and force which otherwise directed would make your days more resultful, your nights more restful, your life more satisfying.

The smoker is ever seeking self justification -- some benefit he derives from smoking. He even feels that the facts presented against smoking are exaggerated or are fiction. Does he himself not get relaxation from a smoke?

Sitting still long enough to smoke - a change of mental attitude - the accepted suggestion of "Smoke and relax," gives the relaxation - not the cigarette or the smoke therefrom.

Again he says, "Sure - I get a "pick up" from cigarettes, - Don't I know?"

Here he may not be "kidding" himself entirely. The facts being that smoking causes a rise in blood sugar, and temporary energy is the result -- but let us follow through. This rise in blood sugar from smoking is immediately followed by the depletion of the glycogen stored in the muscles and we have in fact a loss of potential muscular energy.

The smoker who justifies it with the "pick-up" idea, experiences it but does not recognize it -- the repeated smoking for a "pick up" continues the depletion of glycogen and leaves him fatigued.

No one perhaps ever wrote upon the subject of smoking in recent years, who was not familiar with the work of Dr. Raymond Pearl of Johns Hopkins.

He took seven thousand persons - divided into groups of non-smokers, heavy smokers and moderate smokers. From the group, up to the age of forty-five only, twice as many heavy smokers died as non-smokers. Now that is painstaking scientific investigation. The findings - facts. So here is neither exaggeration or fiction. Another smoker may say, "It keeps down my weight." Well! Here are the facts about that. One cigarette alone can keep down the perfectly natural hunger contractions of the stomach for as much as an hour.

That result, reduced to a common sense conclusion is "malnourishment by starvation produced by nicotine poisoning."

The very fact that smoking does affect the natural contractions of the stomach is a true indictment of smoking - what the legal profession would term - "a true bill."

If, with a full understanding, you are going to quit smoking and are going to give yourself the required autosuggestion to make it easy - pleasant - and a moral victory (moral in the sense that you will accomplish that which you heretofore thought you could not do) let me give you a preliminary suggestion -- Do not tell anyone you are going to quit smoking.

If you have carefully studied your early instructions you know why this is psychologically sound advice. If you are going to undertake any accomplishment do not talk about it -- Do it! -- The more you talk about it the more you drain off the force and energy that should go into the accomplishment. You surely

have observed that the individual who is always talking about doing great things is generally the last to do anything.

The cigarette, particularly, by reason of being deeply inhaled and by reason of certain poisons in burning cigarette paper (all paper) has a very decided effect upon the nerves which control digestion, breathing, blood circulation, and the bodily heat regulation. It is immediate, positive and measurable - so is neither fiction nor exaggeration.

When one smokes and inhales a much larger area of mucous surface is affected than one imagines. It is the same surface area one uses in breathing.

The lining of the air tubes and cells of the lungs presents an absorbing surface of about 1000 square feet. Coming to the extremely delicate covering of this "respiratory field" is a volume of blood equal to all the blood in the body - and it makes a round trip, so to speak, every minute.

When you are breathing correctly, as heretofore pointed out in these instructions, and are breathing fresh pure air - you have a burning up of impurities in the blood stream by the absorbing of oxygen and the eliminating of carbon dioxide by the air cells.

This contact of air with the blood stream is through these extremely delicate coverings of this 1000 square feet, comprising the "respiratory field." By smoking one irritates the air cells, they become inflamed and exude a serum, in the defensive process of meeting an existing condition.

In cigarette smoke, besides the nicotine so stressed in the "scare" articles upon smoking, there is creosote, pyridine, carbon monoxide, carbon dioxide, prussic acid, furfural, and other "tar products." Examination of smokers' lungs at post mortem reveals a black lung filled with carbon deposits.

There is not much difference between tobacco smoke and other smoke except for nicotine and pyridine - and that (pyridine) would be in "other smoke" if paper was included in the burning material.

The cigarette smoker would get a shock if he could view the air passage lining of his anatomy, this one thousand square feet within the "respiratory field" -- It's just black with resin, tar and creosote.

One seeing it wonders how the purifying oxygen ever gets through to the blood stream. The fact is that the lung lymphatics are black with tar-like irritants, the breathing capacity of air cells are diminished one half, and hence resistance to lung cancer, respiratory diseases or infections is about half normal.

If you want to get a visualization of just what a few "puffs" will do - smoke a cigarette and do not inhale the smoke, but blow it through a handkerchief or white cloth of fine texture. No! All that brown stain is not nicotine as some rabid reformers might have you believe -- It's a creosote, resin and tar product largely. Having made a half dozen of those ugly spots on the handkerchief or cloth, you now change your procedure. Smoke your cigarette - inhale the smoke and then blow it through your handkerchief or white cloth. It may be you get some discoloration with the inhaled smoke, but nothing to compare with your stains previously made.

There is one thing certain - the staining material was in the smoke in each instance. In the first tests the cloth got part of it. In the second tests the lung lining and delicate membranes of the respiratory field got what the cloth did not.

Can you imagine it? No wonder so many want help to quit. The life principle does put up a battle for the life of a man, even against his own folly. It is largely through the injury inflicted upon the mucos membrane that smoking impairs the hearing and the sense of smell.

When you injure the sense of smell you of necessity injure the sense of taste. Taste and smell are senses so interdependent that few of us distinguish one from the other as heretofore pointed out in these instructions.

The sense of smell is a rather strange and a very delicate thing. You step from a clean atmosphere into a smoke laden, or poisonous atmosphere of most any kind, and your sense of smell gives you a quick response - a warning and a message of danger, in accordance with your collateral understanding.

