

THE ORDER OF THE ESSENES

212 SOUTH MANHATTAN BLVD.
OR P. O. BOX 10427
TAMPA 9, FLORIDA

DEPARTMENT OF INSTRUCTION

GREETINGS: --

We begin another year's work, confident that in you are many latent potentialities, and that you can and will advance with us - and prove worthy of universal citizenship - and will help in the attainment of our objectives for all mankind. They are simple. Above all, they are attainable.

Let our joint endeavor be to broadcast a new and refreshing understanding of the laws of individual and social health, to teach the truth respecting man's psychic needs and duties, if he would attain health, happiness and material well being.

Let us deal in long-term values instead of short term values. We must be convincing that man has dominion over causes and that this is an orderly world and consequences or effects will inevitably be of the value and of the flavor of the causes.

The world pays homage to impersonal science. Let us add our mite by showing something of the grandeur of personal science, that science which by the process of reasoning can show the unity of man and the infinite, and let us be faithful in the preparation of many for world citizenship and inculcate the understanding of universal relationship and stress the dignity of man as the instrument of expression of an infinite plan and by our own good life show that we are "organs of its activity and receivers of its truth" (see front cover Instruction Number 105).

Three years of association has given us a deep appreciation of you. We have faith that we can demonstrate to you that we are "receivers of its truth" and can be helpful and we assure you that all we have or receive of understanding is ours only to give to you and all who would know "a good life" - and help to demonstrate that Life is a Science - and earthly rewards are in accord with understanding and balanced compensation.

Sincerely,

THE ORDER OF THE ESSENES

By

S. Hamner Davis

Enc. 105



THE Essenes

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Instruction Headquarters - Tampa, Florida

INSTRUCTION 105

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

"WE DENOTE THIS PRIMARY WISDOM AS INTUITION, WHILST
ALL LATER TEACHINGS ARE TUITIONS. WE LIE IN THE LAP
OF AN IMMENSE INTELLIGENCE, WHICH MAKES US ORGANS OF
ITS ACTIVITY AND RECEIVERS OF ITS TRUTH. WHEN WE
DISCERN JUSTICE, WHEN WE DISCERN TRUTH, WE DO NOTHING
OF OURSELVES, BUT ALLOW A PASSAGE TO ITS BEAMS."

--- Ralph Waldo Emerson

LET US THUS PRAY: -- "FATHER, THY WILL BE DONE
THROUGH ME."

LO! A DEMONSTRATION WILL TAKE PLACE

There was a time - not so long ago - when the physicists bee-hoohed and pee-peohed the idea of metaphysics. But when they found that matter and energy were interchangeable, and began to deal with atoms and electrons, the invisible and the intangible - and found that there were relatively few elements in the world and the universe - and that the material things of earth varied by reason of the varying combinations of these simple elements and that they combined on a basis of attraction or affinity, the skepticism began to dissolve. Is not an affinity (a love) a mental or spiritual thing - and does it not precede the flying together or unity which progresses from electron, atom and molecule to materialization?

Likewise dislikes cause repelling and a separation of units. Yes, the electron is neutral - just a unit in the ocean of units until acted upon by a mental force -- it takes on likes or dislikes -- and then creation begins - and creation is going on today, as it has gone on for millions of years. It is called evolution.

Great was the discovery that the atom, an invisible, could be smashed, and that within was inconceivable power.

The atomic bomb takes but a small sample of one element, uranium, and produces an explosion of less than one-tenth of one percent of the atoms of the material substance uranium and destroys complete cities and sears the earth to a molten glass-like crust for miles about - and emanations and rays from it for days and weeks are deadly.

Scientists pretty generally were atheistic and almost universally agnostic - and gave religion a wide berth -- And in this thinking there is a noticeable and notable change.

Witness -- Professor J. B. Rhine of Duke University says: "The basic question for any religion, as I believe all will agree, is whether there is a spiritual factor in man. It is a first question, and without a positive answer there would probably be nothing that could rightly be called a religion. The term "spiritual" is, of course, a religious rather than a scientific one, but its meaning is relatively clear and can be converted to scientific terminology. It means, first of all, extraphysical -- something subject to principles that lie beyond the physical system of nature. Originally it may have denoted simply the "immaterial," but, as the term "physical" has itself expanded beyond the range of simple matter and its motion, the concept of the spiritual has become adjusted to mean "beyond the mechanistic or physical systems as we knew them."

"The findings of parapsychology have a bearing on this basic question of religion that is, I think, unmistakable. They have yielded varied and extensive experimental evidence of extraphysical processes in human subjects; and this, if my translation is correct, means that they have confirmed the occurrence of a spiritual factor in human personality."

Metaphysics is not a trick or trickery. It is not a religion - theology or creed. There is nothing woo-dee about it. You do not wear multicolored turbans or gaze in glass balls for an understanding of it; neither do you acquire that understanding from those who do.

Physics is the science which treats of matter and motion on a physical basis and not according to chemical composition. It embraces the study of light - sound - electricity, etc. Put "meta" before "physics" and you add the thought of "over" or "above" and you sense that it has to do with the cause behind manifestation.

Your high school dictionary defines metaphysics as the science of first principles; the philosophy of being and of knowledge; mental science.

Right thinking is by this science given its place of primary importance and recognized as the vital factor in human affairs. It is the creative principle.

Certainly there is some power or energy that has to do with human relations. Our lives are largely a matter of our thinking, our emotions and our ideas. By our use of these do we get along happily and effectively with our fellow man or we bring about antagonisms and inharmonious relations, and always do we have an inner reaction. The effects largely abide with us, whether good or evil, and go forth to effect our worlds -- our environment.

We live within a sea of energy or power - we partake of it and we emit and give forth power. In other words there is one source of power - It is universal.

Let us get the physical aspects of this thing firmly fixed in our minds - and it is but a step and a scientific step to the non-physical or what may be termed the etherial or spiritual.

Every material thing is composed of minute units called molecules. -- Your silverware - your glassware - your food - your water - your body. No exceptions. These in turn are composed of smaller and simpler units called atoms.

How large is an atom? If magnified a millionfold it would make a speck no larger than the period which closes this sentence. Therein is the power or energy you read so much about when reading of atomic bombs.

The size of the molecule? It is almost unimaginably small --- much too small to be seen by the naked eye or ordinary magnifying glasses or microscopes, but we do have instruments which by magnification make them visible and their behavior observable.

While an atom is the tiniest particle of any chemical elements that can exist by itself and retain the qualities that mark it as that element, yet all atoms are composed of standard interchangeable parts. These are protons, neutrons and electrons. The structure of the atom is much like that of the solar system. The electrons like the planets revolve about a nucleus. The protons and neutrons are the nucleus or center which corresponds to the sun in the solar system. The electrons revolve millions of times a second.

Molecules, like the sun and the planets, attract each other. The inter-molecular attractive force is electrical in nature. Of course these things were not understood in the scientific sense by Jesus, but evidently were sensed when he said: "The father and I are one," - and likewise that you and the father are one.

The term "father" was understandable in these days. It carried the sense of protector and living source.

We have stressed that there is a relation and a close relation in all knowledge and in all things - and we are all basically one - "One with the father" is the religious form of expression.

In our schools we teach reading - writing and arithmetic; Latin, grammar and algebra; Greek, geometry and calculus; Chemistry, mechanical arts and physics, and we sadly neglect the simple art of getting along with ourselves and with one another. Our aim in life is health, happiness and success. Text books there are on how to get along with horses, dogs and other animals - but human relationships are left to chance and environment.

Of course, people want health, but psychic health is the forerunner of physical health. Psychic health brings about peace of mind and spiritual stability. Without these we have anxiety, fears, and tensions, and thereby the free flow of the power in which we live and have our being and which keeps us alive is impeded or shut off.

Happiness is sought by all. People act the way they do because they believe it is the only way that will insure them happiness. Happiness is just the way we view things. It is mental integration -- an arranging of our ideas, a control of our emotions and thought patterns.

The Master Metaphysician is just one who recognizes that "as a man thinketh, so is he" and who gives study to the ways and means of bringing about a proper mental balance, and then depends upon the scientific fact that all nature works for perfection - that the universe is in good order - and that principle works in accordance with laws which are undeviating and unchangeable by petition to any source.

The constant endeavor of the metaphysician is to perfect himself so that he may recognize conditions as they are intended to be. His desire is that he may by helpful suggestion give truth the opportunity to shine. Above all, he recognizes that all of the power that is without is within also and that he and all men are veritable power houses and all are drawing from the same source - and that mind is the cable and connection. Mind is a result as heretofore set forth - and its resultant action is a force or energy that goes forth to effect all mankind. Man draws from and contributes to the universal.

Atomic energy has startled the people of the earth when leered destructively. That same energy is within man. The great secret unfolding to man is how to use it for his own welfare and the welfare of all mankind.

It is presumed that if one desires the understanding which legitimately would entitle one to be known as a Metaphysician, the desire is based upon a longing for understanding of self - the "I" of his being and to use the knowledge for the benefit of others.

This understanding does not abide with one if not used. He who understands or thinks he understands and condemns or looks with disdain or contempt upon the one seeking help, has at that moment lost the power that comes from the understanding.

It is just the old law of giving in operation -- As ye give, so shall ye receive.

Bruce Barton, during World War II, wrote a little piece to be used in a war fund drive which is a sermon in itself and which approaches in sublimity Lincoln's Gettysburg speech. It was entitled, "There are Two Seas." Here it is:

THERE ARE TWO SEAS

"There are two seas in Palestine. One is fresh, and fish are in it. Splashes of green adorn its banks. Trees spread their branches over it, and stretch out their thirsty roots to sip of its healing waters.

"Along its shores the children play, as children played when He was there. He loved it. He could look across its silver surface when He spoke His parables. And on a rolling plain not far away He fed five thousand people.

"The River Jordan makes this sea with sparkling water from the hills. So it laughs in the sunshine. And men build their homes near to it, and birds their nests; and every kind of life is happier because it is there.

"The River Jordan flows on south into another sea.

"Here is no splash of fish, no fluttering leaf, no song of birds, no children's laughter. Travelers choose another route, unless on urgent business. The air hangs heavy above its waters and neither man nor beast nor fowl will drink.

"What makes this mighty difference in these neighbor seas?

"Not the River Jordan. It empties the same good water into both. Not the soil in which they lie; not the country round about.

"This is the difference. The Sea of Galilee receives but does not keep the Jordan. For every drop that flows into it another drop flows out. The giving and receiving go on in equal measure.

"The other sea is shrewder, hoarding its income jealously.

"It will not be tempted into any generous impulse. Every drop it gets, it keeps.

"The Sea of Galilee gives and lives. This other sea gives nothing. It is named the Dead.

"There are two seas in Palestine.

"There are two kind of people in the world.

"Which kind are we?"

So, as Metaphysicians we must learn to give, we must make our presence conducive "to the splash of fish, the fluttering of leaves, the song of birds, children's laughter - a route which would be chosen by travelers."

To be effective we must have a conscious knowledge and recognize at the outset that the thing we deal with is intelligence, and that intelligence is a force, electrical in nature, which affects the building blocks of the universe in an architectural way and in a constructive way, and that it can be far more effective than drugs and material technics.

Colonel Lauren H. Smith and Captain Heratio C. Wood, U. S. Army Neuropsychiatrists in discussing mental treatment of physical ills had this to say: "The basic premise on which any psychiatric approach must rest is the conviction that people, and particularly the individual at hand, are inherently normal and good, and that any deviation from this in behavior or conscious motives and intent is due to illness, physical or psychologic, which in a great majority of cases can be cured."

"All that is needed to bring about psychologic balance and re-integration is to find the reasons for their behavior and intentions and slowly, let it be repeated with emphasis, SLOWLY to re-educate them - not by sudden or immediate expectulation and haranguing nor by dumping on them our reasons for considering their actions or ideas unwise; reeducation is achieved by little hints here and demonstrations and little advances there, until they see the light and accept these reasons deeply as their very own."

"Psychoneurosis is merely emotional illness deriving from ignorance, false experience or fear, occurring in a person with an essentially normal mind and nervous system, but disturbing the integration of psychologic forces that lead to adaptive behavior."

"It is reasonable to state that there are few if any psychoneurotic persons who cannot be aided in regaining normal mental health by an operator who is friendly, observant, skillful in understanding and influencing, and practical in manipulating the environment as needed."

"So-called neurotic or normal is merely a matter of position along a scale of security and self confidence, knowledge and belief."

" Each of us has the potentiality of developing a psychoneurosis if we are only subjected to a sufficiently intense or chronic strain of ignorance or of false and threatening experiences, or of fear."

In this the third year of our study of Life Science, or the Science of Life, or the Science of human relations or soul or spirit integration, we must base our studies upon conditions as we find them in this work-a-day world and must ever be conscious that we can move with a real force or energy upon the units of creation.

We must ever have the constructive attitude -- we must believe in ourselves - in our fellow man and in the principle that good - order and wholeness is the normal - and that we ever strive for the normal - and that the result will be health and happiness, and that proper adjustment to our fellow man in the spirit of service will result in material well-being. Then will fear and foreboding disappear from our horizons, and lo! a demonstration will take place!

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

THE GOOD THINGS OF LIFE
ARE FOR YOU!

Yes, friend -- let this be an assurance to you -- that the good things of life are for you -- and our objective is to teach you how to reach forth and take them.

What you want is to be happy - healthy - successful. Observing certain laws, you can be. You want to be certain of the laws. Therefore, what you want is knowledge - and with it you can accomplish - if you apply it.

You learn in our instructions what mind is -- and how to use the mind -- and that you are actually a part of supreme intelligence, and we show you how to contact and use it in the every-day affairs of life.

Each individual owes it to himself to live and serve in the present. Man can overcome anything that has happened -- and it is just a part of the law that no matter what errors may have been made in the past, he can create his own future.

You who study with us will find gradual changes coming about in your life and affairs, because there is planted within you the seed of understanding, and life becomes simplified -- and with this simplification comes peace, happiness, physical and material well being.

--- and as you do experience these changes there comes about a consciousness of your obligation to others, and a desire to help all men to get that understanding.

We are grateful for this feeling that prompted you to send your contribution, and we want you to know that you are thus giving to others the understanding that they too may have the good things of life -- and we will not rest until our objective is fulfilled, for you and for them, and for an ever widening circle throughout the world.

Very sincerely yours,


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DEPARTMENT OF INSTRUCTION

THE HIGHEST

DWELLS WITH YOU:

There comes to you now Instruction 106. "How to become magnetized" has a cheap sound - and as some might instruct under that banner, it would be cheap -- but like most cheap things - it would probably be of little value.

Our treatment of it is not cheap. It calls for self discipline. It has real value. It is effective.

True - the world is troubled. It always is in greater or lesser degrees. Permit the great world and its troubles to go by. Anchor your ship in the harbor of a small world where unbearable trouble cannot cross the shoals. Time and tide will condition you and the great world for a safe voyage.

In the language of the kindergarten this simply means - Solve your personal problems - take not upon your shoulders the weight of the universe. Solve your domestic relations with yourself and your foreign relations with others will automatically adjust favorably.

If you feel that praying will help - and it will - let your prayer be for understanding, courage and strength. Such prayers are always answered. The unanswered prayers are those for vain trifles uttered by those who would seek exception from divinely ordered processes.

There is a shield against confusion and disaster. It is compounded of spiritual stability - an inner equilibrium - poise - and peace of mind - so it is inevitable we must look inward and not outward for this protecting shield.

You can be among the elect of the earth - so few comparatively engage in the search for truth. In this search for truth be not shackled too securely to frozen concepts of the past. The aim and object of religion is the achievement of the good life. The search for the good life is therefore religion unadulterated.

"The highest dwells with you" -- Yes! You are better than you know. Encourage it in yourself and in all men - and the world's problems will find solution. The world is made up of individuals. The problem is therefore individual. I start with me. You start with you.

Sincerely,

J. Hammer Davis

#106



THE Essenes

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INSTRUCTION 106

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

"MAN IS A STREAM WHOSE SOURCE IS HIDDEN. ALWAYS OUR BEING IS DESCENDING INTO US FROM WE KNOW NOT WHENCE.

- - - - AND THE BLINDNESS OF THE INTELLECT BEGINS WHEN IT WOULD SEEM TO BE SOMETHING OF ITSELF. THE WEAKNESS OF THE WILL BEGINS WHEN THE INDIVIDUAL WOULD BE SOMETHING OF HIMSELF. - ALL REFORM AIMS IN SOME ONE PARTICULAR TO LET THE GREAT SOUL HAVE ITS WAY THROUGH US; IN OTHER WORDS, TO ENGAGE US TO OBEY. LET MAN THEN LEARN THE REVELATION OF ALL NATURE AND ALL THOUGHT TO HIS HEART; THIS, NAMELY THAT THE HIGHEST DWELLS WITH HIM; THAT THE SOURCES OF NATURE ARE IN HIS OWN MIND, IF THE SENTIMENT OF DUTY IS THERE."

--- Emerson

TO BECOME MAGNETIC SCIENTIFICALLY

What is this difference in men? -- Some successful, others failures; some attractive, others repulsive; some with what we call personality; others men-entities? Is it entirely what we call physical?

Some of the most successful individuals are homely, some of the most attractive are far from beautiful and many with personality are without form or feature required for pulchritude. This we know.

Let us search the physical field and see if we can find a parallel. We take two rods of steel identical in structure, or from the same rod if you desire. One of these we put in contact with a magnet, or we wrap it with insulated copper wire and pass through the wire an electric current, thus making a magnet, such as we have heretofore described as capable of loading and unloading ships of iron and steel.

By these processes we have in no way changed the outward appearance of our bars of steel. We have neither changed the weight, nor the density or strength. They look and feel the same.

One however you hold near a needle or nail or ordinary bar of steel and nothing takes place. The other you hold above the needle, nail or bar and it jumps through space and clings. The one bar is not magnetized; the other is.

Is there some force or power that man can apply and become magnetized, so to speak? We search in the realm of power and we find that mind is such a power. It is we know electrical in nature.

Read back a few paragraphs and you will note that we said that we had in no way changed the outward appearance of the magnetized bar, but we have worked an inner change. The molecules of the magnetized bar have been re-arranged. They are in ordered arrangement so that the power inherent in them exert their force in one direction.

The same or similar atoms and molecules are in the unmagnetized bar - a powerful force - but by their disorganized arrangement they are exerting it in all directions - and none flows outward for useful purposes.

How like man that is with his fears, worries, jealousies, and hates, and with his disordered mind seeking this one minute and that the next and working without the principle of love and service to mankind.

In our early instructions we gave you the formula of attainment -- First - vision or knowing what you want. The religious expression of this is "To keep thine eye single." Next - we

gave you desire or wanting. Anyone who has reasonably visioned and concentrates his mind and centralizes his thoughts and steadfastly holds to that desire, immediately envelopes himself in a magnetizing coil and the process of attraction sets in.

In the individual a change takes place - as in the steel bar the change is an inner change - and there is a molecular re-arrangement. Thus we can see how fear and worry does actually affect man's health. With seeing eyes and with understanding we can understand how healing may take place with an ordered arrangement of the mind. The molecules - within which is atomic power - become re-arranged and can exert power in a given direction - and the great gift to man is his ability to point the way, and desire is the directing influence.

Discontent, thinking in terms of getting rid of an undesirable condition or situation, keeping the eye single upon an evil to be dispersed, and thinking in terms of the past misfortunes, is positively not the way to rearrange the molecular inner structure to produce a magnetic field which can eventuate in health, happiness, and well-being. Truly! There is a psychic magnet!

Drummond has said: "Patience: Kindness: Generosity: Humility: Courtesy: Unselfishness: Good Temper: Sincerity --- These make up the supreme gift, the stature of the perfect man. All of these are a natural out-flowing of Love. Some religionists say, "God is Love" -- Reduced to simples, the stature of the perfect man is attained by being perfectly natural. Be yourself! Within you is a conscience, the perfect guide to rightness.

Let the work of each of us be to correct the within of ourselves, and not to change another or the world at large, and the molecular rearrangement within us will take place and we will attract.

A gentleman is a gentle man -- and by his nature he cannot do an ungentle thing. In this, the third year of our work, and striving to be worthy of the degree of Master Metaphysician, we must be mindful that our daily pursuit must be of truth. To try to deceive or introduce magic is fatal to lasting results. Deception is worse for the deceiver than the deceived. Why? Because the deceiver is conscious and aware of the deception. The very awareness of it gives a sense of there being something to hide, and the soul, burdened with "skeletons in the closet" can never become fully aware of his oneness with infinite mind. He cannot expand that awareness into faith. He will ever be suspicious of his flashes of intuition or what is commonly called hunches. He will lack receptivity for the very reason that he has departed from the simples and has given his love to the complex -- the deception.

In modern times we hear often and much about "inferiority complex." We meet the boaster, we know those who oft proclaim their honesty, those who are touchy and resent every remark as a slight or a doubt expressed as to their ability or worthiness, those who run down the ability or worthiness of others with the end in view of having no detraction from their wished for virtues, those who are curt, over-positive, jealous, evil tempered. These are what we term "defense mechanisms."

The victim is within himself -- deep within -- aware of an inferiority, a lack - something missing. He boasts, that he may cover up this weakness and lays claim to superiority to save his own feelings and to present a false front to the world. Do you not here recognize deception - "a skeleton in the closet?"

He claims honesty, when no one questions it, that he may deceive. His dishonesty weighs upon his conscience and he fears others will suspect it, so he begins his defense before he has been charged. It is said to be the "keynote address of the confidence man."

Behind the veil of each evil trait in man, we can discover a reason, and each reason assays deception - a covering up - a longing to be judged by a standard to which one has not attained. None of us are perfect. It is the perfectly natural desire of every one of us to be well thought of and to possess worthiness.

He who broods over a lack, who magnifies his shortcomings and failures, and is ever looking backward, and who thinks more of appearances than intrinsic merit, and who thinks more of the approval of others than self approval, is ever building "defense mechanisms." This is the soil in which inferiority complexes thrive.

The effort should not be "to appear to be" -- The striving should be toward "being" that which the heart desires. The world is sympathetic and helpful to him who claims not superiority but is earnestly seeking to be superior. Fear not! In the manner, bearing and appearance of one thus striving "to be" - signs will appear and it will shine forth. Thus are the molecules of the body brought into ordered arrangement and one is magnetized, as is the steel bar encircled by the electric current.

Most people are appreciative of the fact that thoughts are creative or causative -- "As a man thinketh, so is he," - but they are not aware that every thought is thus causative. Planting thoughts is like the planting of garden seed -- they do not flower and bear fruit immediately -- but they do from the moment of planting start a process of molecular rearrangement. As the garden seed attracts to itself the necessary elements for growth - so does the thought. Thus you can understand that an

element in our mental formula of attainment is "persistent determination" -- Now this "persistent determination" is not a mental straining and striving with consequent tensions. In the complete formula, you will remember that persistent determination was immediately preceded by "confident expectation" or the element of faith -- so that your persistent determination must take the element of patience.

This building of a life, this creation of health and happiness and well-being, this bringing into being of personality and this certain flowering of character and creation of the earth's desirables can be looked upon and actually is an engineering and construction job. You have your plans (your vision). Your desires are the tools of the trade. Your thoughts do have bodily effects. Your actions always respond to your thinking. There is a polarity established. You do attract to you the elements required for accomplishment.

It isn't a matter of superstition, magic or deception. It is an engineering job, scientifically and mathematically sound. The ancient religionists approached the understanding. Did they not say that God is spirit? Who is there that claims that God is matter or has corporeal form? "The aliveness of spirit consists in intelligence or the power of thought. If the characteristic expression of spirit is intelligence, then spirit is thought" - says one of the advanced in metaphysical understanding.

We are given the supreme gift of reasoning and it is ours to use. Jesus said, "God is spirit." It therefore logically follows God is mind or thought. How perfectly logical therefore was it that Jesus could say, "I and my father are one" - and "The things I do, I do not of myself, the father in me, He doeth the works."

We are told that "man was created in the likeness of God." - The only likeness there can be we must reason is the likeness in spirit, and we have concluded and must conclude this simply means likeness in mind.

The religionist speaks of "Christ mind" or the mind that was in Jesus. Metaphysicians speak of universal mind. It was in Jesus - is in you - and as above reasoned, is God or the likeness in which we were all made.

You have a mind -- Your mind must be part of universal mind. The products of the mind are thoughts. They are a force -- they move upon and have effect upon the building blocks of the universe. Again we meet the question with which this instruction started -- "What is the difference in men?"

Each is a part of universal mind. The spirit or God is in each, but each is given free choice of the use of this mind -- and the pity is that man clogs his spirit or mind and fails to open it to the Divine inflow - and worse yet, does not realize the connection!

In earlier instructions we pointed out that power is expressed or becomes apparent through many instrumentalities -- electricity in light, heat, etc. It is the nature of the instrument through

which it expresses which determines what comes forth. So it is with man. Each is a different instrument for the utilization of the universal power; hence the difference in manifestation. The character of our thoughts is the determining factor as to the type of instrument we become.

The day approaches when we must think in terms of psychical protection. At least we must give it equal standing with the care we exercise with respect to things physical and material, - safeguarding the you rather than the yours.

We must study as metaphysicians to understand this power of mind -- "to make straight the way." The whole world is awakening to power of thought. The medical fraternity accepts it under the name of "psychoesomatic medicine."

General Douglas MacArthur - one of our World War II heroes, recognizes the power of mind. Over his desk hangs this framed message:

"Youth is not a time of life -- it is a state of mind; it is a temper of the will, a quality of the imagination, a vigor of the emotions, a predominance of courage over timidity, of the appetite for adventure over love of ease."

"Nobody grows old by merely living a number of years; people grow old only by deserting their ideals. Years wrinkle the skin, but to give up enthusiasm wrinkles the soul. Worry, doubt, self-distrust, fear and despair -- these are the long, long years that bow the head and turn the growing spirit back to dust."

"Whether seventy or sixteen, there is in every being's heart the love of wonder, the sweet amazement at the stars and the starlike things and thoughts, the undaunted challenge of events, the unfailing childlike appetite for what next, and the joy and the game of life."

"You are as young as your faith, as old as your doubt; as young as your self-confidence, as old as your fear, as young as your hope, as old as your despair."

"So long as your heart receives messages of beauty, cheer, courage, grandeur and power from the earth, from man and from the Infinite, so long you are young."

"When the wires are all down and all the central place of your heart is covered with the snows of pessimism and the ice of cynicism, then you are grown old indeed and may God have mercy on your soul!"

Yes! There is a power that man can apply and so to speak become magnetized. -- Mind -- God!

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THE ORDER OF THE ESSENES

212 SOUTH MANHATTAN BLVD.
OR P. O. BOX 10427
TAMPA 9, FLORIDA

DEPARTMENT OF INSTRUCTION

ADJUST TO THE
WORLD AS IT IS:

It is not a low aim when an organization strives to teach the means and the technique by which stability, perspective and calm steadiness may be brought into the lives of frustrated and confused individuals, and to teach people to happily adjust themselves to the present historical moment.

We hear much of miracle drugs. Viewing the world's thinking and that which attracts readers' interest, it may well be said that miracle thoughts would be those which would teach ways of releasing the tension from emotional stress.

Man is a creature of conscience and spirit. How else could one explain the feeling of guilt when one departs from the path of the moral code or when one strays from the truth. Machines can and do measure the tensions and the stress.

There is a way to these miracle thoughts. It is in seeking self-understanding and the avoidance of self condemnation. Thus can we fathom the mystery of a troubled soul.

There is a lot of sense to judging one's self in the scale of goodness and culture as well as in the balance of silver and gold.

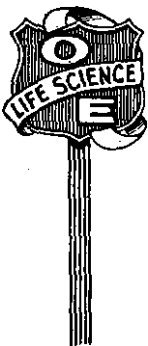
There is too much of self condemnation in this world. No man is perfect. The imperfections of your friend and neighbor are not on parade -- but exist they do. Be not dismayed if you have feelings of primitive nature. Just recognize that every one else does, and just adjust to the situation sensible -- and above all don't let your thoughts linger in that vicinity. Just say -- "That's that" - and advance in the realm of constructive thought - looking forward, not backward.

Instruction 107 is deeper than it seems. We trust that you shall be freed from any blighting influence of any childhood experience or embarrassing experiences of youth and that you may be fully conscious of maturity and the ways of maturity, and that you may adjust favorably to the world as it is - and may contribute to its improvement.

Sincerely,

S. Hamur Davis

#107



THE Essenes

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INSTRUCTION 107

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

THE WORLD IS IN SEARCH FOR AN ANSWER. -- SEEK
AND YE SHALL FIND IS A VALID PROMISE. --
DIRECTIONS: "THE FINAL ANSWER RESTS NOT IN
ANY SOCIAL, ECONOMIC, POLITICAL OR SCIENTIFIC
FORMULA, BUT WITHIN THE SPIRIT OF THE
INDIVIDUAL HUMAN, WHO IS THE ULTIMATE MEASURE
OF ALL THINGS, AND SHAPES THE WORLD IN HIS
OWN IMAGE, FOR GOOD OR EVIL."

PSYCHO-ANALYSIS

Psycho-analysis is not magic or alchemy, but a rational science based upon very definite natural laws.

We have heretofore pointed out in our second year's work that nothing is ever forgotten. Everything that happens to us or comes within range of our sense perceptions is deposited in the subconscious. It is the reservoir of all our impressions and experiences, every sight and sound since birth, no matter how trivial.

It is said that the first five years of our lives are the most impressionable - and it is often an impression or an experience in this period which leaves a deep impression in the subconscious - and it is these which are of painful or shocking nature which are repressed - and form the basis for future evasions and work to the formation of complexes.

We have heretofore instructed you that the subconscious is ever at work - whether we be asleep or awake - so we conclude that thinking is ever taking place. The conscious thoughts and actions of today are a blending of the past and present. The past of every person is absolutely different from the past of all other persons; hence the reactions to a situation or set of circumstances is different with each individual.

It has been found and firmly established that many physical disorders which have heretofore been diagnosed as of an organic or functional character and so treated are but psychical reflexes or the result of a neurosis (distorted mental action). A relief of the mind of its pervading neurotic trouble brings relief and even banishment of the physical symptoms. Psycho-analysis possesses untold possibilities as a therapeutic or curative agency for many baffling diseases.

Our entire civilization is based upon the suppression of instincts - the primitive within us. Our cultural and intellectual development is supposed to enable us to divert our energies to social ends - to service to others - but when it fails and people are self-centered, then can we look for trouble. The repression or covering up or hiding of primitive instincts develops, in the subconscious, tensions. The constant endeavor of the unconscious is to relieve this tension and anything that tends to create a relaxation is a sort of mental tonic.

Freud, who is considered the father of the science of psycho-analysis, calls the energy or prime mover of human action the Libido. - Translated into its simplest terms this means that craving for life, love and action which is the heritage of all. - Let us call it the life force.

Life force must have an outlet. If it is not directed to efforts serviceable to society - it turns inward and plays havoc with the psychic structure.

The role of psycho-analysis is to discover this inward turning, this self-centered consumption of energy - and to turn it into the channel of social usefulness. This is called sublimation.

The assumption of the science of psycho-analysis is a most reasonable one -- to wit: There is no mental effect without its cause -- That nervous symptoms are not chance and haphazard products but are related to very definite mental processes which are repressed in the subconscious. Yes! Definitely. Nothing in the psychic realm is accidental. There is no "chance" in the psychic world any more than there is in the physical. Every cause has its definite effect -- every effect its specific cause.

By the use of association tests, which we shall later outline for you, and by the study of the actions of the patient which may be termed symptomatic - it is often possible to trace out each symptom in the life history of the subject. These symptoms are quite frequently found to stem from mental reactions in the early childhood years.

As a groundwork for the understanding of psycho-analysis we must understand that the human psychic apparatus produces a constant flow of impulses - a never ending discharge of energy - and that it is all to the end of the fulfillment of two great principles. First; the pleasure principle, which simply means that man is ever in pursuit of that which gives him a feeling of self satisfaction. Second; the reality principle, which reduced to its lowest common denominator, means he is aware of the world as it is organized and that there are dangers and hazards and these he must avoid. -- The reality principle might well be called "the self preservation principle."

There is every reason why all should desire some insight into our psychic processes - particularly the working of the subconscious - as all authorities now agree that the physical ailments and disorders resulting from mental action are almost all inclusive either as a direct or indirect result.

The fact remains however that a large percentage of people never grow up psychologically and emotionally, but remain at an infantile or adolescent level in these respects.

There is another observation we must have in mind if we are to endeavor to have an understanding of human behavior - and the psyche behind it. -- Heretofore we have mentioned "turning attention inward" as opposed to "diverting our energies to social ends." Let us have an understanding of this. - We can all understand that the individual expresses himself in action and that the basis of all human action is organic energy. We can easily understand too that anything that interferes with action is a psychological proposition because all physical action is preceded by mentation or mental action. We naturally use the nervous system to get along in the world (pleasure principle and self preservation principle). The effort is to translate our energies into such form as to get the most from the environment and to adapt efficiently to surrounding conditions.

Remember? "Life is the constant endeavor of organisms to harmoniously meet existing conditions" -- so relation is apparent -- Man may be considered an organism - with the adaptive principle.

If a man is consciously or unconsciously or better subconsciously aware of some inferiority which prevents adequate action, he tends to do everything within his means to compensate for the inferiority.

The reaction to inferiority is known as psychical compensation. The individual throws up "defense mechanisms." He uses his psychic possibilities in an effort to supply what is lacking and he gives his attention consciously or subconsciously to his difficulty. He faces inward - because there is where his difficulty lies. Instead of thinking about things outside of himself, and utilizing his energy to make adjustments in the outer world, his effort is inward, and he thus becomes inadequate and generally he applies himself to such activities as are designed to hide his inferiority - and to give to the world the impression of adequacy.

At this point we desire that you keep in mind our definition of mind - especially keeping in mind that organic forces playing upon the brain is a part and parcel of the end result - mind. There is a unity of mind and body, just as there is a unity in all knowledge and all things. That which produces mind and that which produces body are probably the one and the same. The modern concept of energy brings us nearer to the correct understanding. Nothing is conceivable without energy.

The physiologist, dealing with the material, is drawing near to agreement with the psychologist. His discoveries with respect to the glands, and that they materially affect man's physical appearance, his personality and his conduct, have revolutionized man's conception of himself. That the glands are ever sensitive to man's thinking - and their secretion is largely a result of his emotions, makes us ever conscious of the unity of mind and body.

Psycho-analysis has as its object the discovery of the underlying cause or causes of a neurosis or psychosis. It is conceded to be mental. By the association tests of which we will have more to say we endeavor to bring to consciousness (from the sub-conscious) all of the experiences of the individual bearing upon the difficulty.

If the facts involved in the problem are unconscious, the individual is groping in the dark and is unable to meet his daily situations adequately. When discovered, brought to conscious consideration, rationalized, and an intelligent adjustment made, results appear to be miraculous.

Psychosis is generally used to signify an abnormal state of mind. Do not confuse "psychosis" and "insanity." There are countless people subjects of a psychosis who are far from insane.

In a psychosis, when one has in his conscious mind certain images, feelings or cravings, he tends to have distorted view of life and to falsify the facts. He generally becomes indifferent to public opinion - and unresponsive to solicitation - argument or appeal. He in a sense loses the "herd instinct," loses touch with common life and lives in a world all his own - yet unlike the insane - he does not demand or require that others look after his physical well being, nor his affairs. He is held accountable to society for his conduct and actions.

Make the distinction between psychosis and neurosis also. Most all persons exhibit mild neurotic symptoms when life becomes too complex and difficult. In the cases of neurosis the patient is aware of and alive to the realities of life and is fully alive to his own needs. The symptoms tend to be provoked by external circumstances, and the neurotics are sensitive to changes in their environment and the social atmosphere.

The outstanding characteristic of a neurotic is that he sees facts and conditions as they are, but he meets these situations in a distorted or faulty way. An example: A person with an awareness of inferiority - knocking or pulling down one he feels is superior, or one with a consciousness of a lack, forever asserting superiority in that particular line -- in a word, bluffing. Another example: One jealous of others, and displaying the feeling of resentment and engaging in underhanded methods to criticize, "tear down" or injure the objects of their feeling. Yet other displays may be found in those persons unwilling to meet life's varied situations who resort to feigned sickness, running away - and other "defense mechanisms."

The "key word" of psycho-analysis is "repression." One of the most significant facts of life is that the emotional life of a person may control his entire psychic life.

It is conceded that every person has some degree of emotional disturbance. Some perfected individuals might have it only in the form of slight prejudices. Life must be more carefully studied as a science if we would adequately solve the problems of personality. We must meet the situation in its early stages and concern ourselves with the growth of the mind and put into effect methods of training which will prevent abnormality and promote the development of well balanced minds.

We must concede that conflict at some stage of life is inevitable, and this conflict may lead to repression with its attendant harm to the psychic development of the person concerned.

It is in the subconscious, sometimes called the unconscious mind or the underworld of the mind where the repressed memories live and act.

As heretofore taught in the Master of Life Science course (Lessons 53 to 104) when a repressed emotional upheaval of the past is brought to light, and rationalized in the light of present understanding - it tends to disappear and the physical chain of reactions to dissolve. Relief is evident.

You too will remember the value and estimate we placed upon "confession." It shares and lightens a burden - and the unburdened mind is the mind which can contact universal mind, has receptivity, and is capable of projective thinking and can impress the ever present, fluidic and unformed.

So any procedure which tends to free the mind of its inhibitions, which lifts burdens and untangles past mental errors is of great value. To be freed of repression is to "be born again." The supreme gift of the Gods it is said is "an untroubled mind."

In the next instruction will be found an outline of an association test -- how to use it and how to interpret the findings - and how to make it of value to the tested.

We learn that as we approach human problems from a physical angle or from a psychological viewpoint, we always arrive at a point where the two seem to meet. We find a unity, an inseparable unity, and we are ever more impressed with the soundness and the wisdom of -- "As a man thinketh in his own heart - so is he."

THOUGHT GEMS

If you have a sore - a swollen tender spot and you touch it - you flinch - you withdraw the pressure. Likewise, if you have a tender spot in your thinking and it is touched, your reaction is akin to the physical flinching. This vulnerable spot in our thinking needs our care and attention, as does a physical wound.-- Psychoanalysis is a search for mental sores.

* * * *

"All the streets of the world are teeming with everyday men and women who mutilate themselves spiritually by self criticism; who go through life committing partial suicide - destroying their own talents - energies and creative qualities. - - - There are myriad ways in which we show contempt for ourselves rather than self respect, for instance - our feelings of inferiority. -- -- The fallacy here is that we see in others only the surface of assurance and poise. If we would look deeper and realize all men and women bear within themselves the scars of many a lost battle, we would judge our own failures less harshly."

"To one who goes through life hypnotized by thoughts of failure I would say: 'In actuality you are quite strong and wise and successful. You have done rather well in making a tolerable human existence out of the raw material at your disposal. There are those who love and honor you for what you really are. Take off your dark colored glasses, assume your place as an equal in the adult world, and realize that your strength is adequate to meet the problems of the world. ---- Let us learn not to take the depression of the day or month as the permanent state of our life. Both science and religion teach us, at last, that the obstacles to serenity are not external. They lie within ourselves.'" Joshua Loth Liebman.

Our next instruction furnishes a window to look within.

* * * *

THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

THIS LOVE THY NEIGHBOR

BUSINESS -

Here is Instruction Number 108. We are not endeavoring to manufacture psycho-analysts. We give it to you that you may be informed upon a subject that is receiving more and more attention by press and the public. The thing we trust you will be impressed with is that missteps in thinking can cause havoc and that emotional reactions often overrate the importance of the matter at the time, and such overvaluation can and does influence the subsequent life - physical and mental.

Perhaps in your life - way back in childhood - there were errors made by parents, teachers or others - and you need some rationalizing of your reactions to those errors.

From every pulpit in the land there has been echoed "Love thy neighbor as thyself" and perhaps not once has there been a pause to question the rightness, the soundness, and the wisdom of the admonition.

If a man hates himself - what kind of love is it if he loves his neighbor "as himself". We would teach first, "Love thyself" and your foreign relations with your neighbor will bear the imprint of love.

If you mistrust yourself - your love of neighbor would be flavored with mistrust if you loved him as you "love yourself".

If you judge harshly of yourself - as against a standard of perfection (to which no man has attained) your love of neighbor will bear the taint of harshness if you followed the age-old admonition.

Let's let this "love of neighbor" business rest until such time as it flows naturally and as a sequence of proper love of self -- and it will.

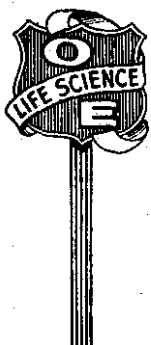
Be good to yourself -- don't be a self nagger. It is later than you think. -- "To thine own self be true, and it must follow as the night the day, thou cannot be false to any man."

Then will you give to your neighbor love and service and a helping hand, and from it receive inexpressible joy.

Sincerely,

S. Hamur Davis

Enc. 108



THE **Essenes**

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INSTRUCTION 108

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

"I SOUGHT MY SOUL,
BUT MY SOUL I COULD NOT SEE;
I SOUGHT MY GOD
BUT MY GOD ELUDED ME;
I SOUGHT MY BROTHER
AND I FOUND ALL THREE."

PSYCHO-ANALYSIS ASSOCIATION TEST

In the last instruction we promised that in this instruction would be an outline of an association test.

In the use of this the patient or subject must not have a copy of it in advance of the test. He must not be instructed or told what the ultimate object of it is, and particularly he or she must not get an intimation that it is designed to discover any secret he is withholding or that it is meant to pry into his private affairs.

A happy introduction to the use of it might go something like this: "My friend - I am confident I can be helpful to you with your problems - and I am not one who would want to treat your symptoms. You are aware that every ailment has a cause, and the scientific and sensible thing to do is to try to find that cause - and when that is found and properly attended to - then the difficulty is forever banished. You know some people take aspirin to relieve the pain of a headache - and when the pain is gone they think everything is alright. They don't stop to think that the headache had a cause. It might be one of many things - such as an upset stomach."

"In this little test I must have your strict attention, and your confidence that I am not doing anything out of mere curiosity - nor am I trying to pry into your private affairs to satisfy the curiosity of any other person."

"The little test I am going to give you is nothing difficult, but it is scientific and it has taken years of experimenting to develop it and some of the outstanding characters of the scientific world have contributed to make it useful in the alleviation of suffering both mental and physical."

"This will take quite a bit of your time and my time - so I want you to take this comfortable chair, facing me. Relax and get as comfortable as you can - You can take your shoes off - or unbutton your collar or unloosen your belt - if that will make you more at ease."

"I am not going to touch you. There is nothing to fear. This is going to be the most pleasant and least painful of any operation you ever heard of."

"Now, before me I have a list of words - also a stop watch and a pencil and paper. Pay strict attention. I am going to pronounce one word - plainly and distinctly. The minute I say that word you tell me the first word that comes into your mind. Thus if I should say 'wood' - and the first thing that came into your mind should be 'fire' - you say the word fire. You can say a proper name. - Thus, if I should say 'handsome' - and 'John' came to mind, say it."

"Understand, I do not want you to repeat the word I say - but I want you to say the one word that first pops into your mind (which you associate with the word I pronounce). Now don't think of one word and feel any embarrassment and then try to think of another.

We are working with a very definite law - called the law of association and that I may be helpful to you, you must be helpful to me - and speak right out."

"Remember - I am going to say one word and you are going to say another - the first one you think of. This word you give is not to be a definition of the word I speak. I am not asking for definitions. I just want what spontaneously comes to mind."

"I am going to speak distinctly - You must not repeat the word I say - which in this science is known as the stimulus word. You must not ask me to repeat the word I say - if you do not understand it just guess at it and say the word that comes to your mind."

"The words I say are just simple everyday words - and the word you say - in this science is called the reaction word. When I write down something after you say your word - don't let that make you nervous, and don't be thinking about what I am doing. I am just writing down your word opposite mine and making a mathematical notation - This is an exact science - mathematically correct."

"You understand? I say a word - and you say the word that spontaneously comes into your mind -- Don't try to conceal anything and try to think of some other word. Say the word as quickly as possible."

"It is quiet here. We are not going to be interrupted and we are not to carry on a conversation. I say a word - and you say a word. No one else is going to hear your answer."