Stay in that contaminated atmosphere for just a few moments and you become unconscious of it -- Your sense of smell seems to tire easily - or it becomes anesthetized to an odor by exposure to it.

Knowing and understanding the breathing process as you do or should, you are aware that gasses pass into the blood with the greatest of ease. The absorption within the system is much more rapid than would be anything taken in liquid form into the stomach or even by hypodermic.

"Smoke in your eyes," might be a subject of sentimental gush, and provide a vehicle for a play of literary or musical fancy -- but it is a very real thing to a smoker - a thing he does not "fancy" -- It causes his eyes to smart - and water and turn red. That is just the poison in the smoke, known as acroline at work. Smoking affects eyesight. How could it help from doing so. It affects breathing, digestion, blood circulation and other functions - life processes - and one thing we know and ever hold in mind is the unity within the human body - and we strive toward a full realization of the unity with the Universal.

You understand that we are working toward a technique for one who desires to quit smoking. In the developing of any technique we have to know the whole problem with which we have to deal -- the man -- the habit or problem -- the effects.

We have to apply our Socratic system of questioning who, what, when, why and where and like the radio comedians, Amos and Andy - - check and double check.

That is why we are fully exploring the effects of smoking. Then we can make our psychology effective - our suggestions pointed - our affirmations meaningful and our subconscious minds cooperative and our whole process a success and not a succession of well meant resolutions and a series of heartbreaking, morale crushing back slidings and admissions of slavery to a habit, and broken resolves.

It is possible that any individual for one reason or another might come upon the day when an abdominal operation becomes necessary. Of itself it might be neither serious nor dangerous - but if a complication of the lungs develops it is an entirely different story.

Many smokers suffer from chronic inflammation of both trachea and bronchi. Under normal circumstances, the condition is without symptoms and often overlooked. The facts are - that heavy smokers are six times more likely to develop complications of the lungs following abdominal operations than non smokers. This is not fiction or exaggeration. Dr. H. J. V. Morton reached this figure after the study of 1257 cases of abdominal operations and reported upon them in the British Medical Journal, the Lancet.

Here is the why of the danger of lung complications following abdominal operations. After an abdominal operation there must be no restriction of efficient coughing. If there is a restriction, such as inflamed trachea or bronchi would be likely to cause, there comes about a stagnation of bronchial secretion - it accumulates and becomes infected and purulent and then serious trouble is at hand.

Where there is little or no post-operative interference with the vital capacity of coughing, this succession of events is probably avoided at the outset. So the heavy smoker has six counts against him in that eventuality.

In the case of artery injury segmental spasm of the artery is common and the constriction of blood vessels that cigarette smoking may cause, may cause "irreparable damage" -- That is why on every battle front the warning is posted against the habit of giving a wounded soldier a cigarette if an artery has been severed or injured.

One generally has not reached the stage where he desires a divorce from Lady Nicotine without being aware that any exertion is followed by shortness of breath. This shortness of breath is often the deciding factor in athletic or recreational events.

Gene Tunney, former heavyweight boxing champion of the world, contended that heavy smoking is a disease symptom, saying, "Whenever I see a chain smoker in action I know at once that he is plain sick and should submit to a searching medical examination to discover the underlying cause of his smoking."

"On the physical side, this may range from a thyroid deficiency to a faulty diet or lack of exercise. My psychiatrist friends tell me that most of their patients are frantic smokers. When their lives get straightened out, the craving for tobacco falls away." --- That's a suggestion we can keep our eye on.

May we now suggest that you reread Instruction Number One Hundred and One, and continue through this Instruction. Instructions One Hundred and One to One Hundred and Four, inclusive, must be considered as a whole.

There is sound reason for giving these Instructions separately, just as there is effectiveness in receiving all of the instructions in this study of Life Science separately, and at stated intervals, instead of in one bound volume. Those who have progressed to this point are naturally conscious of this.

* * * * *

THOUGHT GEM

We first make our habits, and then our habits make us.

All habits gather, by unseen degrees, as brooks make rivers, rivers run to seas.

--- Dryden

* * * * *

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

DEPARTMENT OF INSTRUCTION

A BETTER OPINION OF

YOURSELF HELPS IN LOTS OF WAYS: -

One Hundred and Three! One more Instruction and we complete the series which constitute "the psychological aid in the banishment of the cigarette habit" -- and at the same time we complete the second year's work, another important milestone in our journey onward and upward.

Those of you who have mastered this second year of study are eligible for the Certificate of Merit. As you will recall, we told you when you completed your first year's study with us that there was a nominal cost of five dollars to make these certificates, and that situation still remains.

The value of a certificate is not in the instrument itself. The value in it lies in the fact that it evidences study, effort, and a striving for a better way of life and expression. To the owner it is a reminder and as such an incentive. To others it is evidence that the study and effort of the owner has received recognition by duly constituted authorities, and that he possesses proper understanding and has achieved mastership in the subject or subjects taught.

When you have read the Instruction herewith re-read from One Hundred One through this instruction. There is great value in repetition, especially when the object is a re-education of the subconscious with a view to the correction of a habit.

The decision "to smoke or not to smoke" can come after the next Instruction.

All who have quit are enthusiastic over how much better they feel and how much better they are. If you are one "in the toils" and quit I don't think you will be an exception. You really will have a better opinion of yourself - and that helps in lots of ways, too.

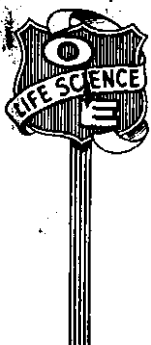
Very sincerely yours,

THE ORDER OF THE ESSENES

By

S. Hammer Davis

Enc. 103



THE Essenes

This manuscript is published by THE ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the Order.