List of Words

<u>Stimulus</u>	<u>Reaction Word</u>	<u>Reaction Time</u>	<u>Reproduction</u>
Auto	_____	_____	_____
Sad	_____	_____	_____
Book	_____	_____	_____
Anger	_____	_____	_____
Custom	_____	_____	_____
Chair	_____	_____	_____
Heart	_____	_____	_____
Pride	_____	_____	_____
Blue	_____	_____	_____
Cook	_____	_____	_____
Box	_____	_____	_____
Lake	_____	_____	_____
Jealous	_____	_____	_____
Art	_____	_____	_____
Fall	_____	_____	_____
Despise	_____	_____	_____
Big	_____	_____	_____
Cold	_____	_____	_____
Fought	_____	_____	_____
Mirror	_____	_____	_____
Quit	_____	_____	_____
Bride	_____	_____	_____
Pencil	_____	_____	_____
Friend	_____	_____	_____
House	_____	_____	_____
Kiss	_____	_____	_____

<u>Stimulus</u>	<u>Reaction Word</u>	<u>Reaction Time</u>	<u>Reproduction</u>
Abuse			
Choose			
Bread			
Consent			
Fear			
Dance			
Blood			
Fly			
Lamp			
Pure			
Shade			
Brother			
Narrow			
Bible			
Salt			
Village			
Bath			
Part			
Bed			
Paint			
Clothes			
Dead			
Ridicule			
Stem			
Dream			
Family			
Day			
Feel			
Enemy			
Child			
False			
Die			
Pay			
Needle			
Bad			
White			
Unjust			
Wall			
Fun			
Hair			
Window			
Foolish			
Long			
Quick			
Indignant			
Glass			
Pity			
New			
Sing			
Yellow			
Rich			
Night			
Tree			
Gun			
Lie			
Month			
Girl			

<u>Stimulus</u>	<u>Reaction Word</u>	<u>Reaction Time</u>	<u>Reproduction</u>
Want	_____	_____	_____
Green	_____	_____	_____
Trouble	_____	_____	_____
Sweet	_____	_____	_____
Knife	_____	_____	_____
Joy	_____	_____	_____
Hungry	_____	_____	_____
Play	_____	_____	_____
Quarrel	_____	_____	_____
Protect	_____	_____	_____
Sin	_____	_____	_____
Foot	_____	_____	_____
Marry	_____	_____	_____
Head	_____	_____	_____
Father	_____	_____	_____
Luck	_____	_____	_____
Sleep	_____	_____	_____
Voyage	_____	_____	_____
Snake	_____	_____	_____
Wash	_____	_____	_____
Money	_____	_____	_____
Stork	_____	_____	_____
Poor	_____	_____	_____
Wild	_____	_____	_____
Swim	_____	_____	_____
Mother	_____	_____	_____
Reject	_____	_____	_____
Slick	_____	_____	_____
Old	_____	_____	_____
Water	_____	_____	_____
Sick	_____	_____	_____
Resist	_____	_____	_____
Secret	_____	_____	_____
Man	_____	_____	_____
Teeth	_____	_____	_____
Love	_____	_____	_____
Ship	_____	_____	_____
Sister	_____	_____	_____
Prick	_____	_____	_____
Trip	_____	_____	_____
Woman	_____	_____	_____

The examiner will have this list before him - on sheets of paper - and it will be noted there are three spaces after each word. He calls out a word and immediately starts the stop watch. The patient responds with a word. The stop watch is stopped. The operator writes in the first column (under reaction word) the word that the patient speaks. In the next column the examiner writes the time consumed by the subject in giving the reaction word --- thus 3.4 indicating three and four tenths seconds. It will be found that the time varies - and this is highly important to note.

After all words have been called and the reaction word given and recorded and the time of each response noted - the patient should

be instructed to get up - stretch a little and take a few minutes rest. Then he takes his seat again, facing the examiner, but never close enough to see and read the examination sheet.

The examiner then tells the subject: - "Now I am going to give you those same words in the same order that I gave them to you before, and all I want you to do is to repeat to me the word you said before. If you cannot remember it - guess at it - say some word -- just what you thought you said before."

"As before, do not ask me to repeat a word. If you cannot think of the word and cannot even guess what you said, and no word comes to mind - do not say, 'I forgot' or start a conversation. Do not try to inject humor into this examination. It is a serious problem to handle and is not to be made light of."

The examiner then, as before, pronounces the word clearly and distinctly. This time you do not use the stop watch.

If the subject remembers the word correctly as you have it in second column just mark an X or O. K. in the third column. If a different word is given - write it in the third column. If no word is given then just mark the third column with a dash or a cipher.

Having completed the examination, there will appear to the examiner a very noticeable difference of time in the "reaction time" column. He should then examine this "reaction time" - and approximate about what the normal reaction time for that individual is. Some people think slowly - others rapidly.

What we are searching for are the reactions that took more than a normal time. If the ordinary reaction time was more than three and five tenths seconds - then there is the possibility that some emotional disturbance was the cause of the overtime reproduction.

If there is any attempt at concealment and one word came to the mind of the patient and he then searched for another and gave that word - then he went through a mental process which would cause him to exceed his normal time reactions.

The examiner should watch the patient during the test. If at any stimulus word there appears blushing - fidgeting - nervousness or outward emotional expression this should be noted by a question mark (?) before the word - for here is a spot that will call for further procedure in the test.

Now let us suppose that in the examination there are thirty reaction words which took more than the normal time for the subject - and we will suppose that there were twenty-five faults in memory - either a new word was given or none was given.

Now we have what might be called complex indicators. Forgetting is a complex indicator because we tend to forget the unpleasant - (The subconscious is at work on the pleasure principle explained in the last instruction). There is a direct connection between emotional disturbances and forgetting.

If you would be a good examiner - never jump to quick conclusions. Psycho-analysis is a slow tedious undertaking often stretching over days - weeks and months.

We are not going to stimulate the imagination by giving results of psycho-analyses. Each will find many surprises and marvel at the unfolding of the inner-workings of minds.

We now come to the point where we are to use what we call the free association method.

We take a stimulus word, where the reaction time was above normal - and we say to the subject:

"At the word _____ you responded with the word _____, and when I asked you to remember in the second examination the word you had given you gave a different word, _____."

"I want you to think of those words and I want you to talk freely and frankly to me -- just tell me what kind of a scene do you see? What event does it remind you of? Just why do you suppose you gave that word or those words?"

"Just don't hold back anything that is brought to mind - either in childhood or in the recent past. In this science there is much we can discover by finding the ideas that are associated with your responses."

The examiner should get the patient to talk freely - and build up confidence that it will surely lead to feeling better, to a feeling of relief, and to the end of the difficulty for which relief is sought.

The examiner should not keep asking questions. The idea is to get the subject to talking of himself or herself and of experiences, events or emotions he has had.

The examiner should make notes of all the subject says. - No stenographers or recording machines should be in evidence - they would tend to bring up fears or at least speculation as to what it is all about, and the end object is to get free expression - the events associated with the stimulus word - the reaction word or the reproduction word.

It is a long process to get the free association response to all of the faults in the test. It can be extended from day to day. In fact it is a good idea not to tire the subject too much - and to send him home with a set of words where a fault lay and tell him when he comes back the next visit you will want the free association connected with those words - but never let him or her take away more than one association request -- and never let him read or see the test sheet or the notes.

As the analysis progresses the examiner by careful observation will detect where there is hesitation -- hesitation often indicates covering up or concealment.

Facial expressions - and nervous peculiarities such as pulling at an ear - rubbing the nose - twitching of muscles - rubbing the hands - scratching the head will also give indication of an approach to tender spots in the memory.

In the process of the free association revelations there may be a reference to other response words - recorded. Keep a close lookout for these.

After the examination has proceeded far enough the examiner will develop some pretty fair ideas of the nature of the difficulty. Then he can develop a set of about twenty or twenty-five words - related to the suspected difficulty - and go through an examination similar to the first association test.

After his idea of the difficulty has been seasoned and certainty as to the nature of the trouble develops, then he can begin to question the subject along that specific line of research.

Pretty generally there will come about a breakdown - a sort of confessional - and both examiner and subject will be at the heart of the difficulty. If there is crying - hysteria - noticeable embarrassment - there should be a calming and an assurance period.

No matter what the difficulty uncovered the examiner must, to get results, study carefully his assurances he is to give that everything will be all right. - Here can be used suggestion to rationalize the matter - and to explain that to dwell on the past and let morbid reflections mar the efficiency and life of the subject is unwise.

Let us caution the examiner at this point. When he comes to the point of asking questions based upon his definitely formed idea of the trouble - he must have a sympathetic attitude -- no boastful questioning indicating the attitude of "Ah - you see - I uncovered the secret."

The successful examiner leaves himself out of the picture. What he should be endeavoring to do is unlock muscular tensions - put mind action of the subject into normal, useful and satisfying channels and show by his helpfulness that he is the champion and defender of the subject - and that the burden is lifted - and by suggestion give assurance that it is not a life burden - but a burden of yesterday to be forgotten - that all have strengths and weaknesses - and that as long as we live we have the privilege of growing. We can learn new skills - engage in new kinds of work, devote ourselves to new causes - make new friends.

It is true as a general rule that the rejection of self in the service of others is a sure road to happiness - but this does not mean that we should treat ourselves more rigidly and more vengefully than we do others - and that our attitudes towards ourselves should be more complicated than our attitudes toward others.

Let this be thy commandment -- "Thou shalt love thyself properly and then thou wilt love thy neighbor."

And finally -- "Love is the universal solvent" -- May you be strong and be able to truly bless those you help and successfully suggest "Peace is yours."

* * * * *

THE ORDER OF THE ESSENES

212 SOUTH MANHATTAN BLVD.
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DEPARTMENT OF INSTRUCTION

GET THE "FEEL"

OF THE UNITY OF YOU AND THE UNIVERSAL:

There is a false conception abroad. It is that there is an irreconcilable conflict between religion and science. True religion and true science are on common ground. True science is a religion. It is a seeking of the way God (Nature) works.

When the seeking relates to the material it is called science; when it relates to man and his relation to the universal and the way God works with respect to him it is called religion. "Science" stems from the Latin "scio" - to know. Science and religion should have as an objective "knowing" - and blessed are the findings of science - for they reveal a unity.

It is clearly established that things material are not a new creation. They are but the changed form of the everlasting - a new arrangement of the building blocks of the universe - and man has entered the new age wherein he can and does work with the building blocks of the universe and bring forth the new in form. He creates the new from the everlasting - the primal creation.

Likewise Science has determined that all things living have sprung from living things. We establish therefore by the process of reasoning the everlasting qualities of life.

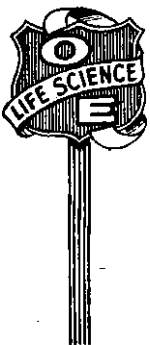
The material by decay or disintegration but changes form. The building blocks of the universe are the same in number, quality, and characteristics. Reasoning forward as we have reasoned backward, life itself but undergoes a change. It lives on. In this life it is given us to create qualities and characteristics.

Life has ever been a progression. Man is ever evolving upward. This therefore must stand as a valid promise -- that as we sow, so shall we reap - here and hereafter.

Get the "feel" of the Unity of you and the universal, the omnipotent and omniscient - - Rely upon it -- and progress must be yours!

Sincerely,

S. Hamner Davis



THE **Essenes**

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Instruction Headquarters - Tampa, Florida

INSTRUCTION 109

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

"THE MIND NEEDS OCCUPATION AT ALL AGES. THAT IS ESPECIALLY TRUE AFTER THE ACTIVE DAYS OF LIFE HAVE PASSED AND RETIREMENT STRETCHES OUT INTO THE FUTURE. IT IS THEN THAT THE MIND SHOULD BE BUSY, AND ITS MAIN BUSINESS IS TO EXPAND AND GROW. THAT IT WILL DO IF IT IS GIVEN SOMETHING UPON WHICH TO STRETCH ITS POWERS. THERE IS NO SADDER SPECTACLE ON EARTH THAN RUST IN THE HUMAN BRAIN."

A GLANCE BACKWARDS - AND A GLANCE AHEAD

By
VOLENTUS
Master of Life Science

We take great pride in the fact that the students of Life Science are selected individuals - and that our student body perhaps outranks in intelligence and human values any other student body studying along metaphysical lines.

It is a source of great satisfaction to us to note in many publications devoted to the philosophic, the religious, and the mental life, articles signed by our students.

We glory in the success of many of our students upon the lecture platform and in the teaching profession - devoting themselves to bringing about a rational understanding of a successful way of life.

The worthwhileness of our efforts and the support accorded this work is daily brought to our attention in our daily correspondence by the universal expressions showing that all are more nearly approaching a "mental peace" and a poise, and are attaining cherished aims - and in their lives demonstrating the effectiveness of our instructions and the possibilities of the scientific way of life. Each letter is in itself an encouragement to us - beautiful as an expression of endorsement of our efforts and an example of the expanding abilities of our students in the art of expression.

Sometimes in the bringing of our material up to date - and modernizing it in the light of scientific discoveries and giving to the world the best philosophic expression of age old principles, without too much of the "symbolic" so extensively present in religious material, we do feel that there are those who might criticize it as too "materialistic" and lacking in "spirituality."

We feel that "symbolic" expression leads to too wide a variation in interpretation. Each naturally interprets it in the light of his own understanding and experience.

One of our students - a Master in his own right, sent us a thesis, which he felt was needed at this particular period of our instructions. He himself is a scholar and a teacher of the better way of life.

He has made a searching study of all teachings - ancient and modern - and even those on the borderland of legitimacy and of some that transcend reason and are well within the realm of the "works of the mountebanks." He named it - "A Glance Backwards and A Glance Ahead" - and we publish it exactly as he submitted it.

For reasons which he best understands - he asked that it be signed, "Volentus" - and here it is -- an Instruction which will doubtless

cast a light in many dark places. Personally, we believe it would carry greater weight were the author's name given in full -- but of course we know not his commitments in his other writing connections nor in his teaching connections.

By VOLENTUS

At this point in our studies it would perhaps be well for us to pause a little while and make sure that certain basic facts upon which the Essene philosophy is predicated, are thoroughly understood.

The criticism has been made that these teachings are too "materialistic" and not "spiritual" enough, and if those terms are used in the dictionary sense, we plead guilty to the indictment. We are interested in enabling our students to live a happier, healthier and more successful life here and now. There is plenty of room for improvement in this world without worrying about a world to come, regarding which we will know nothing until we arrive there. We do know, however, that when we arrived in this world, loving hands awaited us and took care of us until we were able to take care of ourselves and since our whole philosophy is based on the existence of universal principles and laws which exist and have equal effect everywhere, we can safely assume that when we arrive in the "next world" the same loving care will be extended to us.

Our authority for this attitude, if you must have an authority cited, is the Master Teacher, who said: "Take no thought for the morrow ... but seek ye first the kingdom of God and righteousness, and all things shall be added unto you."

What differentiates man from all the rest of creation? The answer, of course, is self-consciousness. Man's body is formed of the same elements that form the bodies of dogs, cats, lizards, gladioli, orchids, worms and trees. In the Catacombs of Rome, for example, there are preserved the mortal remains of some of the early Christian martyrs, highly venerated by large sections of Christendom, yet these remains are nought but dust --- the same kind of dust you can gather by sweeping a room.

From these observations we know that the physical part of man is not the real man, different from all other created things. And since self-consciousness is a mental process, we are logical when we recognize man's mind as his individuality.

For many years New Thought teachers and other so-called "metaphysicians" have prated that "thoughts are things" but if you asked them "How do you know?" they would just stare at you with open mouths. This teacher is speaking from experience when he makes that statement.

But thoughts ARE things, and this can be proven to your satisfaction. Thoughts have been weighed at Johns Hopkins University and in scientific laboratories abroad. Anything that has weight must be

"a thing." The activity of a thought can be seen through the use of a marvelous medical instrument known as the electroencephalograph, (electro-electric; encephalon - the brain, including the cerebrum, cerebellum, medulla oblongata and pons; graph-writing ---- electric brain writing). Certainly anything that can be weighed must have mass or body, and if it has observable activity it must have life - --- so when an Essene student says that a thought is a thing, he knows what he is talking about it and can prove his point.

Thoughts are the products of mind. We now know that thoughts are alive, and we also know that life never proceeds from a dead thing, so mind, the progenitor of thought, must have life and existence too. You see, we don't have to rely on any greasy Thibetans or anemic, emaciated Yogis to prove our philosophy, neither do we have to indulge in any occult hocus-pocus as provided in weekly monographs from some self-styled Emperor. We agree fully with Paul, himself a student of the Mystery Schools among which were numbered the Essenes, who, in 1 Thessalonians, V, 21 wrote: "Prove all things; hold fast to that which is true."

Now, a thought isn't just something that "passes through my head." It is definitely a result of mental action. It has been shown in past lessons that there is a Universal Mind which occupies all space, and that this Mind is the Universal Subjective Mind, of which the subjective part of our individual mind is a part. Man's conscious mind differentiates him from his fellows; man's subjective mind definitely proves his unity with all other men, and is the proof of the brotherhood of man about which so much has been prated and so little understood or practiced.

We might say that the Universal Subjective Mind is Mind in the abstract. By abstraction here we mean that this Universal Subjective is composed of all the elements of all things which can be or will be created --- and these elements exist in the form of energy. This energy is electrical. By the impress of a mental concept upon this abstract elementary "stuff" we create, consciously or otherwise. This all sounds complicated, perhaps, so we will endeavor to clarify our meaning as we go along. But at this point the author would like to digress for a moment to say that this doctrine can easily be proven by the Bible, if the student is interested in that sort of proof.

The story of creation, as related in Genesis, starts off by saying "In the beginning God created the heavens and the earth." Note, please, that the author of Genesis is speaking about an accomplished fact --- the heavens and the earth are created. In his next sentence he says: "And the earth was without form and void." Now imagine, if you can, anything "without form and void." It is impossible for the human mind to conceive of such a creation unless we realize that Genesis is speaking of latent electrical energy, neutral, and in a state of passivity --- in other words the great Universal Subjective Mind to which we have been referring. "Without form" because it is latent and waiting to be shaped into form; "void" because it has not yet been endowed with shape and activity.

It is from this "stuff" that all things are formed, and to it all things return. When we use the word "things" here we include all matter, and all thoughts and thought-forms. The only "thing" we exclude is man's self-consciousness, his ability to identify himself by saying "I", which is part of the Divine. Man's connection with this "stuff," provided by his subjective mind, enables him literally to "ask what you will and it shall be done unto you."

The Universal Subjective Mind is Intelligence --- but, and this is extremely important, it is UNCONSCIOUS Intelligence. You can control it through your conscious mind, but It can never control you --- for it is not empowered with desire.

This Universal Intelligence is omnipresent. There is no place to which you can go to escape it. Where you are, It is. In his work, "The Subconscious Speaks" Paul C. Ferrell describes this power in the following words:

"The Universal Subjective Mind is the Mind of God, or that phase of that portion of the Mind of God which He has decreed mankind shall use for the purpose of establishing contact with Him. It is in everything, both seen and unseen. It contains within itself the essence of all knowledge. It is the essence of all living things, not only in the realm in which you live, but in the entire Universe. It functions wherever there is life of any kind, anywhere. It is, in a certain sense, life itself, for without it there could be no life."

The late Dr. William H. Woodfin laid down the rule by which this creative power can be brought into action. It is

THERE IS ONE MIND, ONE LAW, ONE PRINCIPLE, AND SUBSTANCE
IN THE UNIVERSE --- AND I AM ONE WITH ALL THERE IS.

There again we have the doctrine of unity--the unity of God, man, and all things. If we bear in mind the fact taught by the Essenes that God is not a person, but is entirely impersonal, and that our use of this God Principle is governed by definite laws, we come to the point of realization where we know that no matter how dark conditions may appear, we have nothing to fear---for our thinking got us into the mess and only our thinking can get us out again.

Remember that we do not use the word "thinking" in a loose sense. Definite action has to be taken. If all a man had to do to create conditions was to wish for them, this world would indeed be a hodge podge far worse than it is right now -- and that is bad enough. But we are dealing with principles and laws -- Universal, Omnipresent, and Omniscient. Once this truth becomes part of our consciousness, we realize the silliness of those who claimed "I talked with God -- literally, my friend" and then tell you that

God is a God Law. Who ever heard of talking to a law?

Now what is the process of creating, or changing conditions? Just let us suppose that this process is somewhat like taking a picture. The image of the thing to be photographed is registered on a film or plate which, when developed, becomes the negative. From this negative we secure the positive or picture, and so it is with mental creating. The image of the thing desired must be registered by the conscious mind, through a process of visualization, upon the subconscious. Give it a time exposure -- repeat the process several times. This is your negative. Your subjective mind then shines through this mental negative and causes the thing to be registered in positive form upon the Universal Subjective Mind which, as we explained earlier, is latent energy or what the religious-minded call Divine Supply. Correct visualization is the secret -- the image conceived in your mind's eye must be clear, distinct, and complete. This requires concentration, and concentration requires 100% attention to the exclusion of all other matters, or what is so often referred to as The Silence.

During your second year's work with this Order you were told to write your desires down on paper in order to get the idea clearly before you. That was just another way of telling you to make the mental picture clear.

The writer of this lesson has had considerable experience over a period of years with all kinds of people suffering from ill health, want, dissatisfaction and other maladies. He has found that there is one universal cause for all these troubles and that is a lack of definite aim or goal in life. Take for example, the fellow who skimps and saves for a "rainy day." He is usually conscientious in his saving and invariably the "rainy day" arrives to take all his savings. On the other hand, the fellow who saves to spend his last days in comfort achieves his goal, too. Both have definite aims. But the "average man" doesn't have any plan of life. He just drifts with the current and tries to keep up with the Jones family. When Mah Jong is the craze, he has to have a set of Chinese checkers or feel that he is a social failure. When golfers wore "plus fours" he would die rather than appear in those "silly things" known as slacks. Nowadays, the process has been reversed and he wouldn't attempt to play pasture pool in plus fours. Subject to all the whims of mob psychology, accepting race thought without question, he is indeed a true member of what psychologists call "the herd." He drifts along and never gets anywhere. But is it any wonder?

Suppose a passenger ship set out from the port of New York on a journey. The vessel had no rudder and couldn't be steered. The captain had no idea of where he wanted to go. A strong southerly breeze set a current in force which carried him and all the other rudderless vessels northward until they ran into a field of ice floes. Fog set in and they became becalmed. The

wind shifted and shoved them southwards again into the Gulf Stream and warm weather melted the ice from the rigging and made life a little more pleasant. And so they drifted until one morning they piled ashore on a reef and that was the end of the vessel and her trip.

Apply that idea to the life of a man whose body is his vessel, and he is the captain. Subject to all the elements and the forces of the winds and storms, he certainly doesn't have a very pleasant existence here. No wonder the preachers have been able to sell the idea of "Jerusalem the Golden" to such failures. Don't blame the Christian preachers for this alone; the Moslems do pretty well by promising their adherents a heaven filled with houris and unlimited wine, while the poor Asiatics whose lot has been nothing but misery and trouble are eased along with a promise of oblivion or Nirvana.

If you have a definite goal in life, and if you protect yourself from race thought or the vast mass of "trouble-thoughts" thrown into the Universal Subjective Mind by unthinking humanity, you will lead a peaceful happy and positive existence.

The purpose of these studies is to help you do these things, and to enable you to teach others how to travel the path.

* * * *

Our comments: -- We do not believe that many ministers now engage in the old descriptions of heaven as a place surrounded by walls, the entrance to which is a "pearly gate," with Saint Peter as gate keeper -- and the interior of which is a city with streets of gold - and within the select are forever sitting about strumming harps - and that angels fly about with feathered wings and therein is a throne and ruler. -- Nor do we believe that they describe who "sitteth at the right hand," and portray in detail a ruler and his subjects and vividly picture the wrathful and vengeful moods of the ruler of the universe, and ascribe to him acts, edicts and condemnations which are shocking and abhorrent to one of decent instincts and with any semblance of moral justice - and which, in fact, would be unworthy of a devil, which some have tried to describe as though his existence and appearance were a matter of knowledge.

Neither do we believe that many now give expression to descriptions of hell as a place of fire and flames administered by a cloven-hoofed devil with horns and forked tail.

The reaction to such teachings by those of understanding is that it is a flight of imagination by materialists. - Walls and gates; pearls and gold; harps and wings; thrones, rulers, subjects; fires and flames; feet, horns, tails and pitchforks. If streets were paved with gold, gold would be of little value (about what cement is worth) for values in a material world are a matter of supply and demand. And why gold in a heaven? To very few would pleasure and attainment be signified by "strumming harps." The modern man might be more impressed by golf courses - good fishing streams - beautiful horses, dogs - trees or flowers.

More careful consideration of such pictures would question the location of these material things with weight, density and molecular construction. It would recognize that flames and fires feed upon the material and that such combustion results in destruction of form and the nature of the substance consumed - it results in a change or transformation of the elements of the consumed.

The pain and anguish supposed to accompany the punishment by fire is recognized as a sensory result, carried over a network of nerves - and that the nerves are physical and a part of the mortal remains.

Some who are loathe to give up the suggestion of a fiery furnace as their conception of hell have in some way reasoned that "atomic bombs" prove the possibility - but we know that an atom is the smallest unit of "formed material." The need of man is a true recognition of a spiritual world, a world of law and order and that results are consequences and that heaven is within us, if we are true builders in the Temple of Life.

From our acquaintance with "Volentus" we know that the spiritual is very real to him and that he has had to break with orthodoxy to satisfy his own conscience and in his search has found an understanding of soul, spirit, and mind which conforms to the higher understanding of religion - and in no way conflicts with intelligence, but in fact is satisfying to reason and does conform to the authentic teachings of Jesus, and solves the symbolic riddles which confound those who call themselves "fundamentalists."

The greatest usefulness of the Essenes can best be served by the avoidance of disputes with any established teachings and by a strict adherence to the known and positives. - We teach that "combat" is a defensive thing - that substitution - or strict adherence to truth that can be demonstrated - is the way to the banishment of error.

--- and in this path we walk and for guidance we utilize "the silence" - and seek to draw from the universal and to have imparted to us the ability "to make straight the Way" to those who seek a better way of life and the "Peace that passeth understanding."

To those who support this work all credit is given. We are but a medium. To Volentus - our thanks. May his light shine in dark places. -- "May peace be attained by you - the student," is our most sincere desire -- and desire is Prayer.

* * * *

THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

AN INVESTMENT IN HUMANITY:

Instruction 110 comes to you with this letter. The object of it is to make you just a little more observant and to suggest to you that certain character of thoughts have an outcropping in personal appearance and conduct, as well as internal effects - which heretofore we have stressed.

Ours is an educational program which embraces equal consideration for the physical, mental, spiritual and the social and civic potentialities of each of you.

We would like to feel that you and each of our students would meet every problem presented in life as an opportunity and not a thing to fear or cause worry or emotional upheaval.

The best part of the Lord's Prayer is "Thy will be done" --- add "Through me."

If you can know that you are an Instrument of the universal (God) and can make a habit of expecting the good - the best - to come naturally out of every situation, it will produce a peace of mind and a poise, and to you will come the true answer and your demonstration will be adequate to every situation.

It is not easy. It is not a peace or demonstration which lazy thinking and intellectual dawdling can produce.

From the infinite you came -- the cable has never been severed - and the messages of the infinite come to you. -- Listen -- heed - and a worthy instrument you will be, and help take the message to the bewildered multitude. This is an investment in humanity.

Sincerely,

S. Hamner Davis

110



THE **Essenes**

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Instruction Headquarters - Tampa, Florida

INSTRUCTION 110

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

"INDIVIDUALS SET THEIR OWN LEVEL IN LIFE, RISING OR FALLING IN RELATION TO THE DIRECT EFFORT THEY PUT INTO IT. THAT IS TRUE EQUALLY OF THE PHYSICAL, MENTAL AND SPIRITUAL VALUES, FOR NOTHING OF CONSEQUENCE CAN BE DONE WITHOUT EFFORT AND A GOOD DEAL OF THAT. IT IS THE TEST OF AN INDIVIDUAL THAT HIS OR HER AIMS CAN BEAR INSPECTION IN RELATION TO OTHER HUMAN BEINGS AND IN THE LIGHT OF THE TIMES IN WHICH ALL LIVE."

GREAT THINGS FASHION THEMSELVES

The problem with which the metaphysician ever deals - is cause. An observation of effects often leads to the discovery of cause. -- Hence the metaphysician must ever be observant.

In the matter of voice, for example. It often reveals or betrays personality. Here are some observations that will be useful.

A whining voice is indicative of a selfish nature. -- Such a person needs to learn that as you give, so shall you receive. It is difficult for the selfish person to realize that thoughts of "getting" are rarely productive of desired results. -- It is true nevertheless that success is generally achieved by those who think in terms of accomplishment -- of service - of making something or doing something for others. -- "Getting" is an end result; an effect - and is best accomplished by satisfying others - and the range of human desires is without limit. We shall make a study of many of the basic ones.

A monotonous voice is indicative of a sluggish, dull nature. Such persons are generally set and determined.

A suggested course for such persons includes the acquiring of a sense of humor, learning that to take one's self too seriously is not conducive of pleasure, and realizing that we live in a changing world, and that it is possible for any of us to be mistaken in our ideas. -- The set and determined will find advancement and progress will be greater if they will join the questioners and the listeners and will be a little bit more open-minded and will heed the admonition - "Blessed are the meek, for they shall inherit the Earth."

A high-pitched shrill voice which ascends to a scream is indicative of a highly excitable person.

The great lesson to be learned by such persons is that if they would control other people they must first learn to control themselves. They could with profit to themselves often read the inscription in the King's ring: - "This too will pass away." -- (Instruction Number Six).

A low-pitched, rasping voice is very generally possessed by one with a disagreeable nature. It is possible that in some cases it is due to carelessness - but it is always disagreeable to the listener.

If it is due to a disagreeable nature - then a reworking of the inner nature of the "animal" is called for. -- Love is a great solvent - and the great truth that friends are made and people generally are moved by agreeableness, should be learned.

A breathy, weak voice is indicative of shyness, a person lacking self confidence and poise. Underneath this is a form of fear - generally a fear of people.

We have seen a poor salesman, always calling on small persons in connection with transactions involving small sums, blossom into a good salesman handling transactions that run into thousands of dollars by the simple suggestion that people are not going to bite you nor strike you and surely are not going to kill you, for just talking to them - and that the "bigger" the person, the more considerate they are. That is how they got into the "bigger" class.

The breathy, weak-voiced can cultivate confidence and poise. A rough and tumble personal consultant in giving advice to one thus afflicted said: - "Boy! Just know your stuff and you will shed shyness like a duck sheds water."

The "fast talker" who just runs on and on and ends in a monologue generally has a case of "nerves."

Among other suggestions for such a person, is to do some deep breathing - to learn to relax - and to rehearse his thoughts and learn to condense his conversation. -- Of course it is basic to get to the root of the evil. "Nerves," has a subconscious background.

Again - we have those with sickishly sweet voices - too suave - dripping honey.

This is indicative of insincerity. The course of treatment in such cases runs along the line of a preachment on the value of sincerity - a virtue, without which no lasting friendships are made and great heights are never scaled.

A loud, booming voice (big noise) is possessed pretty generally by a heavy set person - heavy in the mid-section and around the jowls, or a dark haired, bushy headed, straight-as-a-ram-rod individual. Here we have indicated a person who wants others to do the work and he wants to direct (inclined to laziness). - It might be called a politician type - or a "boss" type.

"The empty barrel makes the most sound" comes to mind. Pretty generally in this bracket we have one who consciously tries to impress. Some would classify him as a know-it-all and cock-sure in his opinions. Subconsciously he is aware of an inferiority and his life battle is to cover it up - to bluff his way through. The metaphysician is not often called on by this type. He knows all the answers - and self improvement never enters his head. Improving others is his specialty.

Here we need to start at the grass roots, - fill the barrel. Education in its fullest range is his need - A rude awakening to the fact that he has not impressed many would be painful. Mediocrity is always the lot of such individuals. If fired by a strong ambition - strong enough to make him go to work and to study - he might come out of it and his voice would naturally reach a lower pitch.

Along with those who have out of the ordinary voices - we have those with speech peculiarities - for instance the person who is explaining something and who forever dots the recitation with such phrases as "Do you see?" - "You understand?" "Do you get me?" or some other oft repeated expression.

Here we have another case of "nerves." Such persons should avoid exciting situations - or contacts that are irritating. Relaxation and calmness and poise should be sought or induced.

It is of course understood that the careful student of humans will not jump to conclusions - and the above are but suggestions of possibilities in personality analysis. -- We do not set them up as infallible.

The person who keeps wetting his lips while talking - is often given to telling untruths - but probably all who keep sticking the tongue out to wet the lips are not liars. It is a nervous habit - and inordinate liars will develop some tell-tale nervous habits - accompaniments to tall-tale variations from facts.

We sometimes find the individual who in conversations cocks his head to one side - like a bird that hears or seeks to see something he knows not where.

This is a pose --- Poses are not natural. This indicates often a forth-coming remark meant to impress with the acuteness or wisdom of the poser. Here is again indicated an inferiority complex with its concomitant egotism. Sometimes this posing is carried on so long that the natural carriage of the head is slightly cocked to one side - and will be generally accompanied by shoulders slightly humped up, giving the impression of a short neck. It will generally be found on those who are handsome - run to looks and not to brains.

We know that thoughts are accompanied by physical reactions - and he who varies from the natural (just being one's self) runs the risk of giving away his variation from the natural by physical signs which the informed can decipher.

Perhaps you have met with those who in narrating events will throw in remarks from time to time along this line: -- "That's the God's Gospel Truth" or "That's the truth, if I ever told it" or "I'm telling you the truth" or some other affirmation as to the truth of the statements.

Why should one keep affirming that a statement they make is true, when it has not been questioned? The subconscious has a way of impinging upon the utterances of those given to varying from the truth.

The way a person walks - the carriage - is also indicative of the thought processes. There are those who suspect the honesty of the person who sort of leans to one side and then the other as he walks - and each step sort of brings the side of the body

forward first - a sort of snake roll, as it were. On the stage the actor portraying the villain or the bully often imitates this walk.

Some there are who call the eye the window of the soul, and the eye is often an indication of personality and character. We have all observed the eye flash anger - the pupil of the eye narrowing down to a small point - or eyes open with fright or terror, the whites of the eye showing all around the iris - or the eye droop with sadness or the darting, furtive eye. It is of course true that the thoughts have a physical effect upon the whole system and the eye is particularly responsive to the emotions. Does not the song composer write of the "eyes of love" - and the novelist the "eyes of lust?"

There has developed a common saying - "He can't look you in the eye," intended to convey the meaning of unreliability. Our observation is that this is rather an unreliable gauge. It has become so common to the common understanding that crooks and the unreliable have practiced staring into other people's eyes - and in these cases the eye is not responsive to the emotions but is consciously directed - and then the interpretation is "boldness" - "defiance" and "audacity."

So responsive is the eye to the mind and the physical changes of the body there is being made the attempt to diagnose physical ailments by charts of the eyes. It has to date not reached the stage of perfection nor general acceptance. It is mentioned here as a suggestion that metaphysician be observant of the eyes, but a grain of caution is also dropped. -- Do not stare in a way to become offensive. Shy - self-conscious and uncertain individuals avoid looking direct into other people's eyes, and "tighten up" when gazed at - and the helpful attitude is to bring about confidence in the operator - and relaxation is a concomitant of confidence.

The way a person works, if closely observed, is indicative. The sloppy bundle wrapper is possessed of some sloppy mental processes. The careless dresser has some careless thoughts and the whole range of human action stems from certain mental processes.

The process of human analysis may be slow but never doubt -- The mind has a way of revealing itself.

As metaphysicians, we can look upon our studies as of a religious nature -- if religion in its true sense is a way of life.

We must also start from the basis that we are working for good - and that the way of achievement is to let good come to us by removing such obstacles as worry, fear, resentment and all feeling of lack or loss - and all of the horde of negatives.

We must accept the premise that everything that is must be perfectly natural -- Even Deity must be natural, not supernatural -- for the true understanding is that God is a part of the allness of everything - and that the real you is a part of this allness.

This truth about ourselves gives a sense of harmony and unity within and without -- and thereby power flows to us and through us and the greater things of which Jesus spoke come within our grasp - and we do act with faith and assurance and become effective instruments in the world of man.

* * * * *

Day by day the medical fraternity approaches nearer to understanding. The American College of Physicians at its twenty-seventh meeting was told by Dr. Edward Weiss of Temple University Medical School that chronic victims of aches in the muscles and joints may be suffering from nursing a smouldering grudge against some one close to them.

The fraternity calls it "psychogenic rheumatism." There is a physical symptom - actual aches and pains and often a slight fever - and a physical examination and laboratory study finds no organic ailment. It all stems from a "disorder of the feelings" - an emotional cause - thoughts taking form.

Long continued there must and would come about organic ailments -- and yet they "shy" at the admission that organic disorders can have any other cause than those termed "physical."

M. D.'s have come a long way. They have classified the character of thinking that causes "stomach ulcers" - and now "psychogenic rheumatism." -- They will come all the rest of the way.

He who departs from thinking upon all things good, risks physical reactions. Human ailments stem from mental processes in the great majority of cases. It is a two way lane. A correction or reverse of the thinking process is nature's road to recovery. Marvelous indeed are the speedy results from just uncovering and facing the repression or smouldering fires of subconscious maladjustment. -- Yes! There is a mental sunshine - and he who by his life, conduct, or speech helps to spread it, is a true metaphysician.

The unity of mind and body should be the most apparent thing to every individual, for these he has ever with him, and the consequences of his own mental folly is ever visited upon him - but man is inclined to ever look outward for his causes, his God and his heaven - and even worse, he has a "blind spot" with respect to the unity of the individual and the Universal. The world is man's to fashion - but most are fashioned by the world. - He seeks without that which is within.

* * * * *

THOUGHT GEM

"In silence, great things fashion themselves" -----Carlyle.
Man talks, to no avail, for ideas do not find birth in talk but in thought.

Even Jesus found it necessary to get away from the crush of life, to get away to a quiet place. - He went up into a mountain to pray.

* * * * *

THE ORDER OF THE ESSENES

████████████████████
212 SOUTH MANHATTAN BLVD.
OR P. O. BOX 10427
TAMPA 9, FLORIDA

DEPARTMENT OF INSTRUCTION

JUST A REMINDER:

Are you practicing deep breathing: Oxygen is a purifying agent. Keep the blood stream pure.

Are you moderate in your eating: All food has to be processed in its passage through the body. Do not overwork "the machinery of life."

Do you stretch? Cramped positions put the natural organs in unnatural positions - and a little stretching may do for you what many people pay money to have done for them.

Do you take a moderate amount of exercise? Walking briskly is good medicine - and who wants to get "flabby?"

When you bathe do you give yourself a brisk rub down with the towel? It sort of makes you glow.

When you are mentally disturbed do you forego food? When you are "boiling" inwardly is a mighty poor time to "take on groceries."

Do you relax quite frequently? Most people who look "worn" cannot and do not, and it becomes their undoing.

These are just a few reminders. You are a triune individual - body - mind and spirit. Don't neglect the physical.

Instruction lll, which accompanies this letter, is a reminder in matters mental.

If we have not heard from you in some time, this is a reminder to write us. To know that you receive and study our instructions is all important with us. There are literally hundreds of thousands we could reach and our expansion program must of necessity be limited - and planned. So long as we know we reach the interested - the serious - and those who desire a more abundant life one hundred percent - we are content to expand gradually. And we know that from each such person there will be going out demonstrations of the efficacy of the good life - and in the end we will influence all mankind.

Sincerely,

S. Hamner Davis

#III



THE **Essenes**

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Instruction Headquarters - Tampa, Florida

INSTRUCTION 111

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

HAPPINESS CAN NEVER BE THE GIFT OF GOVERNMENT.
HOUSING PROJECTS, CONTROLS OF OUR ECONOMIC STRUCTURE,
INCREASED WAGE SCALES, AND REFORMS OF LIVING CONDITIONS
OFFICIALLY MANDATED DOES NOT EVEN APPROACH THE PROBLEM.

HAPPINESS COMES FROM WITHIN. IT IS THEREFORE A
PERSONAL PROBLEM AND THE SOLUTION RESTS WITH THE
INDIVIDUAL.

A PHILOSOPHY OF LIFE BASED UPON ETHICAL PRINCIPLES
THERE MUST BE. PERSONAL QUALITIES! THEREIN IS THE FIELD
OF ENDEAVOR. SIMPLE GOODNESS AND A CLEAR CONSCIENCE IS
THE SIMPLE ANSWER. SELFISHNESS IS AN INSURMOUNTABLE BAR --
FOR AS YOU GIVE, IT IS GIVEN TO YOU. THE LAWS OF SOWING
AND REAPING PREVAIL IN THE MENTAL AND SPIRITUAL WORLD AND
THE PERMANENT ABODE OF HAPPINESS IS THEREIN.

ORIENTATION

It is not our promise or purpose to make psychiatrists, psychoanalysts or healers in any sense, but rather to instruct with respect to a way of life which will make you self sufficient - strong in body, mind and spirit - and give you that understanding with regard to which all religions and philosophies give such strong and valid promises.

There is a strong tendency when one is studying along a certain line to over-emphasize the importance of the subject. A correct balance is not maintained.

The physical culturist claims transcendent importance for the physical -- muscle is all. The food fadist, the vegetarian, the dieticians make rather broad claims, going to the point of claiming "man is what he eats."

The medical fraternity has made many errors with respect to the use and importance of drugs, and has been skeptical and severely critical of anything not in accord with their then accepted practice.

Fortunately, we are entering an era in which the mind is given its proper place in treatment for human ills, for it is a fact that in this modern day more than half of all patients in hospitals suffer from mental disorders and fully eighty percent of all receiving medical care have symptoms induced by emotional and mental malfunctioning.

In this, the third year of our course in Life Science, we must get a true understanding of, and avoid so far as possible, misunderstandings of mental illnesses.

There is a vast difference between insanity and neurosis.

Insanity is not inherited. People do inherit a predisposition or susceptibility to the development of the personality traits of their parents. In the final analysis this may be boiled down to mean that all are subject to suggestion and are influenced by their environment.

There is a strong tendency in people to imitate the personality defects of parents.

It can be generally stated that insanity does not come on suddenly, but in ninety-nine cases out of a hundred it is a development from mental symptoms that have gone unrecognized for several years. It might be reassuring to some to know that those who fear going insane in very rare cases go insane. The fear of insanity is a defense against the possibility. Such fears in persons may make them neurotic.

Insanity is not incurable. Today we have shock treatments, psychoanalysis, psychotherapy, occupational therapy and other methods. Of course, it is a different story if the brain tissue is injured or diseased as in "paresis" a form of insanity characterized by softening of the brain due to syphilis.

If persons are neurotic, they can of course be cured. It is quite simple. When one knows that his symptoms are but defense mechanisms, and becomes master of his emotions, his cure is half effected.

What a neurotic needs is understanding. This he is not going to get by having said to him: "It's all in your mind" -- "Snap out of it" -- and likewise a cure will not be effected by abuse and blame, nor will pity and sympathy do the trick, for that is what most neurotics seek.

The required mental medicine is a change in the mental attitude of the patient toward himself and his surroundings. Neurotics are pretty generally just children at heart. They want attention and sympathy. They are generally over-sensitive and over conscientious. They feel insecure -- out of place. They just lack the understanding which will enable them to balance their lives properly. They often lack a sense of humor - and take themselves too seriously.

There is nothing mysterious or strange about these childish attitudes carrying over into adult life. If a child has neurotic parents - suggestion is ever at work - and the child tends to adopt the same neurotic patterns of reaction as its parents display. Usually neurotic conditions in an adult is a flowering of a seed planted in childhood. If they lacked love and affection from their parents, a seed was planted. An over-attachment to one or both parents might be a seed.

You can put it down that a neurotic has a weakness in his emotional make-up. He needs reorientation - the rationalizing of his attitudes. Fears and phobias call for a mining process to unearth the cause from which they stem.