Copyright by The Order of The Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 103

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

SOW AN ACT, AND YOU REAP A HABIT; SOW A HABIT,
AND YOU REAP A CHARACTER; SOW A CHARACTER AND
YOU REAP A DESTINY.

--- G. D. Boardman

REFRAIN TONIGHT, AND THAT SHALL LEND A KIND OF
EASINESS TO THE NEXT ABSTINENCE; THE NEXT MORE
EASY; FOR USE ALMOST CAN CHANGE THE STAMP OF
NATURE, AND EITHER CURB THE DEVIL OR THROW HIM
OUT WITH WONDROUS POTENCY.

--- Shakespeare

BREAKING THE CHAINS OF BONDAGE TO CIGARETTES

Naturally, those desiring to excel in athletics, do not smoke. It is just generally accepted as true, and it is true, that smoking slows up reflexes; one does not act or react to a thought as promptly as he would if a non-smoker. The muscular reactions are slowed up. The brain messages over the nerve networks seem to take longer to get results. The responses to a subconscious command are delayed. No athletic director, football coach, or conditioner of men would sanction smoking. The outstanding men of this profession give it as their studied opinion that it not only stupifies the brain, but lowers morale, and definitely weakens the muscles and even more definitely affects one's control of the muscles.

Here is an opportune time to suggest that if one's deep desires should turn to excelling in athletics or sports he would easily drop cigarette smoking. He sets up new values - excelling in a sport. He revalues health - and readily accepts the facts about his smoking.

That is good psychology. If one gets an ambition to sing, or to have a beautiful and trained voice for speaking or singing - he easily re-evaluates. It's either the one or the other -- smoking or singing or speaking.

Let us further illustrate this mental principle. If one has been at it (smoking) long enough and often has indigestion, sour stomach and a hot throat, or has a sallow complexion and oft appearing skin blemishes - a thin, tender skin and easily subject to razor nicks in shaving, and finds himself nervous and irritable and that he cannot begin or carry on a piece of work without smoking - and gets his working habits all tangled up with the smoking habit, he is or should be one who would want to do some revaluing.

Let him get an enthusiasm for health, a better appearance - and leadership - and the breaking of the habit is in the language of the day - "a natural."

The mental picture of abounding health - just feeling good all the time - and of clean, clear skin and clear eyes, poise and calmness, can bring into play the forces of the emotions. New objectives - plus the acceptance of new values - plus clear-cut new desires - plus will - plus enthusiasm and emotional backing - and you have a winning combination.

There is a sort of truism on the subject of age --- "Man is just as old as his arteries." Hardening and thickening of the arteries is promoted through the paralyzing and constricting effect of tobacco poisons.

Smokers generally have what is called a case of "nerves." The high pressure of the pace of American living has its roots in the constant stimulation of the emotions. People seem to be ever seeking excitement and stimulation.

The American diet is also a contributing factor. Too much soft food -- too much fried food. It is toxin producing, high in heat and other putrefactive proteins and starchy and fermentable foods.

We are not food fadists, but it would be helpful in breaking the smoking habit to choose a diet rich in fresh fruits and vegetables and low in the stimulating foods such as meats and starchy foods.

If you make such a change a short time before the final decision to quit (cigarettes) the appetite for smoking will definitely be curbed.

If you are definitely neurotic, or definitely living with some fear, or are hiding and suppressing an uneasiness - or if you are never at ease but have a quaking -

shivery feeling inside - or your mind is going "fifty miles a minute" on how to get out of embarrassing situations; or you are futilely jumping from one "plan" to another; or have the feeling of being between a "frying pan and a fire" all the time - and are a "nervous smoker" or "chain smoker" - you want to do some straightening out of your thinking before you say: "I am going to quit smoking" -- and put into execution the suggestions made in Instructions One Hundred and One to One Hundred and Four.

This last suggestion is not in the least necessary to any one who has carefully studied and followed instructions One to One Hundred in this course.

Such "nervous" condition would have been conquered - and "This too will pass away" has been vigorously administered to disturbing situations and poise and calmness has taken the place of strain and tension.

This should be the case - countless of our students so report.

Many people have quit the habit. Among the number are some writers and authors who have written of the experience. Courtney Riley Cooper was one of these. A study of his experience reveals that it was purely a feat of will. J. P. McEvoy was another whose stopping was largely a matter of will power.

In these two cases both mention that when the hands by force of habit reach for a cigarette, or the urge or pull to smoke hit one of those occasions where a cigarette was the usual thing, they had candy or gum or a substitute activity. Both warned against soft candy, as the tendency to eat too much was there. Hard candy they stressed.

Cooper mentioned that J. C. Turnas had made an exhaustive canvass of smokers and found that "you'll either cut smoking off short and take it on the chin, or you won't cut it out at all." McEvoy said that "the way to do it" is just to stop short -- quit and dump all your smoking material, so that they will not "flag your attention at every turn." "Banish the 'accessories before the fact' as the law puts it and you will greatly reduce the number of crimes you commit in the name of tobacco," says he.

Scientists, who have studied the "tense" smokers, have found that usually they cannot be induced to stop smoking unless one or the other of the main factors feeding the tension is eliminated, such as too great pressure of work, marital difficulties, inferiority complexes, self consciousness and quaking fears.

Excessive smoking in ninety cases out of one hundred will be found to be tied in with unsatisfied aspects of life and adjustments or readjustments of life situations will mitigate or ameliorate some of the factors which arouse and increase tension, and often ceasing smoking just naturally takes place.

So we say if you've really decided that you want to quit smoking, and you are a tense smoker, better do it at once and don't fool around with any 'tapering off' process. It won't work. It probably won't work anyway unless you have some understanding of what you are doing and why you are doing it.