It is a rainbow in the sky when medical journals carry articles like the one we now quote:

"There are two days in every week about which we should not worry -- two days which should be kept free from fear and apprehension.

One of these days is yesterday, with its mistakes and cares, its aches and pains, its faults and blunders. Yesterday has passed forever beyond our control. All the money in the world cannot bring back yesterday. We cannot undo a single act we performed; we cannot erase a single word we said.

The other day we should not worry about is tomorrow, with its possible adversities, its burdens, its large promise and poor performance. Tomorrow also is beyond our immediate control.

Tomorrow's sun will rise either in splendor or behind a mask of clouds - but it will rise. Until it does, we have no stake in tomorrow, for it is yet unborn.

That leaves only one day -- today. Any man can fight the battles of just one day. It is only when you and I add the burdens of those two awful eternities - yesterday and tomorrow - that we are liable to break down."

--- Illinois Medical Journal.

In the treatment of neurotics we must have certain conditions. The patient must want to get well. The willingness and desire to be helped must be present. If there is resistance, conscious or unconscious, a barrier is thrown up. The ideal situation is where there is an emotional relationship of confidence between the helped and the helper.

The work of the Essenes speaks for itself. We are not given to singing our own praise, nor is this said in praise of our work, but rather in praise of those we have selected to receive our material. Countless are those who have raised themselves by their own bootstraps from positions of unhappiness - despondency, despair and defeat, by the study of our instructions. The secret lies in the fact that they recognized that within themselves was a weak spot -- They sought self improvement and they sought aid. This established what might be termed rapport - a relation of confidence - and to them is all credit due.

The real approach to the solution of knotty problems and the key to successful handling is to get emotional relaxation. Be realistic and objective. Act as though the problem were that of another and you were called upon to judge and to provide the answer. Be a consultant and not the party involved. In this way the problem will not take on life and death aspects and will not be so important. Just detach your feelings and do some intellectual, rational, and unharried analysis of the situation and some studied thinking of the proper action. Study not avoidance of the situation - but meeting it.

There is in everyone - everywhere - a normal desire to "get somewhere" -- What you want to be, to do, to know, to see, to master and to have. This is your plan - your vision (the first step to mastery). If written out it takes definite form - and doubt not - thoughts do attract realities.

Wanting to "be successful" is vague and indefinite, wanting to "do things" lacks outline, wanting "to know all the secrets" is hazy, - and indicative of superstition and misconception, for life is made up of simples. Wanting to "see the world" is a lack of direction, wanting "to master circumstances" is misdirection. Mastery of self is the solvent, and wanting "to have millions" or "to have plenty" shows wishfulness, but not desire, which must be the motive power to carry you through. You want how much to do what is the approach to real desire.

In the world of governments we have heard of five year plans - ten year plans and twenty- year plans. But of individuals with one year - five year or life plans we hear little. It may well be that this is the reason the great majority are failures - and few are really successful. Purposeful lives are the successful lives. A purpose is an incentive to effort - and the subconscious can and will point the way - when the aim is definite - meaning defined.

Your one year plan or your five year plan or your life plan will doubtless undergo changes - alterations or even partial abandonment. That is good. It shows thought centering around an objective. It evidences growth in mental conception and the converging of the ideal and reality.

In the preparation of "your world" plan - in writing you have an immediate basis for analysis. This too should be written. It will contain all the obstacles (let's call them problems) to be overcome to attain the plan.

It might show a need for education along certain lines - a need for capital - a need for a change in associates - location or character itself. There is no need for discouragement here -- when the subconscious is definitely impressed with a lack or a need it has "food for thought" - and it is a "way-finder."

When you have listed the problems, there naturally follows the question - what can be done about them? And then the plan begins to take on definiteness -- perhaps changes, for you write out what can be done to solve the problem, because each solution brings you nearer and nearer to a definite goal - and effort is centered upon solutions.

Such is life - a step by step progression - living and acting in the today - with the mind's eye upon tomorrow - never looking backward. And here we might again call your attention to the value of questions - and to Instruction

In selling, we must remember that the buyer is seeking a means to an end. It is not the thing sold that counts, but what the buyer can do with it or get from it. Then why not stress the important thing - the end result.

We are all salesmen selling our ideas, our ambitions, our enthusiasms - our hopes - and even ourselves.

Does it not seem logical then to stress what these can do for the other fellow - for he has ideas, ambitions, enthusiasms and hopes - and he is selling himself to a cause.

A sale is made when he is convinced his cause will be advanced by acceptance of your offer.

The true metaphysician is ever helpful in pointing the way of attainment - assisting others to advance their cause - and it is a glorious sale when he brings to a man the realization of the simple truth that within him is the answer to every problem - his ability to give measures his capacity to receive.

A man with driving desire should be unaware of limitations. To think upon limitations is to think negatively.

A desire to be of use will pull you through. It works like magic - and yet there is no magic in it.

Success is the result of creative thinking - it comes to him who most efficiently feels the need of other people - and directs his thinking to filling of their needs.

* * *

THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

MAY YOU SHARE IN OUR

PEACE OF MIND!

As we progress we want you to feel that you are a part in this development; hence this Instruction gives you an insight into the development of ideas which we hope will awaken in you an ambition - and that naturally there will follow an inspiration.

An inspiration is just an idea that takes hold of you and says - "I can" -- Following inspirations countless people have changed the entire course of their lives. - Countless of our students have. Wonderful is the power of just an idea! If you "feel" you can - you can. Stick to it.

We know - that "good will among men" --- all men --- is a powerful factor in this world. "Peace on earth to men of Good Will" is an everlasting truth.

Looking at this work as a picture - as an ideal being made real, we often repeat after Don Blanding: "Lord, we do give thanks to Thee for the Blessings that are ours."

At times this effort draws heavily upon us - but our faith carries us through. We have had the inspiration "we can" - and we can and do.

Out of it all we have come to know that there are enough of good people on this earth ("men of good will") to save the world from the calamities the pessimists claim are inevitable.

Doctors - ministers, and all are in accord that man needs but to know there is a spiritual side of life and that the mind of man is the mind of God and that by his thoughts man determines his own destiny and well being - and that massed thoughts determine man's destiny as a whole.

--- We welcome you as a part in the broadcasting of individual responsibility. May you share in the peace of mind that comes from thinking upon all things "good" -- God.

Sincerely,

S. Hamner Davis

#112



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INSTRUCTION 112

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

THINK NOT IN TERMS OF WHO IS RIGHT, BUT RATHER
IN TERMS OF WHAT IS RIGHT.
CONCERN NOT YOURSELF WITH SUPERIORITY OR
INFERIORITY. LOSE THYSELF IN WHAT YOU ARE DOING.
BE THYSELF - AND IN ANY JOINT UNDERTAKING - BE
A MEMBER OF THE TEAM. -- THUS STARS COME TO SHINE.

CAN YOU EXPAND AN IDEA?

This Instruction may appear to you a bit disjointed. Right! It is - and there is due to you an explanation.

We print relatively few thousands of each instruction at a time in order that we may make constant revisions and keep abreast of the latest findings and ever increase the potency of the expression -- thus increasing the efficacy of the suggestions.

This Instruction you may find a little more difficult to master than others. It contains much. The history of it is interesting. The Master Metaphysician - or third year's work in the study of Life Science - required the making of many notes. Each note was in effect a subject for a thesis - a sort of theme.

It occurred to us that it was good psychology to give to the student a considerable number of these notes. In them he might find the kernel of material already mastered, or in the future might recognize the enlarged idea, and derive pleasure and satisfaction in seeing the idea expanded.

We experience some enthusiasm for the idea. The student who understandingly grasps the idea, in a sense deposits a seed in the subconscious and his own subconscious may develop it more satisfactorily than our own treatment. Give to each thought due consideration. Think of it in terms of your own experience or what you have read --- think how you could "preach a sermon" on the subject and the instruction may lose its appearance of disjointedness and provide "food for thought."

Here are a few random notes from the editorial notebook:

Better conditions, abundance and harmony appear as the result of knowledge of principle. It is the peace that passeth understanding. Why is this so? Because man does not then put into the scale of justice that which would unfavorably effect its balance. He gives no evil -- He therefore receives no evil. He sows not thorns and thistles -- he therefore reaps not bruises and pricks.

The "book of judgment" of which religionists speak is a recording within. Man writes his own "book of judgment." It is within the subconscious - and all within it materially effects all future expression and events in the life of that individual.

The evil men do is paid for in the coin of consequences. There may be no immediate and direct pain or injury or loss but it will effect an immediate and direct flaw in the mental process and the injury or loss will eventuate.

Life is an incorruptible accountant. The record is indelibly written within us, and not in a book of judgment in another world, and there must be a balance in our accounts. There is no judge or Judgment. There is consequence. And the accounting is automatic. Balance is ever being achieved.

There is possible the attainment of peace -- not a peace of isolation or seclusion - but a peace which is ever present in the midst of the affairs of life - a peace which enables one to meet face to face the adverse situations of life with equanimity. It takes but an affirmative faith - a faith that man is a unity with the universal and can draw upon it, that there is a bank of understanding and that his signature will be honored.

The need was never greater. By the press we are ever kept conscious of the alarming spread of mental illness (now constituting the majority of those receiving institutional treatment), of the prevalent feeling of insecurity, of the ever spreading marital conflicts, of personal and economic depressions and disarrangements.

Here is a bit of wisdom which will help in your judgment of people. -- He who is given to gossip and passing on rumors has a feeling of inferiority. People gossip and deal in rumors as a defense mechanism - with the false idea that they raise their self importance and self esteem. It is just one way of displaying one's shortcomings, the possession of an unrequited desire for attention.

Of course we would all like to be helpful to these people. The wrong way is to criticize and abuse them or to even question the truth of the rumor or gossip.

If in subtle ways it can be conveyed to them that persons sure of themselves and possessed of self confidence never indulge in the practice, a cure is rather certain to be effected. It is a fact that those who can face the world and their associates with the feeling of adequacy and equality have no interest in gossip. They know that they can gain attention in a better way than by peddling trash and scandalmongering.

The efficacy of the treatment lies in the fact that once people understand why they enjoy gossiping - the subconscious guards are put to work - and they hesitate to display to the world an inner weakness - for they then realize that people who discuss or portray others are at that moment revealing themselves.

It is in effect a reversal of the mental processes. Before understanding, they think it is something that shows they are informed, up on the "inside dope," and that they are thereby

considered important - "wise" - and self esteem is given a boost.

After the understanding is implanted in the subconscious they refuse to gossip because they will think, and rightly so, that this display of self righteousness, this passing on of rumor or gossip, makes themselves appear as one inferior and gloating or taking delight in the shortcomings or misfortunes of another.

This is just another practical explanation of the deep wisdom of the religious admonition to "think upon all things good," and a reminder that one cannot carry dirt about others, without getting dirty themselves.

Psychology need not be so thoroughly devoted to talk about nervous functions, and study of the parts. Man must be considered as a whole - and we must realize that body, mind and soul or spirit function as a unity - and any study must, to be helpful, point the way by which one may solve his own soul conflicts. It is a matter of attunement, and attunement is attained in mental calmness - giving thought to rightness -- Truth.

Truth means agreement with reality, and is determined by practical consequences.

John Broadus Watson -- "Until college becomes a place where daily living can be taught, we must look tolerantly upon it as a place for boys and girls to be penned up in until they reach their majority." ---- Our whole endeavor is to conduct a school teaching how to get along in this world - a knowledge of life.

Contemplate not what the world has to give to you, but rather ponder what you have to give to the world. The law is dependable and invariable. Effort has value, the motive has flavor. The consequence will not vary in value. The fruit will be bitter or sweet in accordance with the compelling purpose.

Be not one who has every talent except the talent of making use of your talents. We teach of the value of thoughts - that the mind of man is the mind of God - but we would likewise stress that the world in which we live is a world of action. Yes - BE - but also - DO.

You will forgive and forget if you will engage in and become absorbed in some cause infinitely bigger than yourself.

Here is a formula for him who would be shunned by his fellow man, for him who seeks the certain road to failure, for him who would lose his friends and his own happiness. Let him engage in petty gossip and ridicule of others and put on display fear, doubt and suspicion, and let his ruling passions be arrogance - jealousy - resentment - impatience and cynicism - and let him forever engage in blaming others, contradicting and hating people. It is a sure-fire formula - certain to work. Why psychologically? It is to live with the negatives. What is the result? Physical ailments, for the human body is a chemical laboratory manufacturing in harmony with the prevailing mental patterns -- a poisoned thought produces actual poisons.

What you did yesterday was conditioned by what you thought in days gone by; what you do today is conditioned by your thoughts of yesterday and yesteryear. What you do tomorrow and in the tomorrows will truly reflect today's thinking. Therefore think constructively and optimistically. You lead a charmed life if you think charmingly.

See that your personality measures up to your ability - and be equally diligent to see that your ability measures up to your personality. Accept the greater asset as par and then have a balancing of abilities. If you have neither ability nor personality, seek first ability. Personality has a way of keeping pace.

Distressing emotional experiences can and often do emerge as actual bodily symptoms. It may take days, weeks, months and even years. There are mental cathartics - mental antidotes to mental poison. The unburdened soul - The rationalizing of a sense of guilt. Real ego satisfactions. The solving of relations with the world as it is.

The greatest asset you can have is a belief in the victorious possibilities of life.

Life is a process of dealing with complex conditions.

There is such a thing as spiritual meaninglessness.

One may have a head full of facts but lack the ability to translate them into experience or to capitalize them into forms of service.

You have a problem -- we all have. It is comforting to know that there is a solution. Yes! To every problem. Every situation demands a certain kind of action. When the correct action is taken, the problem is solved. It may bring up other problems - but they too can be solved by appropriate action. Life becomes triumphant by reason of problem solutions.

Happiness cannot be coerced. It must be forgotten to be present. In service to others there is happiness only when we are self-forgetful. Seeking happiness for ourselves by service to others bears a taint of selfishness. The happiness one brings to another sets up a train of sequences and the happiness of the giver is a consequence if not deflected by self seeking.

There is in each of us and in all of us an instinctive desire for importance. In some in greater degree than in others. In every life is the hunger for fulfillment.

To give thought to evil is to grant control unto evil. To be preoccupied with the negatives is to rob one's self of the conscious control of the purposes that shape character and destiny.

If we will set a watch over our selves we can discern the real motives in all that we do.

Greatness was never achieved by those who ever seek to avoid obstacles. History is replete with biographies of those who reached the top round of the ladder of success by overcoming obstacles.

No one desires to feel that he is being discounted or ignored.

Self assertion is the response to injured self esteem.

"The feeling of being appreciated is good medicine for the ego."

A feeling of elation accompanies the power to attract.

The emotional life is very inflammable stuff.

Just one observation on the present wave of marital difficulties. There are too many husbands and wives trying to reform each other, instead of themselves.

Self-criticism is an entirely different thing from self-depreciation. One is a detached analysis of self -- the other an engaging in self pity.

There is a philosophy of avoidance. Those who live by this philosophy avoid what is painful, tedious, unpleasant or exacting. Such people do not face life - and the penalty is severe. It leads to the living of a life that is unreal - a life in the imagination, infested with unsatisfying escapes, alibis, excuses and false ego satisfactions -- In short, here is inferiority complex in full bloom.

We find our lives organized to a pattern and we find this pattern to be a mistake, and that we need to be taken apart and put together again. -- This is "to be born again."

It is a thin line indeed which divides the conscious from the subconscious or unconscious mind - and that dividing line is most generally a repression.

There has been a dismal failure in the attempt to solve our social problems. Perhaps it is due to the fact that those attempting the solution have failed in the solution of their own personal

problems. If we would be of service socially we must first successfully administer our own affairs, and then "the light of God" can shine through, unclouded by frustrations and defeats. If all do this - then the social problem is no more.

Did you ever say, "I don't know" or admit you had made a mistake? Try it sometime on an appropriate occasion. It induces a comfortable feeling -- it has value psychologically -- and if you can laugh at yourself and share it you are on the way to being a metaphysician.

Work at the essential things - avoid trivialities. Don't waste your time on little things -- stick to the big ones. Keep on the main track -- don't be side tracked. Don't put too great value on your discomfoting ideas -- supplant them with comforting ideas. Life and death decisions are not many or frequent and these the subconscious handles anyway. A free mind is the greatest possession of either slave or free man. It is then ready for contact with the infinite, and you can depend upon it there is an infinite.

"God is a spiritual presence in us, giving us resource, backing, power available for daily need -- making us wells and not cisterns."

-- Harry Emerson Fosdick.

To think coolly, factually and rationally is the ability to be sought. To give intellect the ruling power over emotions is the way to mastership. Calmness in an emergency or crisis is the technique of masters.

The neurotic is always trying to hide something.

Understanding and wisdom is in no sense modern, but there is this modern touch about it. -- It is always acquired on the installment plan -- The last payment is with the last breath.

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DEPARTMENT OF INSTRUCTION

THE MIND OF MAN IS THE MIND

OF GOD - KEEP THE CONTACT:

You will appreciate Instruction #113. If it had come into your hands a year or two years ago your appreciation would not have been so keen - in fact it would hardly have been understood. You would have said "starry-eyed" or "over my head" - or "It can't be so."

On page six in the second thought gem you will of course note a typographical error. You will substitute "lose" for "love" - making it read: "lose your peace of mind." - Yes, that is what happens when you give some one "a piece of your mind."

Let's try some self suggestion - say, several times - often - during the next few days: - "The mind of man is the mind of God." - What we want to get over is that mind is the life principle - life and mind are a unity.

You study this Instruction carefully - and surely more than once and it will do something for you.

We are not like the manufacturers of patent medicines, publishing testimonials, but some of the best psychologists say that this Instruction is one of the very best - so simple - so logical - so convincing - conclusive.

More than a score have said that religion was a jumble to them before they started this course -- Many said they were confirmed atheists. -- "There was no God" -- but they felt straightened out now - they had something tangible -- and they felt better by reason of it.

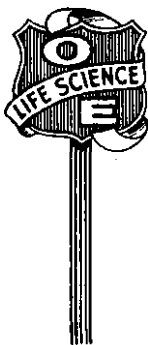
Folks! It is all so simple it is difficult to teach - but when you get it down to the point of conviction that there is a unity between you and the Universal - depend upon it - anticipate the good -- then and there true "faith" is born.

The mind of man is the mind of God -- but keep the contact.

Sincerely,

B. H. Hamner

#113



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INSTRUCTION 113

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

"BEING AFRAID TO LIVE SO OFTEN STEMS FROM
DREAD OF WHAT SOMEONE MAY THINK, OR OF NOT 'KEEPING
UP WITH THE JONESES.' THE WISE MAN, OF COURSE, CARES
ONLY OF WHAT HE THINKS OF HIMSELF, AND ISN'T CONCERNED
WITH WHETHER THE JONESES GET ABOUT ON ROLLER SKATES
OR IN A ROLLS-ROYCE."

"LIVING REQUIRES BEING YOURSELF; COMPLETE
INDEPENDENCE OF SOUL."

--- Channing Pollock

BELIEVE IT -- ACT UPON IT

AND IT PROVES ITSELF

Life exists only in a cell. It is the basic unit of Life as we know it. Every person that lives or ever lived started from a single cell. Embryologists are agreed that at conception you weighed fifteen ten-millionths of a gram. This cell, in the formation of humans, divides and reproduces itself -- and the ordinary baby at birth is made up of two hundred billion cells. Growth is a further dividing and reproduction process --- the ordinary adult is composed of trillions of cells.

Atoms are the units of matter - and a cell being matter as well as the unit of life we find it composed of millions upon millions of atoms - and composed of great numbers of organic substances. You will remember that we have given you heretofore a list of the substances of which the human body is composed.

In this growth from the single cell to birth - and this reproduction to adulthood we find these cells separate into groups or units to form the different organs of the body - and the task of each organ is different - and each is different in structure or make up and each is different chemically.

Certainly this process is not the result of human wisdom. The fact is human wisdom is only at the borderland of understanding what takes place and the mystery is still untouched as to the how and why. We hazard the opinion that the progress has been slow, because we have been materialists and mechanistic - and mind, conscious, subconscious and universal has not been given due consideration. In fact - Universal Mind has been treated as a religious province - and called God and given personal attributes.

We have concluded and proven that in the atom is "power". In the chemical laboratory we add molecules of elements to other molecules of elements and we have an entirely different product. Natural gas, for instance, can be made the basis for nearly one-half million products. In fact nearly all, if not all, of the known synthetic products man has produced in organic industry are possible by-products of natural gas. Natural gas is a combination of molecules, which of course are composed of atoms.

In what we term plant life we find that certain combinations of elements take place and we have the different plants. Within the seed is the determining factor as to the combinations which will take place.

In the development of a ranch in Florida we take lands upon which are growing oaks, hickories, pines, magnolia and other trees. We clear this land of trees, roots and natural growth. We plow, harrow and prepare for cultivation and seeding. We plant oats in October and November for winter feeding of the cattle. At the same time we plant Bahai grass seed, which will come up after the oats are grazed off and give us permanent pastures. Note that the soil is one and the same for the growth that was and for the growth that is to be. The same sunshine - the same rain and moisture conditions will prevail.

The oat seed will produce oats, the Bahai seed will produce Bahai grass - not Bermuda, St. Augustine, or any other variety of grass.

The character of the seed predetermines the crop. Again we repeat this does not take place as a result of human wisdom. Man cannot examine a seed and from any chemical, microscopic or other analysis determine how or why one seed will attract to itself certain elements which will make it what it is to be.

Yet we know that a selection of elements is a choice from available elements. The Bahai seed selects certain elements and the oats select certain others. That is why one becomes one plant; the other quite different.

Selection or choice is a matter of mental action. There has to be the power or cause of action or functioning, and that wisdom in the plant seed is not human wisdom. So it must be an all-pervading or Universal Wisdom.

We have heretofore pointed out that chemical combinations is a matter of affinities - and that affinities are a matter of selections or loves - and this is conclusive evidence of inherent "mind action." It is not the human wisdom involved in making the combinations possible that makes the new product in chemistry. It is the fact that certain combinations and arrangements of certain molecules always result in a new product. It is a matter of certainty. Thus if oxygen is added to the constituents of natural gas under heat and pressure, sometimes in the presence of a catalyst - your result will be formaldehyde and acetic acid. Combine your natural gas with chlorine, fluorine, bromine or iodine -- you have a new group of chemicals; chloroform and carbon tetrachloride among the number. Combine it with nitrogen and powerful explosive or rayon substances are the result.

To this point we have considered life cells, plant life, chemical elements, the composition of all being atoms -- and within the atoms is power.

In the study of mind we found it to be a power result of certain forces playing upon the physical organ, the brain. In the animal kingdom - which includes man - we find certain degrees of choice - call it "free will" - and in man this free will or choice has reached its pinnacle.

There is one thing common to man, animals, plants and all of the elements of the earth. They are made up of atoms - and there is a Unity of all atoms. Therefore does it not seem logical that these power units which exercise the function of choice and selection are "mind guided?" If not, and there was conflict the power inherent would destroy all material creation. Therefore, there must be universal mind or universal intelligence to keep the sun, the stars and the planets in their course and create the harmony in nature we know.

Man possesses mind - the creative power - and it must be a part of universal mind; otherwise it would not be universal - which means everywhere or all pervading.

By reasoning we must therefore conclude that man does possess that power which effects the atoms and through the atoms the life cells of which he is composed.

We have heretofore indicated mental causes for stomach ulcers, arthritis, asthma and a host of other human ailments. One by one we are beginning to put our fingers on the physical effects of the different emotional errors.

The Illinois Eye and Ear Clinic in cooperation with the Chicago Institute of Psychoanalysis studied the emotional background of thirty-six patients with glaucoma. It was found in two-thirds of the cases the beginning of the attack was closely connected with some emotional event. In most of the patients it was a chronic internal conflict involving the patient and one or more of his relatives.

Glaucoma totally blinds twenty thousand persons a year and costs another one hundred thousand the sight of one eye. It is characterized by a hardening of the eyeball -- so ocular tension and emotional tension are closely related. So now psychosomatic medicine - which is quite respectable - determines that hate is the chief culprit among causes of glaucoma.

Psychosomatic medicine as a school of thought is "tracing" the influence of emotions on your health.

Rheumatism has baffled the M. D.'s for a long time. Organic treatments for this and for arthritis are not the success Doctors would like to see. They have tried thirty odd drugs and every known therapeutic method and results are far from satisfactory. Now they begin to search in the mental and emotional field - and the simple truth dawns upon them that continuous emotional tensions out-picture in "spasms of the muscles" and in that way effect the usefulness of the joints.

Once having admitted or conceded that thoughts and emotions (the result of thoughts) are causes of some ailments, we establish a principle - to wit: Thoughts effect life cells. Let us look at cancer, for which no medical answer has been found.

Roscoe R. Spencer, M. D., Director of the National Cancer Institute says: "A cancer is a clump of body cells that have gone wrong, that live at the expense of the body and contribute nothing. In other words, a bunch of parasitic gangsters." Then he asks: "How do they get that way?" -- In the same thesis he continues: "Human gangsters are maladjusted individuals spawned among unfavorable social conditions. Much evidence indicates that cancer cells are spawned because some unfavorable environment enables them to break out and assault us. To find what it is, to kill the gangsters before they kill us, is the war we are fighting."

He draws a parallel. Let us follow it a little more closely. "Gangsters are spawned among unfavorable social conditions." -- Is not a social condition a "mental world" so to speak? An unfavorable social condition is one where the thought processes are anti-social. An environment where suggestion is conducive to

anti-social behavior. "An unfavorable social condition" is one where negative thinking prevails. It is purely and simply a contaminated mental atmosphere.

Dr. Spencer draws a beautiful parallel - but fails to follow through on the "unity" of all knowledge. Cancer is "a bunch of parasitic gangsters." -- Are they not bred in a mental world -- unfavorable mental conditions? His parallel would so indicate if followed to a logical conclusion.

This much is conceded. Cancer is positively not contagious. Doctors have even taken cancer tissue from a patient and transplanted it under their own skin. -- "Nothing happened."

We are not claiming all wisdom, nor to have arrived at a final answer on the cause of cancer. The best authorities of the medical world agree that some fundamental disturbance of metabolism is always present in cancer patients. Thinking negative thoughts does effect metabolism.

Perhaps, if the National Cancer Institute would take a leaf from the book of the Illinois Eye and Ear Clinic and would cooperate with some recognized authorities in the Psychoanalytical field and make a study of the prevailing mental habits of the cancer patients it might find to its amazement a predominance of some character of thought in the great majority - and so great might the predominance be that chance would be eliminated from the conclusion that a cause of cancer or a sustaining influence might be a certain character of thought.

We concede that our field of observation has been limited with respect to cancer, but in that observation it begins to look like "covetousness" - "inordinate love of money," "avariciousness," "supreme selfishness," is the perhaps hidden predominant thought pattern. At least in a careful study such thought patterns should not be overlooked or the answer might be missed. Perhaps there is more to the Bible expression, "The love of money is the root of all evil" than we suspect.

Having once established in your own mind that thinking is an impulse that moves the atoms of your being and the atoms of the Universe and that as you choose your thoughts so you weave the pattern of your life, you will guard your thinking and "think upon things good."

Learn well the formula of attainment. Vision - Desire - Determination (establish need) - Faith (expect and anticipate the good) and Balanced Compensation (do something about it - pay the price).

Sincere desire - and establishment of a real need for the sought for are keystones in the arch.

If there is a need for a thing a God of our conception should supply it. It is not a matter of religion but a matter of fact - a provable, demonstrable fact that if the subconscious is impressed with a need - and that need is established in the subconscious - Universal Mind - (call it God) does fulfill the need.

Does not the fur of animals grow heavier and warmer in winter? The need is established. Universal Mind works for the animate and inanimate. You perhaps call it "Nature."

A sudden fear comes upon a person. It is his part to fight or run. The mind plus his emotions establishes a need. What does Universal Mind do? It supplies the need - adrenalin is thrown into the life stream, the heart picks up - and there is the need fulfilled. You can run or fight - strength is "added unto you."

There are countless people who write us they "wish" they could write. So often, we have pointed out the difference between wishing and a desire - burning desire. But let an individual have ideas - a message - and a burning desire to express them and a need is truly established. Then let him write - and universal mind will supply expression. He can sit down empty of expression - and yet there will come a flow of words. Call it inspiration or a universal mind flow or God - but there must be the means of outlet. You must be writing or in the position of writing or prepared to write. These are the things that impress the subconscious - and the channel between the subconscious and universal mind is never clogged. The dam is between the subconscious and the conscious. You want health -- You say you are sick - and there is a perfect case of a need - and the subconscious should have an awareness of it.

Are you quite sure you do not "enjoy poor health" for the sympathy or attention it brings to you? Are you certain that you do not fear to face the world and its varied situations, and sickness removes the necessity. Perhaps you can guess what the subconscious has grasped as your need. The emotions play a leading roll in getting over a message to the subconscious. Again -- You had health. What did you do with it to help the whole?

"As ye give, so shall ye receive" is a principle. Did you demonstrate a need for health by giving of yourself to a cause? Some might say - and sincerely believe it -- "I worked my fingers to the bone for others and what did I get -- sickness." There is one thing, associates, well established. Physical exertion - tiredness - will be remedied with one night's rest and sleep or a comparatively very short relaxation and rest. These people who "work their fingers to the bone" for others are generally resentful. They believe they are not appreciated. They secretly or unconsciously get over to the subconscious the message of a need -- far removed from the need for health. They even express it thusly: "If I should get sick, what would they do? They would then appreciate all I do." The negative thinking - the resentments - the self pity - the thought of self and the hard thoughts of others, does its work. They get sick - and enjoy it. This is a world of causes and sequences - (In modern phraseology, "Believe it or not.")

In the beginning of our instructions we set forth a few simple physical exercises. Some there are who consider themselves advanced in things metaphysical who could see no place for this in a course of Life Science.

We in our simple faith believe that man is a triune being - physical - mental and spiritual - and that there is a unity. Some people say - No exercise! Exercise utilizes strength! Conserve your strength! It is true that exercise does utilize strength, but when you utilize it, a very vivid message is conveyed to the subconscious of a need for strength and the universal does supply it. It is common knowledge that one must exercise for physical strength. Prize fighters train - Ball players practice. So you can put it down as beyond controversy that to utilize a muscle or a faculty - is to demonstrate to the subconscious and through it to the superconscious or universal that there is a need for a renewing and additions, and that there is a channel opened up for the expression of the universal. And depend upon it there will be a renewing, additions and a flowing.

The same principle applies in the seeking for material well being. You want prosperity - You need money. Have you ever desperately needed money for some emergency? You didn't know which way to turn to get it - but it came - or the emergency passed away.

Are you one who just wants money "for a rainy day." That is purely a projection of a fear thought -- You fear a future - You have fears of poverty or dependence.

Engage in a worthy cause or undertaking. Put into it what you have - and when the need arises for more you can depend upon it a way will open up. Utilize money for your own needs and for the good of the whole - and a channel is established - and Universal Mind will make the connections which will insure the return flow.

You want happiness. Study the needs of all men. They want happiness, too. Then give happiness to others and the universal has the message of your need, even before expressed and it will surely be supplied. It is automatic. It is cause with a certain sequence -- happiness.

All is - by reason of an atomic build up.

The atom contains latent power - and can be moved by the mind power in you. You may not understand how or why - but believe it and act upon it and it proves itself!

* * * * *
THOUGHT GEMS

Every neurotic thinks too much about himself. His hates, envies, frustrations, anxieties, resentments, fears and worries are but emotional expressions of his feelings as they concern him. The self evident solution is to forget himself -- and the certain way to bring that about is to do constructive things - and to obey the age old preachment - "Love thy neighbor."

* * *

Don't ever give any one "a piece of your mind." The inevitable result will be you will love your peace of mind. Anger is but a mild form of emotional insanity. -- Controlling anger is self control - and when you achieve that - the world is "your oyster."

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Fear is simply the mental hazard of "crossing your bridges before you come to them."

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KNOW YE THE PATHS TO GLORY!

"It is true that we can never actually define God, since we humans are strictly limited and our language is always inexact, and we shall always have to use metaphor and analogy in order to interpret Divine reality. What many people do not understand is that our scientific description of the universe is just as metaphorical as the religious description."

Men thought that they were being very exact and scientific when they called the world a great machine. Is that not an analogy, a metaphor?

Whenever we speak of reality as a machine or purely material we are reading something into the world. Why should we continue to interpret the universe in terms of the lowest that we know rather than in terms of the highest that we experience?

Intelligence, purpose, and personality, the will to live, the need to love, the yearning to be related - these are just as important clues to reality as atoms and electrons.

It sometimes seems to me that our habit of looking at the universe in terms of matter rather than in terms of purpose and of conscience is a reflection of our inferiority complex - as though we humans were not worthy to be regarded as mirrors of the Divine.

Perhaps this is part of that spiritual self-depreciation which is always fashionable in certain theological circles. There is no logical reason, however, why we should explain reality always by reducing the complex to the simple. Why exalt the atom as the clue to truth and ignore the mind of man?

Why should we not believe that that which is highest in ourselves is a reflection of that which is deepest in the universe - that we are children of a power who makes possible the growing achievement of relatedness, fulfillment, goodness? - - - "God," as Hocking insists, "is not the healing fiction but the Healing Fact, and we come upon Him at work in the majesty of nature and the fruitfulness of mind, in the laws of atoms and the goals of men." This by Joshua Loth Liebman in "Peace of Mind."

This is but one of many voices being raised calling for the achievement of psychological maturity in relation to God. Dr. Harry Emerson Fosdick, who preaches under the Baptist banner, recently in a magazine of worldwide circulation said, in effect, "Do not teach children of a God in a far off heaven. They will soon study astronomy and brand such teachings as a deception."

Instruction 114 sent you herewith has been a source of inspiration to many. May it be so to you. Follow through on the suggestions and you must come to know that the highest in man is the deepest in the universe, and this is the path to Glory.

Very sincerely yours,

S. Hamur Davis

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INSTRUCTION 114

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

IF YOU WOULD ARRIVE AT TRUTH, YOUR THINKING MUST
RISE INTO THE SPHERE WHERE FEAR, WORRY, HOSTILITY AND
PESSIMISM DO NOT REIGN.

BE NOT TOO CONCERNED WITH WORLD PROBLEMS. OTHERS
HAVE SOUGHT THE JOB OF HANDLING THEM - LEAVE THE TASK
TO THEM. THEY MAY FAIL, BUT EACH FAILURE CONTAINS
WITHIN IT A CLUE TO THE RIGHT SOLUTION, AND THE
WORLD'S HISTORY IS A HISTORY OF PROGRESS.

THE WORLD AND EVERY ATOM OF IT

IS SET TO CONFORM

TO THE IMPULSES OF THOUGHT

Straighten out your thinking and you will straighten out your life. Strange though it may seem, you tell that to someone in difficulty and there is a flare of resentment. Quote the Bible, "As a man thinketh, so is he" - and you get acceptance, but it is generally passive. -- The reason! People resent being told that their thinking is not "straight."

This should not be. Thinking isn't a natural function; it is acquired. And strange though it may sound, it is a habit which is rare and difficult. In thinking there is a weighing and balancing of ideas - the use of logic - drawing correct conclusions from a given set of facts - the elimination of emotions and desires - and a fine sense of fairness.

You may say: "If I am not thinking every day, what am I doing? I think I think."

You do react to your environment and early training. You are extremely susceptible to suggestion. You read the papers, you hear addresses, you have preferences born of prejudice. You react to your emotions. You have feelings, based upon your acceptance of conclusions reached by others. Perhaps it is a carry over from childhood. No one contends that a baby engages in thinking, yet it quickly learns fear - it has its likes and dislikes - it quickly learns certain desires, easily acquires the spirit of jealousy.

That is feeling -- not thinking. In the matter of religion we early learn that we must not question "The word of God" - and those without education can mount a platform called a pulpit and preach sermons which are abhorrent to all reason and say it is "the word of God."

Countless ministers say that anything in the Bible is the "word of God" - without knowing the authorship of the Book or passage - and passive people accept their interpretation and think of God in terms of personality. Personality always has limitations. But Universal Intelligence acting in accordance with law and principle has no limitation; otherwise it could not be universal.

We often hear of omnipotence - meaning unlimited power or all powerful. We know that all power as we commonly accept the term "power" is but a conversion of power that already exists. In other words, we concede a universal power which is understandable - and we have gone a long way to make it available in a material way. Power from falling water - power from coal or fuel oils - electrical power - atomic power.

If God is omnipotent, omniscient and omnipresent -- all powerful -- all knowing - and universal, that existence is co-existent with the universal power as we know it. It must be within us. There must be a unity or a one in all and an all in oneness - and the one must effect the all and the all must effect the one.

What therefore is so strange about the individual claiming divinity? -- Thus thinking - real thinking establishes man's divine source and what is more his continuous connection therewith. The great art is to claim it, utilize it - and demonstrate the truth thereof.

People in the religious world very often have a secret sense of shame at their disbelief or non-belief of much that is taught as Gospel. With Carlyle we would proclaim: "The great unbelief is unbelief in one's own self."

Engines, motors and humans alike require power to make them go. To realize that there is but one source of power is fundamental. Then comes the question: "What sets off or starts the power flow?"

In humans we know that action follows and can only follow thought. This thought may come from an outside stimulus - or suggestion, or it may stem from an incentive or an idea or ideal or an objective - (Note - vision is always outcropping as an element in good human engineering).

Thinking or mind action is an impulse or power. It effects changes in the human system and in human relationships. It is the basis of accomplishment in all the arts, trades, professions, and sciences. In industry, commerce, economics, religion and human engineering, it is the light that guides.

How can it do these things unless it has a medium in which to flow? It must have its instruments of expression. All power manifests through some medium. The medium determines how it shall express.

The atom is the one thing common to all - and of which all things are composed; the molecules and elements are built therefrom. They became what they are by combination in certain form or ordered arrangement --- we repeat --- ordered arrangement. And that implies and must imply mental action.

The power - all power - is so great that immediate destruction or disintegration of the whole to its original atoms would take place were not the action harmonious and integrated. - In other words, guided according to laws and principles. Again we note - laws and principles are rules of action determining how things work -- and note again, this must imply a "guiding hand" or mental action. And thus we reason - there is and must be a universal mind or omniscience.

Some there are in the field of metaphysics, not thinking too deeply, or given to stretching symbolism to its limit, who speak of laws "doing this or doing that" - "God laws" - doing things.

Laws human and divine of themselves do nothing. They are but rules of action. To be a law abiding citizen one must obey the laws. To be a law abiding citizen of the Universe, one must observe the Universal laws.

Straighten out your thinking and you will straighten out your life is not meant to antagonize. It is meant to impress you with the all importance of thinking - for you are concerned with your interests and rightly so.

Much - possibly too much - has been written and spoken of "Inferiority Complex" until its very mention causes people to believe their sanity is questioned.

But let us stop for a moment. - The ruling power of the Universe is thought. It effects you - and we must ever know that the whole is acting in accordance with laws - and we must test our thinking to determine it is not in violation of the Known laws.

Our thinking must therefore be of a superior type. Inferior thinking cannot get you anywhere and is very likely to be a barrier to accomplishment. Let us once and for all have an understanding of "inferiority complex" and bring it down from generalities to understandable and recognizable human behavior - and to that end let us take it apart and examine the parts.

"Complex" in just plain every day English means a group of ideas associated with excessive and unreasonable emotion. Excessive emotion, pretty generally, stems from reacting badly to a situation, such as engaging in self pity, resentment, or self protection in an anti-social way.

In a matter of sixty-five years experience in meeting and dealing with people we know of no exception to the rule that the really great and the truly successful have been simple and natural and sincere - and of these individuals there was not one who was not more or less inferior in certain ways. But not one of them was upset by the freely admitted fact - but rather they gloried in the superiority of those they knew who excelled in the ways in which they themselves were lacking.

Perhaps the best way to view the inferiority complexes is to note what people do, which gives the indication - and if perchance you find yourself reacting to a situation in that way, then a little self examination will reveal to you the reason of your inferiority complex - and this once discovered and rationalized and examined - and you are cured! It is just that simple.

Pretending to be what you are not suggests a little shame in being what you are. This shame is the heart of complexes.

"Fool not thyself" is a rather sound commandment and a fit companion to it is: - "When thou departest from the way of truth and sincerity, be thou not too certain that thou hast fooled others."

Happiness is but a by-product of successful living. The aim therefore should be successful living - and man has ever and will ever live in accord with his thinking.

If you feel that you are inferior or a failure - just say to yourself: "That is the past - the record book is closed. I cannot change it. Every person who ever lived failed in many things. I have added to my store of experience. Today and the future are all important. I can and will be and do better. I admit this failure and that removes it from the category of a repression. - It cannot haunt and overshadow my future."

The opposite of this reaction is to give excuses - put the blame upon others, to feel shame and humiliation - hide it and build up the belief that you have been mistreated, misunderstood, unfairly dealt with and that the social organization is at fault.

This is the build-up of a complex and the reactions are self-pity, resentment, hostility and poor relationship with others. It removes one from ever having the team spirit - and his concern centers about himself - and thus is smothered an interest in others - the very soul of successful living.

A commandment worth while may be here appropriately inserted: "In the solution of thy problems, student of Life, choose the sane way, face and endure them and seek ye real solutions and not escapes."

A few "Bewares" may give a hint of bad reactions to feelings of inferiority. -- Beware of thinking of others in terms of rivals. Beware of the feeling of envy of those who may be more fortunate and avoid the feeling that they are better or superior to you, thus lowering your estimate of yourself. Be self reliant; this is the very foundation of character building.

Beware of being snobbish or high-hat toward others. It may be that this is a compensation (a poor one) to help your feeling of superiority. That is just putting emphasis upon the wrong note in a life symphony. Beware of trying to impress people. If you pretend superiority you are about to enter a vicious circle. A fear of being found out will smolder in the subconscious - and the fear of inferiority lingers on. Beware of criticizing others. Fault-finding and being over critical is not the true road to superiority - and it is a poor excuse for a feeling of superiority.

At the heart of every complex is an idea - a thought. It has to do with inferiority and superiority and the thinker is in the middle of it. Thinking in terms of "Big shot" - with distinct tinges of selfishness - and tainted with jealousy - reveals a complex.

It is definite and certain that Inferiority complex is a curable malady. The heart of the cure lies in an improved attitude toward life and toward others.

Find the idea at the heart of the complex. -- It started in most cases with criticism or some ill considered suggestion. -- It was an idea accepted without real thinking and censorship, an idea that influenced without the exercise of the critical faculties -- and very likely was made by some person more interested in superiority and inferiority than in doing a good job. And the very source of it is likely to have been one with a complex. In this sense it was "catching."

It may be that there are those studying with us who are cursed with an inferiority complex - but we give you the assurance that there is not one who has advanced this far in this course who is inferior.

The really inferior persons of this earth never strive for self-improvement.

Therefore Know Ye that ye are a superior person. This we know -- This is sincere and not meant to flatter. Accept it! Think not in terms of inferiority or superiority. You have talents or abilities or qualities possessed by no other person on earth. In that you are superior. Think ye in terms of doing a good job -- in terms of meeting difficulties face to face - being a good sport - a good loser and a gracious winner; in terms of being a friendly person - being yourself - simple - sincere - earnest - trustworthy. Making mistakes - Yes. - The successful only have to be 51% right to win life's battles. The 49% errors are the experiences that make the 51% possible.

Do not be thinking about what others think about you. Self approval is the all important thing.

And what has this to do with - Health - Happiness and Success?

As to health, Medical Science is of record that regardless of what your illness turns out to be, the chances are 4 to 1 it started as a result of emotional upset! Take things less personally and in a more detached and objective way and you avoid emotional upsets.

"He makes me sick" - "He makes me tired" - "He is a pain in the neck to me" ---- No! No other can "make you sick" or "make you tired" or "give you a pain" -- You do that to yourself. It is how you react emotionally. Your mental reaction - your suggestibility - your acceptance does the trick.

We complete a circuit - and still it stands as true. -- "Straighten out your thinking and you will straighten out your life."

It's scientific. It's exact. It's certain your thinking effects you, others, and the course of events. Think in terms of contributing to the whole. Do today's job as a master craftsman - thinking not in terms of reward but in terms of self satisfaction, and rewards will be a consequence.