That is the reason for these instructions. Even though you may not be a smoker or may have no desire to quit, you will get a technique that will apply to most any habit. Alcoholics Anonymous work upon the same psychological principles.

You want to quit smoking -- You really do? Then let us prepare for it. Why do you want to quit? Reread all the instructions on this subject (from 101) and fix it in your mind that you certainly are doing yourself no good by continuing - and find just what you are doing to yourself, so that when you set a new objective, and

train the subconscious it will not be "rote" or empty affirmation, or suggestion without conviction.

This is your case. It needs some study. You are doing a lot of things unconsciously. You want to find what these things are and when they take place. You want to become conscious of them.

When you get up, do you reach for a smoke? Have you put them in a certain spot just automatically? Study the lighting of it. You go through the same identical motions with respect to the match - the lighter, the cigarette and the lighting -- Note it! Put it down -- Yes! Write it. It's your life - your health, your feelings, your success at stake, so you can afford to write out the course you are now following so you will know just what you are going to work with, and where the substitutions are to be made - and what suggestions are going to be effective.

Your next smoke comes just after breakfast, let us say. Watch yourself - analyze those movements. What did you do? Why did you do it? What was the feeling just before you lit up? What was the effect?

Your next one comes as you get in the car, take the bus or board the trolley - perhaps.

All day long watch yourself. You will find it an interesting game. You will find out much about yourself. When you get to a pause in your work, you smoke. When you have a decision to make, you smoke. When you change from one task or piece of work to another, you smoke. When you are waiting and have nothing to do, you smoke. When you get there, you smoke. When you read your paper, you smoke. When you go to bed, you smoke; when you wake up in the night, you smoke.

There is a very distinct pattern to your smoking. Take plenty of time to study it. You have been smoking a long time, so a few days to study your case may not make a lot of difference anyway.

Note the pattern of your thinking at each of these smoking stages. You may surprise yourself by finding the frequency of your negative thinking, and an emotional weakness in your manner of thinking.

Seek out **this** so-called tenseness you think you get away from by smoking. Get the straight of this "smoke and relax" business. Put your finger on this mental attitude of tenseness. Just what were you thinking about, fearing, and desirous of avoiding?

While you are thus making a study of your smoking pattern and an analysis of your accompanying thought patterns, see if you can awaken and refresh your sense of smell by liberal exposure to fresh air or by smelling some flowers, perfume, toilet water or sachet powders. Then go in your room where you smoke, or in your car in which you smoke while driving, and observe what a stink and a stench you leave behind.

Sometime when you have had a fresh air treatment as above suggested take your coat or clothing and smell it. It stinks with "dead tobacco smoke."

No wonder nature has fixed it so that the sense of smell tires easily and becomes anaesthetized.

There does not live the person who goes into a room drenched with the stench of stale tobacco smoke who finds it pleasant - and people do not consciously want to stink - or offend others with foul odors given off by themselves - but it is being done "in the best circles."

If rooms, draperies, upholstery of rooms and autos catch and hold these foul odors, how could one avoid knowing that it lingers in clothing - outer garments and under garments.

People are just too considerate of the feelings of others to go about telling them they stink, and that their breath is foul.

Sure - that sounds exaggerated! But wait until you quit and your nose gets to functioning normally again and you pass a veteran confirmed smoker on the street - and you get stench even in the open air, and you will say - "Was I ever like that?"

After you quit, if you have been driving a closed car, every time you get in the car that tobacco smoke permeated interior, which hangs on for months will fill you with disgust - and you can hardly believe that you used to get in and out and drive and not be conscious of that.

It's quite simple. If you carry the same odor around with you in your clothing - you are immune to the same odor in room, car, or others. It would be the same were it perfume or incense.

Having thoroughly satisfied yourself that to quit smoking is the part of wisdom, and knowing the effects of smoking and having in mind a differing picture of yourself, you are ready to give yourself the proper suggestions preparatory to the "break off." You have the equipment and the tools -- Now for their proper use.

From a sifting of the ashes of the discussion, we find that this new condition to be sought is just like any other new condition to be attained. First you vision it (as a desirable); next, you desire it (sincere desire is prayer); next, you have confidence it can be done (that's faith); then you determine to do it (will power) and finally you do something about it (you quit). -- It's just that simple.

You need some aids in preparing to take the step - and when you have taken the step, to hold you to the charted course. These aids are available. The use of suggestions - new objectives - revaluations - substitutions, and reeducation of the subconscious.

That is too general. -- Let us just go through the process of preparation and quitting and meeting temptation and overcoming momentary urges. Thus we can make this a successful venture, and it will not be just another "dissertation on the evils of smoking."

What started me to smoking, anyway? Imitation? - That was silly. If I had it to do over again I would not imitate that person.

To appear sophisticated? There is no sense to that -- Either I was or was not, and a cigarette sticking out of my face didn't weigh one way or another on that question.

"To appear" - maybe that's the clue!

I am not blaming myself on the weakness of wanting to "appear" as something - most everyone has that urge at one time or another - but the honest to goodness thing to do is just to strive to be the genuine, the 18 karat, the sterling, and the perfect blue cut, and not show a complex or an admission of weakness and try to "appear" as something.

Maybe it was contrariness? They told me I couldn't or must not - and I did it just to show my "independence."

Well, looking at it from this distance, I know they meant well. It sure was to my

best interest they were looking. I can't blame them for their "Don't do this" and "Don't do that" -- that was the best they knew in the matter of guiding my conduct. I can't take too much blame on myself for being "contrary." I realize I acted quite naturally in view of my (then) understanding -- but anyway they were right and I was wrong, and I have paid the penalties. Now I am going to get right.