Think not evil of a fellowman. Remember that he is a result of his environment and of his thought processes, influenced by all he has met -- and he travels toward his own rewards. If his ways are evil - the sequences will be in just proportion - and we should feel a sympathy and a sorrow for one who knows not the paths to Glory.

As to success - It is compounded of many things. - Health - the result of right living and right thinking. - Happiness - accords with the flavor of your mental acceptance of all that transpires - and with the direction in which you point your mental antennae. Material well being -- This too is in accord with your contribution to the well being of all. No effort is ever lost. You are a part of the Universal - and the universal takes care of its own. Persistence has its rewards, and faith performs seeming miracles.

Expect and anticipate the good. That is faith - and a manner of thinking - and the world and every atom of it is set to conform to the impulses of Thought!

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WINDOWS AND DOORS TO THE MIND: -

Experience, which is held so highly and is really valuable, is in fact nothing more than lessons learned through mistakes and errors. Defeat is fatal only when you swallow it. Then, why brood over mistakes? Let errors breed self-confidence, not destroy it. All make mistakes - so soften your judgment of others - that builds a "good heart" and to such hearts omniscience becomes available.

We hear much of the man of "good will." "Good will" is the modern - "God will" is the ancestor - the original. "Peace on earth to men of good will" properly understood means that one of that temperament has a window of the mind open, and thus an entrance way for universal mind is available! The good within attracts the good without. Thus peace is multiplied.

There is no period in the life of an individual so dark and clouded when there are not some or many things for which to be grateful. Gratitude has a way of opening the doors of the mind to inspiration - the healing balm, and the guiding light.

These are just a few suggestions calculated to impress you with the fact that the set of the mind has everything to do with your well-being.

If you can, like Mary Pickford, as related in Instruction 115, just carry with you a conviction, and an ever-present consciousness of your oneness with a great intelligence, there will be a smoothing out of your affairs. Ideas - ideas of practical value - will flow to you in a never ending stream.

The technique is simple - just a mental house cleaning job. Then anticipation of the right answers - confidence they will appear - faith there is an answer in the universal - and certainty that you, the real you, is life - and life is universal and you are a part of the whole - and you are but claiming your own! To feel grateful for the answer helps to speed its coming.

Perhaps Instruction 115 will help to lift your spirits, and the light will shine through. It has done it for many.

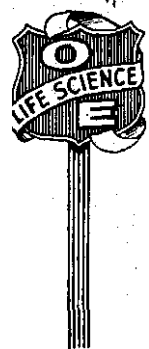
Maybe, like the soldier says, "your number is up for this experience." - It can be.

Peace be with you. May you demonstrate the truth - and thus help spread understanding to a world in need. When individual peace is universal, then the world's problems are solved.

Very sincerely yours,

S. Hamur Davis

#115



THE Essenes

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INSTRUCTION 115

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

THE WORLD'S GREATEST MINDS HAVE PROVED BEYOND A
DOUBT THAT A WELL ADAPTED ORGANISM THRIVES, AN
ILL-ADAPTED ONE DECLINES AND EVENTUALLY DISAPPEARS.

THIS MEANS THAT THE WORLD IS KIND TO ALL THAT LIVE
AND IS ESPECIALLY SO TO THOSE WHO LEARN NATURE'S
LAWS AND FOLLOW THEM.

THERE IS NO IRREVOCABLE FATE OVER WHICH WE HAVE NO
CONTROL. EFFORT IS MEANINGFUL. MIND ABOVE ALL THINGS
IS OUR ADAPTER.

THE REMAINDER OF OUR LIVES WE MUST SPEND IN THE
FUTURE. MOURN NOT THE PAST - NOTHING CAN CHANGE IT.

THE FUTURE IS IN OUR HANDS TO MAKE OR MAR. -- ADAPT;

SUCCESS TO YOU!

Orientation means consciousness or recognition of one's environment or the general situation in which one exists. It is well to frequently find ourselves - to so far as possible reconcile and harmonize our new understanding with age old beliefs, and thus endeavor to discover where possible the truths often difficult to discern by reason of the use of symbols and parables, or perhaps buried beneath verbiage used by speaker or author, who through a sense of ego sought elegance of expression or through a lack of understanding endeavored to mystify as he was mystified.

Harold S. Kahn in Mind Digest gives a clear-cut picture of a question which often presents itself to many. He says: "Men often ask the question, 'Why are we here? For what purpose were we placed on this earth? Why were we created?'

"Questions such as these are seldom asked merely from curiosity, or intellectual interest. They spring from the heart of a man who feels the lack of purpose in his life, who is overcome with a sense of futility and boredom. He does not ask a question so much as he utters a complaint."

"He feels, all too often, that his life is an empty round of eating, working, sleeping, and the pursuit of empty pleasures that somehow leave him restless and dissatisfied. He has a hundred unfulfilled dreams and desires. He sees himself getting older, advancing inexorably toward the grave, with his dearest ambitions unrealized and disappointment his constant companion. How readily he comes to question the reason for his existence! 'If this is all there is to living, why was I given life?' he asks at last, reflecting his attitude of defeatism."

"That attitude is often justified, for there is nothing so empty and so lacking in satisfaction as a life without a purpose - a purpose high enough and compelling enough to fill every waking hour with zest and enjoyment and inspiring courage."

A logical sequence to the question Kahn so accurately describes is another question framed like this -- "Life Science is wonderful for the here and now, but little is said of the hereafter. For one who wonders, 'What is the object of life?' - 'What's it all about?' - 'Do you take away the possible consolation of the orthodox heaven and life hereafter?'"

The direct answer to that is NO.

If there is any one thing that we do teach it is that life is continuous. Life - your life - did not begin with you, nor did your father's life begin with him.

In the very beginning we pointed out that not one atom of the material you was the same as the material you of youth - and that a few months or a few years hence there will not be one molecule of the material you the same as today. Yet through the material changes you live right on - so we must inevitably conclude and can KNOW - not merely believe - that life is not tied to the material.

Einstein, one of the wisest of modern men and a scientist among scientists, says: "It is enough for me to contemplate the mystery of conscious life perpetuating itself through all eternity, to reflect upon the marvelous structure of the Universe which we can dimly perceive, and to try humbly to comprehend even an infinitesimal part of the INTELLIGENCE manifested in nature."

Nobel Prize winners in scientific fields, such as Robert A. Milliken, and Arthur H. Compton, a physicist, have reasoned to their own satisfaction

and the satisfaction of reasoning minds that life is continuous.

But to attempt to describe this after life - the hereafter - would be drawing upon the imagination. Some might get consolation from streets of gold - gates of pearl - and the strumming of harps - and ministration by angels wearing wings. But gold, pearls, harps and wings are very material things. Among material things, golf courses, fish and game, golf clubs, fishing poles and reels and guns might more nearly answer the ideal heaven to the imagination of some.

There is this we know -- Life has been progressing ever upward - a hereafter must be a progressive step. Among our notes we find this: (Author not noted).

"Man, immersed in the self-conscious state, developed his sense of individualism, but it became a separative thing. The consciousness of self brings a consciousness of that which is not self -- of differences rather than of likenesses. This develops a sense of separateness from each other and from the Source. Man, centered around himself, became an exile from the whole. This made the little personal self the center and motivation of all activity, and the result has been disunity, discord, disease and death."

"We realize ourselves as centers in a great Self from which we have never been separated. We recognize that we are channels for this one Power which is differentiated through us and creative in us. We see that our mistaken concept of separation and the false assumption of power to ourselves has brought us all the discord and inharmony, on whatever plane it is manifest, and that this change in consciousness to the realization of unity dissolves all the discord."

"The meaning of the word 'religion' is 'to bind back,' taken from the Latin re-ligare, and it is born of man's mistaken sense of separation. It is his attempt, through creeds and rituals and ceremonials, to establish himself again in the one Life. This 'new thought' does not teach a way back. We have never been separated. It is not a creed to believe; it is a life to live. It is not a ritual; it is an experience. It is not a ceremonial, petitioning or placating life; it is a consciousness that we are life. It is not a hope for a heaven after this life; it is finding heaven within; a state of consciousness, not a place, and in the here and now."

"The world seems to be approaching a crisis of utter dissolution of the old individualism. This old way has lost its power. It is failing to function in our cultural, economic, even in our spiritual life, as witness the breakdown of orthodox religion in this day. Man is desperately seeking some sort of unity in which he may function."

We have no quarrel with orthodox religion. We do believe that a religion worthy of universal mind, and a faith or philosophy worthy of adoption by man should heal, enlighten, guide and protect us. The question is, do we or do we not have a guiding force capable of protecting and assisting us in all our needs? The answer is definitely YES. The seeking is and must be for the technique of making the contact and drawing upon the universal --- and such a quest is really successful only when we adhere consistently to an enlightening process of personal betterment and self realization. This leads to reliance upon the unity of man and omniscience and omnipotence - and it works.

Man then does not ask about or fear the future. He knows he is and will ever be a part of the universal - and that it is without end - and while

upon this earth he is but a medium of expression - that he plays a part in the symphony of the ages - and he ever tries to do and give his best.

From a musical publication (author unknown - marked Contributed) this was sent to us - headed LIFE:

"To love justice, to long for the right, to love mercy, to assist the weak, to forget wrongs and remember benefits, to love the truth, to be sincere, to utter honest words, to love liberty, to wage relentless war against slavery in all its forms, to love wife and child and friend, to make a happy home, to love the beautiful in art, in nature; to cultivate the mind, to be familiar with the mighty thoughts that genius has expressed, the noble deeds of all the world, to cultivate courage and cheerfulness, to make others happy, to fill life with the splendor of generous acts, the warmth of loving words; to discard error, to destroy prejudice, to receive new truths with gladness, to cultivate hope, to see the calm beyond the storm, the dawn beyond the night; to do the best that can be done, and then be resigned --- this is the religion of reason, the creed of science. This satisfies the brain and heart."

That in itself is a sermon. -- That is a creed worthy of man. Countless are the lessons in Life Science written by countless people who conceive that worship is a form of consciousness, an attitude toward life and fellow man, and that progress here on this earth is but a part of the progress through eternity.

James Henry Leigh Hunt preached a deathless sermon in his poem, "Abou Ben Adhem."

Abou Ben Adhem (may his tribe increase!)
Awoke one night from a deep dream of peace,
And saw, within the moonlight in his room,
Making it rich, and like a lily in bloom,
An Angel writing in a book of gold:
Exceeding peace had made Ben Adhem bold;
And to the Presence in the room he said,
"What writest thou?" The Vision raised its head,
And with a look made of all sweet accord
Answered, "The names of those who love the Lord."

"And is mine one?" said Abou... "Nay, not so,"
Replied the Angel. Abou spoke more low,
But cheerly still; and said, "I pray thee, then,
Write me as one that loves his fellowmen."
The Angel wrote, and vanished. The next night
It came again with a great wakening light,
And showed the names whom love of God had
blessed,
And lo! Ben Adhem's name led all the rest!

We all know of Mary Pickford as a great actress - a screen artist without a peer and a charming person - but none of us have thought of her as a religionist.

We reprint from Your Faith, March 1939, an article by her. In reading it note how closely she hews to that which we teach. It is a lesson in effective praying and a beautiful explanation of an all pervading intelligence available to all!

WHY NOT TRY GOD?

If you had a million dollars in the bank but didn't know how to write a check, it wouldn't do you much good, would it?

If you had a car in your garage but had lost the key with which to start it, you wouldn't get anywhere very fast, would you?

That's about the way humanity is operating today.

Quite a few years ago, when I was unhappy and greatly troubled, I found out how I could call upon a power that, if I used the right key, would always give me everything I needed.

Today I know more than ever that there is a beneficent power available to me which will always comfort me and guide me and allow me to be happy, even amid troubles and heartbreaks.

I found out about the power of right thinking.

Of course I have always thought it was well to be cheerful if you could, to be brave in the face of danger. But I didn't know then what I found out later: That right thinking is a power, the power with which you tune in to God, and that it can actually change conditions of every kind, no matter how serious and complicated they may seem.

God ceased being a formidable deity up in the skies. Instead, He came to be an all-wise, loving, friendly Presence, filling all space everywhere. Then I began looking for the God-element in people, in circumstances and events; and the more I looked, the more I found and correspondingly, the greater happiness I experienced.

God became not only my Big Boss, but my unseen Good Companion, my Silent Partner, my Counselor. He was always by my side.

All the good there is can be ours right now if we but tune in with God. But we can't get any more good out of the power of God unless we do tune in than we can get out of electricity if we don't turn on the switch.

Charles Steinmetz, the great electrical genius, once said, "Some day people will learn that material things do not bring happiness. When this day comes the world will see more advancement in one generation than it has in the past four."

Why shouldn't we be that generation? Why shouldn't that time be now?

For too long a time we have followed the jungle method of the survival of the fittest -- fighting, struggling, ruthless and cruel. Result? Despair, confusion, economic wreckage and almost utter collapse under trials.

Nearly all of us have our trials and tribulations.

Why not try God?

The life of each one of us is a continual process of thought. When we think, we experience; when we don't think, we "just ain't."

When our thinking is clear enough we become a transparency for God, or the Mind of the universe, to shine through. Then we experience good results and we have real and lasting prosperity, success, happiness and health. But when we are not tuned in, then trouble comes to us.

A very remarkable woman whom I know lost her husband. They had been very much in love and extremely happy. When I saw her some weeks later she radiated a tranquility and confidence which was inspiring. I asked her how she had achieved it. She said, "All the water in the world cannot sink a ship unless it gets inside the ship. All the sorrow in the world cannot sink a person unless it gets inside the mind. I have kept my mind so full of good thoughts, so full of thoughts for others, that there hasn't been any room for sorrow and self-pity to get in."

I have been glad many times since then that she told me, because I have found that it works. And the more difficult the problem the harder I try to find the God-element, or the good-element, in people and things, and the more I try to think about others as I would have them think about me. For, "As a man thinketh in his heart, so is he."

So, right where you are at this very minute, no matter how black and difficult your situation, you have one priceless possession. You can think. And if you have thought your way into any kind of trouble, you can turn at any time you choose and think your way out again. Nothing can hold you there but your thinking.

Sir James Jeans, the great scientist, has said, "It may be, it seems to me, that each individual consciousness is a brain cell in a universal mind."

Isn't that fascinating? Each of us a part of a vast, cosmic intelligence! Each of us necessary in his place, no matter where that may be, for the eternal Mind to function through!

Now what connects us with God? Our thoughts. What gives us the use of that great power which has put upon this planet all that every one of needs forever? Our thinking.

God is a twenty-four-hour station. All you need to do is plug in. You plug in with your thinking. Truthful thinking. Good thinking. Kind thinking. Unselfish thinking. And then you can have and use all the love, all the power, all the courage, all the energy, all the cheerfulness, all the activity and all the kindness of God. Why wait for heaven when we can have it here? Heaven is within -- it is within our thinking.

If we are irritated, doubtful, fearful, angry, resentful or worried, we are expecting evil. We have opened the door for it and that is what we will get. That formula will bring its inevitable results.

If we are happy, courageous, cheerful, unselfish and sure of our rights as God's children, that formula will have its results too. Faith is the expectancy of good. Fear is the expectancy of evil.

So why not start now expecting good, expecting health, expecting plenty, expecting happiness? You rule your human experiences with your thought. You preside with dictatorial power over your private world of consciousness. And you rule ably or badly, according to the quality of thinking that you alone permit to go on.

The only way that mind can move is through thought, through your thought. And the Mind which created everything, which guides everything and which sustains everything will move for you, work for you, bring your purposes to pass and your prayers to fulfillment, if you will but do your part.

Most of us want to live in a world of goodness, of love, of friendliness, of happiness, of contentment, of abundance, of success, of joy and harmonious relationships, and more and more I am coming to see that if we would experience these things, each of us must first of all plant them in our individual worlds of thought. For, "whatsoever a man soweth, that shall he also reap."

The kingdom of God is -- where? Up in the clouds? Over on the other side of the mountain? Beyond the experience called death? Not at all. "The kingdom of God is within you. Could anything be plainer than that?

The biggest thrill you will ever get will be when you see that you have accomplished a great purpose through right thinking.

"One with God is a majority."

We've all read sentences like this. Some of us have even believed them. But have we practically and in our own everyday existence ever made them work, ever demonstrated them? What's the good of God if He won't help us to meet the rent, to get a job, to be happy, -- if He isn't available every moment of the day to us?

The great power which created the I am within you is always available.

Back of the glamor that motion pictures have thrown around me, I am just an average, hopeful, prayerful woman. I have had many griefs and many trials in my life. I started - as we all seem to start - full of fear, full of distresses, worrying and fretting, carrying burdens that didn't belong to me. I had to stop trying to be Atlas and carrying the world on my shoulders, to stop wearing the captain's cap and let God do the navigating.

Please know that what I have said here is said in all humility and because I have proved it.

I haven't solved all my problems as yet, but I shall, for I have learned that as I take care of my thinking, my thinking takes care of me.

Isn't it worth trying?

* * * * *

Orientation! We do believe in a hereafter and a heretofore. We do believe in omnipotence and omniscience and that it is omnipresent and to call it God is to harmonize with age-old teachings. We do believe in prayer (earnest desire) and its effectiveness --- and above all, we believe in you - the student - who has faithfully studied one hundred and fifteen instructions. -- It must dawn upon you that you are a part of the universal. -- Let it be available - and put yourself in the attitude of world service and thus you become available as a medium of the universal. -- There is no defeat for this combination. -- Success to you!

* * *

THE **Essenes**

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INSTRUCTION 116

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

A PRAYER

GOD GRANT ME THE SERENITY
TO ACCEPT THE THINGS I CANNOT CHANGE;
THE COURAGE TO CHANGE THE THINGS I CAN;
AND THE WISDOM TO KNOW THE DIFFERENCE.

READ WITH AN OPEN MIND!

In the very early part of our Instructions we promised that at a later date we would tell you something of the Essenes. We believe that you are now conditioned to receive the promised information.

We have said that Jesus was an Essene - and this fact has been verified by many early historians and is generally accepted by all.

We believe you have been by these instructions confirmed in the belief that all things are natural; that things that seem or are called supernatural have a perfectly natural explanation when understood.

In this and subsequent instructions we are going to give you translation of a letter by the Chief of the Essenes of Jerusalem to the Eldest Essene of Alexandria concerning the birth, life, crucifixion and death of Jesus. It is up to you to judge of its reasonableness - and its satisfying qualities as an explanation of the supernatural which has been associated with most teachings concerning the life, work and crucifixion of Jesus.

To those of you to whom it is not satisfying, may we say it is not drawn from our imagination and is not a fiction of our creation.

Our concern with Jesus is not too great. -- The truths he taught are everlasting - and they were not of his creation. They were lessons of observation, experience and study and inspiration. No man creates truth. It just is. His divinity we do not disclaim as he proclaimed it for all men, and as we teach.

That you may know how this translation came into our hands - and that we may avoid even the semblance of claiming, like the charlatans, to be mystics - and possessing that which all men could not possess with the proper search and seeking, we will relate how this material came into our hands.

Having read much concerning the teachings of the Essenes and having experienced great blessings from an acceptance of truth and living in accordance with our light a small band, like disciples, determined to revitalize the truth and bring into being an organization with the objectives of the ancient order to which Jesus belonged and from which he received much in the way of education and understanding and the love of fellow man.

The work was started in the way of personal classes and personal teaching. No contributions were solicited or accepted. The lives of some were entirely reoriented and results were highly gratifying to say the least.

Out of this grew an insistent demand that the work be printed and the field extended, and this was done. In this teaching by the printed word and by use of the mails, no contributions were solicited, but almost immediately voluntary contributions began to come in with the expression that by reason of benefits received they desired to help extend them to others - and one of the great demonstrations of our time was enacted before our eyes, to wit: "As ye give, so shall ye receive."

Early in our work there came to us "out of the blue" - "from whence we know not" - a student, Professor Hermann J. Boldt - an M. D., one of the world's outstanding gynecologists and a professor in Columbia University. He spent the winters in St. Petersburg, Florida, just across Tampa Bay from Tampa, Florida.

Great was his praise of our work -- great was the encouragement from such an outstanding authority - and most helpful were his monetary contributions.

Professor Boldt was a learned man, marvelous in physique even in his eightieth years - and his avocation was the translation of ancient classics, documents and manuscripts. Then one day there came to us from him the translation of the letter we shall give you. It is due to him, since deceased, that we give you what he had to say in transmitting it to us. -- His preface:

"The following letter was incidentally acquired in Europe in 1936. It was an original copy of the long Latin letter, written by the Chief of the Essenes to the Chief Essene of Alexandria."

"I translated it when in Saint Petersburg last season."

"The writer, in Jerusalem, knew our Savior and his Cousin from the time of their birth. Our Lord occupied himself with preaching, to endeavor to live like good men and not continue to live as they had always previously done."

"St. John the Baptist gave his activity almost entirely to the medical action of the vegetable kingdom to help persons afflicted with illness."

"I had some doubt in the beginning as to the facts noted in the letter, but from some ministerial ministers and other students of old or antique Biblical literature, I am now convinced that every word is true. The first information verifying its correctness was in the reading of the forty lectures of the Reverend Dr. Otto Pfeiderer, Professor of Theology in the University of Berlin. The Gifford lectures given upon invitation at the University of Edinburgh in 1894."

Dr. Boldt as an introduction to the letter wrote that it was published for the first time in 1847 and gave something of its history as follows:

"Through a member of the Abyssenic Trading Company at Alexandria, in a library wherein formerly Greek monks lived, an old papyrus scroll was found in 1840. Its deciphering had just been begun by a man of letters who was incidentally present at the time, when a Misonar of a fanatical zeal of orthodoxy endeavored forcibly to destroy this antiquated document. However, it was saved except for a few postscriptum which were in the scroll, and an exact copy of the original Latin writing was permitted, which found its way into Germany by a roundabout course. From archeologic investigations which were made about the place where the document was found, it was shown that this place was of remote antiquity, existing at the time of Roman dominion and so at the time of Christ."