Perhaps I started because I thought "It was the thing to do" or "to be sociable" or "it was universally accepted." My! Oh, my! How susceptible to suggestion was I. Make a smokestack out of myself "to be sociable" -- "to be among the accepted."

When it gets to that point - that's slavery. I sure am not going to admit being a slave to anything or anybody. So that idea of being "sociable" and "accepted" was just self deception. I know now that the way to social acceptance is to really "be something" to have within me "something" that will be called personality (but that "something" must be a reflection of true character).

How ridiculous to think that sucking on a cigarette could attract people to me or endear me to anyone!

Well, we are getting at the true of why and how I started - and any angle at which I view it, it was a mistake. I am not going to over emphasize the blame on myself for that, either.

Millions of others have followed the same trail - but I am going to quit, and millions would like to, but have tried, and have admitted they are licked and that they "can't" -- That's where I can show strength of character - not just strength of will.

I am going to quit - because it is my life - my health - and my future at stake. I made a mistake, yes! But I am not going to keep responding to encores.

Remember! Reread from One Hundred and One to here (in one sitting if possible) after the study of this instruction.

The next instruction will complete "the psychological aid in the cure of the cigarette habit" series.

If one reviews it will give an appreciation of the subjects covered, of the great volume so easily studied, and great will be the surprise at the new meanings found in the earlier instructions, and as you progress these new meanings will give greater understanding of the subsequent instructions. -- We recommend a review from #1 to #104.

* * * * *

THOUGHT GEMS

He that studies only men, will get the body of knowledge without the soul; and he that studies only books, the soul without the body.

He that to what he sees, adds observation, and to what he reads, reflection, is in the right road to knowledge, provided that in scrutinizing the hearts of others, he neglects not his own.

Dryden.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

A VICTOR IN THE ARENA OF LIFE: -

With this Instruction you complete your work in the second year of study -- a work which steadily and surely is leading you to the Mastership of yourself - and ultimate success with whatever you meet in life.

Having read and studied one Instruction for each and every week in two years, there is no possibility that you have not in some way been changed. The real you of your being does change with the implanting of every idea.

We trust that it has brought an inner peace. If so, you have gained a control of your thoughts and emotions and hence are self-possessed and can call into being such ideas and forces as will make you a victor in the arena of life.

Confusion is a forerunner of defeat. Fear and doubt rob you and society of initiative. Poise born of understanding and peace born of discipline are the true parents of courage. As one advanced to this point you possess that which can generate faith, that which can create poise and bring inner peace, self-possession and courage.

That you may effectively utilize these abilities in your own life and affairs and be able to take this understanding to a world in need by, example and precept, is the object of our next year's instructions. --- A year of practices, disciplines, application of principles, observances of laws and living a life of vision, initiative and accomplishment. -- In a word - achieving health, happiness and well-being materially.

If you have your First Year's Certificate - and have studied these Instructions 53 to 104 and feel that you are entitled to receive material evidence of that worthiness - we suggest that you write to us stating that fact, and it will speed up the process. You will be helpful to us by so doing. It is a long process to carefully review the files and correspondence of all second year students. -- We are in the midst of it now.

If you do not write and claim your own, it may take us some time to reach your file and write you that you are entitled to this honor.

The life values are in your understanding gained from the study and the attendant actions and reactions. But there is real psychological value in a certificate, a reminder of the effort to attain it, and a reminder to continue to prove your worthiness.

Very sincerely yours,

THE ORDER OF THE ESSENES

By

J. Hamner Davis

Enc. 104



THE Essenes

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the Order.

Copyright by the Order of The Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 104

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

"WHEN A KING ASKED EUCLID WHETHER HE COULD NOT EXPLAIN
HIS ART TO HIM IN A MORE COMPENDIOUS MANNER? HE WAS
ANSWERED, THAT THERE IS NO ROYAL WAY TO GEOMETRY. OTHER
THINGS MAY BE SEIZED BY MIGHT, OR PURCHASED WITH MONEY,
BUT KNOWLEDGE IS TO BE GAINED ONLY BY STUDY, AND STUDY
TO BE PROSECUTED ONLY IN RETIREMENT." -- Johnson

CONGRATULATIONS! You now complete one hundred four
instructions -- one for every week in two full years.
-- You sought not a royal way - You studied.

"IMPATIENCE OF STUDY IS THE MENTAL DISEASE OF THE PRESENT
GENERATION." -- Johnson

THE SOLILOQUY OF THE MAN QUITTING CIGARETTES

(Affirmation and Suggestion Patterns)

And why quit? For one thing - look at those stained fingers. That is just carrying around a badge saying I am "a cigarette fiend." Even cigarette smokers think a fellow is pretty far gone when he carries around cigarette stained fingers.

Since I come to think of it, while cigarette smoking is pretty general, there are millions of people - adult people I want to do business with who do not smoke, and who have a prejudice against cigarette smokers.

It is the "little things" in life that turn out to be the "big things." I have met with turn-downs. I have met with refusals. I have had my share of failures, and many a sale I have muffed. A lot of those may have been through prejudice against a cigarette smoker --- Now maybe that "prejudice" as I call it, has some sound foundation.

If an individual cannot resist temptation in one line, perhaps he might not be able to resist in some other. I have heard some psychologists express some rather radical ideas along the line that cigarette smoking was a certain indication of "loose links in the moral chain."

"Prejudice" I called it! This thing is serious; it has affected my life and my position -- everything has -- I want to get this thing straight in my mind. Re-education and revaluation is the way to all desirable changes.

It is a fact that the cigarette smoker is more or less a "nervous type." Every time he comes to a decision he smokes -- every break or change in his work schedule is an excuse for a cigarette. His work habits, his recreation habits, his eating habits, his thinking habits and his smoking habits are all tied in together. It is just possible that this fellow who would not select a cigarette smoker as a worker or co-worker or for a certain piece of work or for association in joint interest is not governed entirely by prejudice. Some very careful and painstaking studies have been made - and the smoker doesn't hold his own with the non-smoker in the matter of efficiency - accuracy - or quality of work or decisions.

I may or may not by my smoking have affected my qualifications or performances, but I must not think that the man who judges, acts entirely on prejudice, when he uses a proven standard as a gauge. Certainly all my business life is more or less dependent upon the judgment and decision of others - and if smoking can throw even one decision against me, I can't afford it - because that might be the big decision.

Looking at myself in a mirror with a cigarette in my face, I am rather prejudiced against myself.

Since I come to think of it, these high priced artists who paint the costly pictures to adorn the advertisements of the cigarette manufacturer are careful to avoid profiles with cigarettes sticking out of the mouth. I guess I am not above prejudice myself -- a cigarette sticking out of a face sometimes disgusts me --- and -- oh me, oh my - how many times may I have disgusted others --- and that is no way to attainment, I grant - and maybe I missed many "a sale" from a "little thing."

If I yawn that is nature's call for more air, more oxygen for the human incinerator. If I sneeze or cough, that's nature's effort to get rid of something

that is not for my best interests. As a smoker I do cough - at times it's bad. I go to a doctor and he gives me a gargle and some cough syrup - and says - cut down on your smoking. That's fine and dandy. He smokes - he can't tell me to quit - and he doesn't know any medicine that will make anyone quit - and he can't quit --- and anyway, he thinks it is his business to stop the cough - the symptom - nature crying out for relief from error - human errors. The cause - smoking - he just says "cut down on it" - and not a suggestion as to reaching the cause.

I look in the mirror, and I see that my eyes are always just a little "blood-shot" -- The whites of my eyes are never white but cloudy. I go to the optometrist. He does not even ask me if I smoke. He has all the gadgets in the world through which I read letters large and small on a card and on the wall - and he fits me with glasses. He doesn't tell me that smoking definitely affects the vision and to quit and give my eyes a chance to adjust - and nature a chance to harmoniously meet the situation. He sells glasses -- he finds a symptom -- meets the situation - and with my glasses I see "normally."

I put my watch up to my left ear and I cannot hear it "tick." -- I put it to my right ear and can barely hear it.

I go to the eye, ear, nose and throat specialist, and he puts me through all kinds of tests and he says my hearing in the left ear is impaired 20% and in my right the impairment is 10%. He doesn't ask if I smoke, and probably tells me it will progressively get worse, and that there is nothing particularly that can be done about it --- that's encouraging, isn't it?

Someone says, - "I smell onions cooking. Can't you smell them?" No - I cannot, or by deeply inhaling I can say yes. Someone else says, - "There must be a gas leak somewhere; can't you smell it?" No - I do not. It turns out that one of the jets on the gas stove was not fully turned off.

Finally by degrees I learn that my sense of smell has lost its keenness, and I can walk through an orange grove in full bloom, or through a bed of tube roses and do not smell the fragrance of the bloom.

Pretty soon I wake up to the fact that my food tastes pretty much alike -- Chicken, turkey - duck or goose are the same -- Veal - mutton and beef are alike.

By chance I pick up a magazine of general circulation or a Sunday supplement to a newspaper and find that some fellow somewhere had the same experience and he found that smoking affected his sense of smell and sense of taste, and he quit smoking and in "no time" he was functioning normally. -- That's encouraging. After almost every meal I have a hot throat -- or "belch sour" or have "sour stomach" -- I go to the doctor - He says, "Oh, you ate too much" - or "you ate too fast" - or "you have a little indigestion" -- Take some bi-carbonate of soda and that will get rid of that "hot throat" and "sour stomach" - and "then maybe you better take some calomel or castor oil and clean out."

He did not know whether I smoked or not. Didn't ask, in fact. Well, the "sourness" and "hot throat" keep up. It begins to dawn upon me that smoking affects digestion.

My skin gets blotchy - complexion sallow or muddy looking. - I find out that the blood at the surface of my skin is materially affected by every puff of a cigarette.

If I walk up steps or run or get strenuous with work or exercise I find my

breath "give out." I pant - I am short of breath. I can lay that at the door of smoking.

I attend an auction sale. - There is something offered that I want and need in my business -- before the bidding begins I am shaking like a leaf - during the bidding I shake -- and the catalogue in my hand shakes as though it were held by a man with the palsy, instead of by a vigorous man in the prime of life. Well - I find smoking definitely affects the nerves.

To sum it up - I find a lot of things the matter with me -- not sick - not confined - going top speed every day - but the more I go, the more I smoke. My kidneys don't function just right. I get up two or three times in the night and smoke a cigarette to and from the bathroom.

This begins to sound like an exaggeration and not just a normal cigarette smoker - but if you are one who has arrived at the point where you want to quit - you recognize yourself.

As I look back my smoking experience is dotted with accidents. Some painful, all costly, and when I total it up I am sure it is not worth it. Many a time I have lighted a match and off of it there flew some fire, as though it were shot from a Roman candle and in one or two instances it came very close to the eyes of bystanders, and some of these flying sparks have burned holes in the clothing of others.

Speaking of burned holes, I just wonder how many trousers I have ruined; how many shirts I have burned holes in, and how many coats I have scorched and burned.

Since I begin to total damage in my viewing of my smoking, I cannot overlook the burned desks where I have laid down a cigarette and got busy and forgot and it put a long scorched hole in the edge of beautiful furniture. I have burned up doilies on dressers, put scorched places on chiffoniers. I have had them drop back out of ash trays on beautiful furniture and leave charred holes impossible to repair. On two occasions I remember trying to throw the cigarettes out of car windows, and the wind blew them back and two automobile seats were nearly ruined by smoldering fires and a coat tail was scorched before the damage was discovered. And smoking in bed put a big hole in an expensive mattress, and might have been fatal had others not smelled the smoke and awakened me and helped put out the fire.

I almost shudder when I think of the near accidents I have had in driving cars, caused by striking matches or lighting cigarettes while traveling. When I add up all these things, and I know it to be the common experience of most cigarette smokers, I sometimes wonder what it really takes to awaken us to the total price we pay for smoking.

I, like most people, have said that I desired health, happiness and success. Surely I know that this trinity must be the end result of the proper coordination of another trinity -- Body, Mind and Spirit.

Health! -- Through more than one hundred instructions in this course of study - I have found it stressed that there is a unity in all things. Yes! particularly body and mind. Now I know why in the early instructions I was provided with suggestions as to breathing - drinking water - eating - bathing - exercise - voice training - things physical.

Maybe there is a health I have not known anything about -- an abounding health

- a vibrant health --- When I wake up in the morning perhaps I will fairly bounce out of bed - glad to be alive - When I hit the bath - I can take it hot or cold - and with the rub down I will fairly glow and tingle, be ready for and enjoy my breakfast, and eager to get to my work --- and just sort of feel like a conquering hero --- that must be spirit --- that comes with health.

That is a worth while objective! I haven't felt that way! That certainly is a desirable! If giving up cigarette smoking can help bring that - then I have been dealing in some false values.

That's logical! I can see that! With health as an objective, I breathe right, I eat right, I exercise, I think right --- I live right - and smoking is no part of that kind of a regime.

What's more natural than that with health I feel good? That's happiness budding. Sure! With different feeling and thinking I would "do differently" --- That's success sprouting.

It dawns upon me now, that back in the early instructions there was one devoted to voice training. I read it - and maybe I tried some of the suggestions for a half hour or for a day or two. Smoking has naturally affected my voice. Maybe it has done more than that. I haven't followed through on things I start like I should. Does cigarette smoking and procrastination go hand in hand? Perhaps there is something to this "ah uhm" - "aum" business these mystic organizations advocate and promote.

Among the first things we learn upon coming into this world is to talk - and in this modern day of soft living and smoking - and improper breathing - ninety percent of the people have not good speaking voices - they have "nasal twangs" - "high pitched" or "squeaky" voices, or they "chew their words" or speak indistinctly and do not articulate clearly. And some have "harsh" or "rasping" voices, or have something else the matter with the voice - and smoking doesn't go very well with soft, modulated and pleasing tone production.

A better voice is another objective I can substitute for this so-called soothing effect of smoking. Looking backward I believe I have been irritated instead of soothed. Those who sell public speaking courses and advertise and contend that a good voice and the ability to use it is a road to success - may have something at that. The physical culture boys are sure that they have the secret of success --- a sound body. There is something to that, too. The vegetarian is sure he has the secret of health, and there is some merit in his claims.

A fair appraisal might show that few indeed are the cigarette smokers who take the time and pains to improve their speaking voice - and fewer yet who take just a few minutes each day to devote to breathing and physical exercises, and few indeed are the cigarette smokers who are vegetarians or even semi vegetarians.

Another objective. I can be tolerant and weigh the claims of all who would point the way to health, happiness and success. It is a moral certainty there are none who claim benefits for smoking.

Let me get this thing straight! I started smoking - I choked - I got dizzy - and it made me sick - and I had the usual experiences of everyone. Then I got accustomed to it - and I repeated and repeated and it got to be a habit - Yes! It got to be the easiest thing I did.

I know that a habit is the subconscious functioning. The subconscious is the obedient servant of the conscious mind, so I know I can quit. It is just a matter of desire. Well! There are a lot of things I want more than to smoke. I am not a slave to any habit. It is easy - I am going to quit - not by degrees - or by cutting down. I am just going to stop and like it.

I wake up in the morning and say to myself: "This is the day you quit smoking." I find that I have a half a pack in my coat pocket and a pack in the dresser drawer unopened and a few in the cigarette container on the night table beside my bed.

These I gather up and dump in the waste basket, together with my cigarette lighter.

I usually smoked in the bathroom before shaving. I forego this and shave, and dress, and go to breakfast, I eat and I find my hand automatically reaching for a cigarette and I smile to myself, saying: "This is going to be interesting to just watch these urges come on."

Of course there is no cigarette - so I get up and start to business. - When I open the automobile door to get in, there is the odor of stale tobacco smoke. I just think to myself - "Isn't that terrible. I'll have to air this car out and get rid of that odor."

On the way to the office there comes on another of those habit periods - and I find myself reaching for a smoke. Here I say to myself - "Well, you got through without your "getting up" cigarette and you lived through without your after breakfast, after coffee cigarette - so I guess you are going to live.

I get to the office - and find a pack of cigarettes opened in the top drawer of the desk, and I throw them in the waste basket -- This was another smoke period - I got by that nicely.

Soon someone comes in on a matter of business. They take out a pack of cigarettes and offer me one. I merely say "No thanks" (and say nothing about my quitting smoking). The other party lights up - and pays no attention to my not smoking. So I figure out that passing cigarettes and offering cigarettes to others is just a form - and a part of habit.

A refusal doesn't seem to make an impression. As my friend smoked I smelled it of course. This was where I anticipated a little difficulty with my resolution - but strange to say my mind worked along this line. "That smoke does not smell so badly when fresh - but after it has filled a room and permeated everything it does smell terrible." Then I watch my friend smoke and inhale and I notice that his nostrils are just black from smoking and then I can just see in my imagination his tar lined lungs.

The day wears on and at the expected moments - the urge comes on, and it gets to be a source of wonder at how the subconscious functions so perfectly. In the middle of the afternoon there comes a change of work and I have to await the arrival of someone, with nothing to occupy my hands and mind.

It was in waiting periods like this I had previously smoked quite a bit. I began to get a bit nervous, and to think about how I would be smoking, had I not quit. It then came into my mind that others had said that on occasions like that they had some candy in the pocket and when the hand reached for a cigarette, it brought forth candy. I wanted all the aids, so I went down to the corner store and got a box of hard candies (having been warned against soft candies

and eating too much) and I put one in my mouth and went back to fill my appointment.

The day is over - I go to bed - and sort-of review. None of the family and none of my associates seemed to even notice I was not smoking, and never mentioned it. It was not bad. I rather enjoyed watching the urges come on - the involuntary reaching of the hand for cigarettes or lighter. The first day is the worst. I got through that. If I can go one day - I can go a week - and if I can go a week I can go a month or a year.

I didn't wake up as many times in the night as usual. I didn't smoke - and I went back to sleep easier than usual. I say to myself - "What -- benefits already!" "That's good."

In the morning I get up for the shave and bath. No smoke - and then I say to myself -- "Let's try a little deep breathing of fresh air before this open window." This I do. After the bath I say to myself: "Hey, let's put some pressure behind this towel and take a sort of rub down - get a little redness of the skin from a vigorous use of the towel - that helps the blood circulation. -- This I do.

Breakfast as usual - but no smoke and no one seems to observe the difference.

To the car and work as usual - but the stale smoke smell of the car is more noticeable than ever. I wonder how long that is going to hang on.

On the way to work I pick up a neighbor -- He takes out his cigarettes - offers me one and lights up. He paid no particular attention that I did not smoke. Many times before I had picked him up and we had always smoked. I had never refused his offer - although without him my usual smoke came about a half mile farther on - and just before crossing a car track -- habit was working that exactly.

Another day -- I had chewed a pack of chewing gum - just as a substitute for the physical motions "old man smoking habit" had put on me.

A pretty hard day from the work and tension angle, so I "turn in" rather early. The maid had found the pack of cigarettes I threw in the waste basket and had put it in my top dresser drawer. -- I opened this for a handkerchief and found them -- a sort of temptation came upon me to just smoke one. - Then I gave myself a mental "dressing down" - saying to myself: "Friend, you are like a drunkard - one drink and you are off on a spree - one cigarette and all that preparation was for naught. You will just be deceiving yourself. You have told no one you were going to quit and so far as you know no one knows you have quit - unless it is the storekeeper on the corner who always tossed them out on the counter when he saw you coming."

"Steady, old boy. You will like yourself a lot better if you do not weaken." I dropped off to sleep early and had the best night's sleep in a long, long time.

In the morning I said to myself: "That deep breathing of fresh air is the trick - a little more of that this morning. Now for a few simple exercises. You found out that smoking actually weakened the muscles. Let's put a little of it back."

A little exercise - a shave - a bath - a rub down and a glow of pink -- Boy, Oh, Boy! Am I feeling fine -- and this much improvement in two days and two nights.

Breakfast - to work - and another day without smoking --- A week - then a month - and then not even a thought of it.

Of course in my magazine reading I see the beautiful and costly advertisements of cigarettes. In my driving and riding I see the costly bill boards - and on the radio I hear the enormously expensive programs.

They arouse a little resentment. --I remember the expose' of the advertising deception - paying a famous singer to say a certain cigarette did not bother his throat. A friend said to him, "You do not smoke, do you?" - He replied, "Of course not." -- "Well, how comes your picture is in every magazine saying blank cigarettes do not bother your throat?" -- "I don't use them - therefore they do not bother my throat, and they paid me \$1500.00 just to say so - - and I took it."

In terms of "sweetness of breath" alone, I figure that to quit smoking is worth all it costs in effort.

I am sure that it took at least six Turkish baths, over a period of six weeks - to get out through the pores of my skin all the stain and poison accumulated in my system over years of smoking.

It took two or three dry cleanings of my clothes to get rid of the foul odor of dead smoke.

It took six months of "airing" to rid my car and room of the stench.

--- and to think that the people of the United States pay billions of dollars to engage in this vice - and by suggestion and suggestion alone are led to believe they are "relaxed" - "satisfied" and refined.

One evening I got to figuring how much I was saving by not smoking -- thirty cents a day, 365 days a year - \$109.50 a year. I can borrow \$2500.00 at 4% and use it for a year - for the cost of the smokes - but if that was all the cost it might be excusable - but in terms of energy and in terms of human life itself - no man can afford it.

To quit scientifically is to educate the subconscious to a true understanding of the cost. To affirm the ability to control your own life and habits - to fortify your mind with all the reasons you should quit. To develop a desire to quit and a desire for something else as a substitute - and to exercise the will to live - to grow - to improve and to be a better individual in a better world.

And may my experience be helpful to you - and peace be with you. --- You can't help but feel better and be better - and to quit smoking is a stepping stone to Health - Happiness and Success.

Now - Re-read from One Hundred and One to here! If you quit - Be a man. Stick to it -- You can.

* * * * *

THOUGHT GEM

"Nothing is impossible to the man who can will, and then do; this is the only law of success."
- Mirabeau