"It was owned by the Essenic Order, and the papyrus scroll belonged to the estate of that colony. A French man of letters endeavored to get possession of the original text for the French Academy; and if this has not yet succeeded it is because of the intrigues of several officials, especially the Jesuit Mission in Egypt, who from the beginning tried to destroy the tracing of the document. A true copy was given to this learned man of letters and philosophy. Under the protection of influential Abyssenic tradesmen and an esteemed Trieste Commissioner, it was saved from the destruction of orthodox obscurantists, and came thereby (more by chance than intention) into the possession of a German Brotherhood. This may be

looked upon to a certain degree as a demonstration of old Essenic wisdom. During this period the translation of the original text became possible. "

"Now concerning this old document itself: A so-called therapist (that is an Elder of high degree in secret science and of the noble life-aims which are the objects of the Essenic Order) wrote from Jerusalem a few years after the crucifixion of Christ to a chief of the Essenic Brotherhood in Alexandria, to clear the rumors which came to the Order in Egypt about the life and death of Christ. The tales of wonders which in their enthusiasm the disciples of Jesus spread about and which were enlarged upon by the Jewish people, caused much doubt and consideration; the people of Alexandria could not believe all they heard. They knew that Jesus himself was a member of the Order. Because of this scepticism the Elder of the Order in Jerusalem wrote to the Elder of the Order in Alexandria, and the following is the answer."

" That an Essene always speaks and writes the TRUTH is a condition which is never broken, so the genuineness of the found letter, and the correctness of its context, is beyond doubt. The Essenic Order is a strong moral force, and by no means originated in the Jewish people, although it already existed among the Maccabees, an elder institute of Pythagorean teaching. It took among the Jewish people the national, outer forms. All members by rule followed agriculture, studied nature, especially the art of healing, and all came into the higher grades. They knew the therapeutic action of plants and minerals upon the human organism. All worked for a common treasury. All worked for a community of ownership. They did not speak to each other during the day (during working hours) about earthly matters, but prayer was offered at the beginning of the day."

" They wore special working clothes, made a united mid-day meal, washing first with cold water and putting on clean white linen clothes. They allowed no servants at work, nor any to serve them at meal times. They seldom married. They kept out of politics, practiced hospitality, looked only for peace. Their life was without blemish. Their recognition sign was, "Peace be with thee." At meal time they broke bread and the drinking cup was passed to all. They honored God in their Order customs. Untruthfulness and oaths were considered crimes."

This letter is a long one and will be begun in this Instruction and continued until it is all given to you in subsequent instructions: Here is the translation of a letter of the Eldest Essene of Jerusalem to the Eldest Essene of Alexandria: --

LETTER OF THE ELDEST ESSENE OF JERUSALEM TO THE ELDEST ESSENE
OF ALEXANDRIA

"Peace be with you, dear brethren!" You have heard the stories of occurrences in Jerusalem and in the Jewish land generally.

When you appreciate that it was a Brother of our holy congregation of whom his friends among the Jewish and Roman people speak, then you have the correct belief thereof. He was born in Nazareth, at the gate of the pretty dale; he taught, performed wonders, and suffered in Jerusalem. He was a member of the Holy Brotherhood, into which he was initiated as

a child in the dale near the Cassius mountain where his father on his flight found shelter with an Essenic man, since many of our brethren live there on the border of Egypt toward the East.

Jesus was accepted at the same time as a youth of his stock named John. He passed his youthful years in Galilee and went later on a visit to Jerusalem, where he was watched over by our Brotherhood, going home thereafter to Jutha where the mountains rise up near the proud Burg Massada. From his teachings, which he spread among the people, from his sign of recognition (namely of baptism and the passing around of the drinking cup) you have, dear Brethren, easily understood that he was one of our own, since a member of our secret union (namely John) from our large congregation on the shore of the Dead Sea toward the west, baptized him in the Jordan, and the baptism is our holy custom ever since.

You want to know what has occurred since then in the Jewish land and lately in Jerusalem. You wonder that miracles and supernaturalness originate from an Essene, since you know that the whole Brotherhood is responsible for what one member does.

Therefore you should know that the rumor resembles the wind. Where it occurs and ascends it drives the clear air before it, but on its way takes all the fog and dust with it and when it arrives in the distance it has formed clouds; so instead of the clear air-stream as it started you have in the distance only that which it took on its way. So it is with Jesus and his incidents.

Consider, therefore, that these enthusiastic men spoke and wrote about him in great emotion.

Consider, also, that the secrets of our Holy Order were entirely unknown to them because of the custom that only the chief men of our Order were initiated in the quiet guardianship and help which Jesus learned from us.

Consider, further more, that a rigid law forbade giving our rules publicly among the people, and therefore entering into and advising about the decisions of the rulers of the country.

Therefore we have acted quietly and let the law take its course, without, however, neglecting to serve our friend.

Since Jesus is our child, he had to solemnly promise in Jutha that our Order should be for him father and mother evermore, and we were to him what our rules require.

That you may now learn the truth and how everything occurred, I write to you as a Brother in the knowledge and truth of our Order, and tell you as an eye-witness what I know; and I have seen much because I acted secretly in that which took place.

At the time when I write this, the Jews have eaten the Pascal Lamb seven times since the crucifixion of the Brother whom we all loved and in whom we saw God glorified. But I have not forgotten anything of the story, since as true as the words are which course over my tongue and my thoughts which I here write, so certain am I that Jesus was the predestined of God, and was fructuated by the ever-lasting spirit. And as he called himself the Son of God, he taught and acted in the name of God. He was initiated in the secrets of nature, in animals and plants as well as in human beings.

In all these things we recognize the God, and how he can then say, "See, I am of God." He is that of right, since were he not he could not say it because the word would be lacking and the spirit would not have taught him."

In our next Instruction the letter will be continued. -- Upon its arrival we suggest you read that portion of the letter contained in this Instruction and then proceed with the reading of that portion of the letter contained in Instruction Number 117.

Professor Boldt, man of science that he was, was deeply religious -- and were he alive he would as one of us greet you thusly, "Peace be with you, brethren."

* * * * *

THOUGHT GEMS

All things are natural --- Anything which seems to transcend natural laws, just calls for a search for the natural laws governing.

The story of the immaulate conception and the message of the crucifixion and resurrection are not new to the Christian Religion. They are found in at least eight or more ancient religions.

* * * * *

If you would impress someone - do not try to make an impression. Just be yourself. Most people do not realize it, but the places of importance in this world are achieved by those persons who seek not attention and impertance, but the achievement of some worthy cause -- people who live for something. The same principle is involved in the matter of happiness. Seeking happiness for one's self is not the way. The way is one of indirection -- making others happy.

Being yourself, at your best, forgetting self, and living with a purpose which contributes something to mankind in general or to some member of society in particular, will lead to stellar roles. People trying to be what they are not is a great source of trouble in this world. -- Inner trouble - within themselves - is not all. It reaches outward - and people knowingly or unknowingly comprehend a note of falseness - and this has its far reaching effects -- thoughts are contagious.

Worry is largely a matter of a mind too much preoccupied with self. For everything you do or say there is a reason --- A study of one's motives is very self revealing.

This is not for some momentous occasion but for the little every-day things - and great may be your surprise to find that the ego is ever cropping out, and you have been trying to appear, rather than to be -- and that you have been seeking attention - to attract and to impress. And thus you discover you are on the wrong trail.

Seek the road of indirection - devotion to an objective --- and attention, attractiveness and the favorable impression will be the reward of merit, and satisfaction and happiness in the recognition will be soul satisfying.

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THE **Essenes**

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INSTRUCTION 117

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

A DICTIONARY DEFINITION OF TOLERANCE IS: --

"RECOGNITION OF THE RIGHT OF PRIVATE JUDGMENT IN RELIGIOUS
OPINIONS AND MODES OF WORSHIP DIFFERING FROM THOSE OF THE
ESTABLISHED CHURCH: FREEDOM FROM BIGOTRY." ---

THE DEFINITION WE LOVE AND WHICH LIFTS IT FROM THE
FIELD OF PURE MENTAL DIAGNOSIS IS: -- "TOLERANCE: THE MOST
LOVABLE QUALITY ANY HUMAN CAN POSSESS; THE VISION THAT
ENABLES US TO SEE THINGS FROM ANOTHER'S VIEWPOINT; THE
GENEROSITY THAT CONCEDES TO OTHERS THE RIGHT TO THEIR
OWN PECULIARITIES; THE BIGNESS THAT ENABLES US TO LET
PEOPLE BE HAPPY IN THEIR OWN WAY INSTEAD OF OURS."

READ WITH AN OPEN MIND

Without ado we continue with the translation of Professor Hermann J. Boldt, M. D., F. A. C. S., of the letter of the Eldest Essene of Jerusalem to the Eldest Essene of Alexandria. (Note: To be read in connection with the beginning of the letter in Instruction # 116 and those that follow, and not to be circulated among those who have not received One Hundred and Fifteen Instructions in Life Science from the Institute of Life Science conducted by The Order of The Essenes).

LETTER OF THE ELDEST ESSENE OF JERUSALEM TO THE ELDEST ESSENE
OF ALEXANDRIA (continued)

"That you may get information about the man who fills our hearts with devoutness and who loved all human beings, I shall tell you whence he came. He was reared for our Order from the beginning; his fructification was from an Essene whom the woman took to be an ambassador. The woman was of vivacious spirit and looked in life for the unusual, being gladdened by what she could not comprehend. But our Essenic Brother confessed his act and suffered penance therefor. Our Order then looked up the child and guarded it. Joseph, a man who had experience with daily life and also had insight into the truth, was induced by messengers from our Brotherhood not to leave the woman, not to disturb the holiness of the act, and to be a father to the child until our Order could receive him as a son.

Therefore Joseph during his flight into Egypt was quietly guarded by our Order and invisibly led. He was placed with the Essenic congregation, as a guest, at the mountain of Cassius where the Romans built a Temple for Jupiter. The Essenes living there were given instructions to take into their meetings Joseph, his wife and the child, that they should see the customs how to honor God and to glorify him, -- He, the Highest; also to see how to eat the broken bread and drink the blessed wine. Upon the wish of the Brotherhood in Jerusalem it was reported how everything had been done; Joseph in the half-circle on the right, and Mary, his wife, to the left among the women, sang the holy songs, ate of the bread and drank of the wine. Joseph had to promise the child to the Order circle for the future, and therefore to the willing and experienced Joseph was given the greetings of the Holies. This was done so that on his journey he might be able to call upon the Brothers of the Order and make himself known. The congregation drew for him the roads of the journey to give him the security of their secret influence.

Therefore, because of the guarding of the child, the Brothers sent Joseph and his wife to the section where there were many intelligent investigating Jews, and where our Brothers had a congregation. This was Heliopolis, near the Temple of Jehovah, built by Onias in the section of beautiful trees.

When the danger in Galilee was over and the danger through the Romans was lessened, Joseph went to Nazareth. Soon Archelaus brought new danger over Galilee, and Joseph was induced by our Brothers to go over Sichem into our congregation at Jerusalem and there find guarding. This was done on the day in Nisan when the Jews celebrated the Feast of the Passover.

Here I spoke to them with my own tongue (since I still in the lower grades of the Order and obeyed the Elders), and gave a message to Joseph. Joseph was a man of free speech and understood much about the necessities of life; he spoke very intelligently with his son. He also cautioned Mary to separate her dreams from her awakened thoughts, to separate day from night. He advised her to quiet her feelings by prayer and to use her intelligence, since she had an emotional nature which was easily inflamed and would lead her to lose her sense of practical values. Mary pondered a great deal on higher things, and had great influence on her son in teaching him about spiritual matters and the unusual. Joseph did not blame her for this, but on his part taught the child knowledge about his people, and guarded him thereby against the fanciful ideas which his mother spread upon his young mind.

When the child Jesus conversed with the learned men about holy things, the Pharisees were very angry at his sayings; they held him to be an unbeliever and dangerous, for they were very strict in the transmission of petty laws. They were enemies of all who did not believe as they did, and did not confirm to the ceremonies of the Temple as they did. These Pharisees gave alms boastfully, preached of the realm of the dead and the actions of good and bad angels and of the destined future of the Jewish people. Because of their influence on the common people, they had much power; but the spirit of God did not live in their homes nor upon their tongues.

But because Joseph understood our teachings, he instilled them into the soul of the growing child, and it was glorious to see how he spoke God's word. The learned Rabbis recognized that he was a Galilean and scorned him as they did all Galileans. Several of our Brethren came into the Temple without letting themselves become known to him. They were attracted by his holy talk, but were only to be a guard over him.

Since the child spoke very plainly in the Temple, the Brethren sent by us knew that danger like a dark cloud was hanging over him. The Rabbis and Pharisees held a secret council how they could watch this Galilean boy because of his teaching. In the meeting house of the Sopherim they tempted him to speak too freely about the highest law, because they noticed that Jesus, driven by the spirit, forgot everything else and spoke words which were dangerous for him to utter.

(It occurred that Jesus became separated from his father and mother in the large city which because of the Festival was filled with people from all over the Jewish land.)

The learned writers were charmed with the intelligent questions and wisdom-seeking of the Galilean child, but as a Rabbi who loved Jesus was absent on a journey to Jericho, our Brethren did not think it was safe for Jesus to talk so freely without this sincere friend being present to control the child's zeal in the combat against hypocrisy and immorality with his quiet wisdom.

Wherefore we spoke of the matter to Joseph and his wife, who were in great sorrow because they had received information of the death of a friend's husband. And inasmuch as Mary longed for this friend and wanted to leave Jerusalem, she had been looking for Jesus for three days until on information of our Brethren she found him on the fourth day in the Sopherim.

Now the Rabbi who befriended the child was a secret Brother of our congregation and had been requested to guard him. Through this it came about that Mary with her husband and son returned to Jutha. Here she found her bereaved friend, Elizabeth, and her son, John.

The two youths, Jesus and John, walked together in the wild mountains, and spoke of the Highest and Holiest. They became intimate friends, and their love grew with the recognition of each other's souls and the knowledge that each sought the same truth. John, the son of Zacharias, had early received the teachings of abstemiousness and inner subversion of the senses; he knew the writings and traditions of his people, but he did not understand as Jesus did the beauty and loftiness of which the mountains and dale spoke. John had a strong aversion to the customs of the heathens and the oppressors.

Then the time came when Jesus was to be initiated into the first degree of our secret wisdom. An Elder met the two youths in the dale not far from the rock where there was a congregation of our Order called Massada. He praised the wisdom and virtue of those who lived therein strengthened and guarded in the Brotherhood. Jesus requested to be admitted into the Order, and as he increased in enthusiasm John followed; then the Elder offered a prayer which set Jesus into the worshipment of God.

Obeying the rules of the Order, the Elder spoke thus: 'You shall become my Brethren; as soon as you again see the fires of the Temple sparkling in the new moon, then come again to this place. Whosoever is consecrated for our Order has given his life for the services of others. Tell your father, Joseph, that the time has come to fulfill what he promised at the mountain of Cassius.'

The Essene went. At home Joseph remembered his word and his duty toward our Brethren, and he informed Jesus that he was not his father, but the acceptance into the Order they kept secret for fear of the Gaulanites.

When in the evening, at the appointed time, the flames arose from the mountains, Jesus and John hurried thither. At that place the white robed messenger of the Order awaited them.

Then Jesus was admitted according to the rules. The Brethren sat in the half moon, separated according to the four grades of wisdom. As they all sat together in their white robes, the right hand on the right breast, the left hand hanging upon the abdomen, both Jesus and John spoke the vow, since only the clean heart can attain to the vision of the Holies. They vowed disdain for earthly treasures, earthly glory and worldly power, they vowed obedience and secrecy by the Brotherly kiss. When this was finished they were taken to a lenesome grotto for three days and nights to prove themselves. On the third evening they were led back to the Brethren's meeting to answer questions and to pray. After they had received the Brotherly kiss they were dressed in white robes as a sign of cleanliness; each had given into his hand a solemn emblem as a sign of our Order. After singing the praise song, but not the love meal which according to the law is not eaten with the others, they were sent away to be in retirement and separated from the world for twelve moons. They were to live in the vicinity of the Elders of our Brotherhood, and become worthy of the higher grades of our wisdom.

Both grew in their godly destiny. Jesus lived a happy life, but John preferred loneliness and devoted his soul to mighty earnestness. And when the year had passed, again at the new moon they were initiated by the Order into higher wisdom and were baptized to be real members after they had given a good account of themselves, had sung, eaten, and in the quiet chamber dedicated to devotion had fulfilled the rule. (Search in the writings.)

And so as it is permitted every accepted Brother either to remain with the congregation or go into the world to heal or to teach, John wanted to take the therapeutic word but Jesus wanted to go into the world to teach, since he felt that he was called by the Spirit of God, and he longed to glorify the Essene wisdom and spread it among the people by his travels. So John went home to the loneliness of Jutha but Jesus went to Nazareth.

And the holy vow which he gave the Order was to be tried on himself and confirmed him fully; for he loved Mary, the younger sister of his friend Lazarus, and she loved him. As an Essene he had vowed not to take a wife lest the holy work should be forgotten. The spirit of the Order and the urge of his teachings were mightier than the love for a woman; both cried bitterly when they were separated from each other.

This is the story of the Brother of whom I, dear Brethren, wish to inform you; how he suffered and died, and what is the significance of the rumors of wonders which have come to you.

I have told you about him to convince you that the crucified one was a real Brother in our congregation. This is an exact account. You are here informed that he was an Essene, and as such went heroically to his death, since to die in virtue is our Order's best reward. Let all doubt pass from you.

The Jews and the men who were his disciples have said much about unusual occurrences during his dying and after death; that they saw him on the streets and upon the mountain when they had thought him dead. You have asked the explanation and have received the information, since we have the secret wisdom of many things about which a holy curtain is drawn.

Jesus was sent by God as the chosen of the All-Highest, that during his life he might announce the Kingdom of Heaven and glorify virtue. He was our most beloved Brother, since he was not only pious, but he also acquired the knowledge which brought our Order into possession of the secrets of nature, -- the influence of herbs, salts and minerals upon the human being. Therefore he was eager to teach and to help, as much as the oldest among us.

Then hear what occurred at Jerusalem seven years ago. I saw it all with these eyes, but had to keep it a secret from the world, and you, dear Brethren, will not disclose your wisdom, but like other Brethren praise God and thank Him that it came about as it did. The Jews and heathens believe only in material things which they can hold in their hands, and have no understanding of spiritual matters. Therefore we kept secret from the people what we did, as it might weaken the good result if they did not understand our teachings. There are many pious and excellent men who tell stories about Jesus, but these are often superstition and exaggeration, such rumors as one hears

about a beloved master and believes in because of devotion and veneration.

This is also true in regard to those selected ones who called themselves the disciples of Jesus, a number of whom only knew of Jesus from the saga which went from mouth to mouth describing the latest wonders of our beloved Brother; there were others who were present and saw what was done, but these witnesses had nothing to report.

What occurred before my eyes, or the eyes of my Brethren of the congregation in Jerusalem, I will now entrust to you as a secret. Our congregation has accurate information, and from the mouth of an Essene comes only that which is true. Every person shall be glorified by God and give witness of Him, since he gave man the word.

We might have been able to save our beloved Brother from the vengeance of his enemies if everything had not occurred so rapidly, and our laws had not forbidden us to mix ourselves into public affairs. But we did save him, quietly and secretly, after he had fulfilled the work of God's mission since one who dies for his faith glorifies the work of God in man.

Now read and take note of what I write you, that you may judge about the rumors which come to you from here and from Rome. (Here a part of the original is not decipherable, nor can it be deciphered from what is present. -- The Translator.)

Out of the gate of the dale which leads from Jerusalem to Golgotha the procession in which were the convicted (namely Jesus and the two criminals) proceeded towards the place of execution. The women wailed aloud when they saw Jesus whose wounds were bleeding freely from the scourging and who nearly sank down from the weight of the cross. When they came to the Hill of Gihon which lies toward the North where the lonesome, barren valley reaches out to the hill country and where nothing grows, they stopped and Jesus fell to the ground, his strength having passed out from his tortured body.

In the meanwhile the Roman soldiers and the halberdiers of the Sanhedrim selected places upon which to erect the crosses. When this was done, as was customary before crucifixion, they prepared a stupefying drink to lessen the torture. It was prepared of sour wine and wormwood and called "Poska." But because of his high idealism, Jesus did not wish to die under the influence of this drink, and as he had learned the properties of herbs from our Order, he declined the draft when he tasted of what it was mixed.

When the crosses were erected, the next performance in fulfilling the penalty would have been the tearing off of the convicted one's clothes; but as Jesus had not worn his clothing since the scourging and had on only a soldier's coat, they put his clothes back upon him and then tore them off again from his body, as is the written order. As the halberdiers of the Sanhedrim had demanded, the cross for Jesus was placed in the middle between the two criminals, thereby signifying that his guilt was the greatest. They also distinguished his cross from the others which were of the ordinary kind, although they were always built so that the upstanding beam did not rise above the cross beam; but the cross of Jesus was so that the ascending beam was high over the transverse beam which was fastened across the middle. Then they took Jesus and lifted him to the cross, set him

upon a short pile which is at every cross for the body to rest upon while it is being tied. And his arms they bound with stout ropes to the cross-beam, as was customary, so tight that all blood receded toward the trunk of the body and caused difficult breathing. Similarly his feet were bound with stout rope halfway up the legs, so that all life must flee into the trunk. And when all this heavy binding had been completed, thick, heavy iron nails were driven through his hands. Through his feet no nails were driven, because this was not customary. I tell you this, dear Brethren, because you asked me about the rumor that his feet were nailed on also.

When the Righteous One was hanging on the cross suffering intense torture in the noonday heat, which was exceptionally intense and exhausting, the Roman soldiers took his clothing as booty as was permitted by law. The top garment was cut into four pieces; the undergarment was separate and in one piece; they could not tear it, so they drew ballots for it."

(End of the first letter.)

In our next Instruction the letter will be continued.

As before instructed we suggest that you read that portion of the letter in Instruction #116 -- then that portion in this Instruction -- and then continue through #118, the object being to get the picture as a whole and reading as one letter.

* * * * *

JUST TALKING IT OVER

Some religions put a ban on certain books and periodicals -- deny to the members the right to read certain printed material. This we think strikes dangerously close to a freedom inherent in each individual. The students of the Order of The Essenes are chosen only after they have submitted their qualifications and are of the higher order of intelligence. We believe an individual has the right to read any material he may choose - and with the understanding we trust he has gained after more than two years of study with us - is capable of separating truth from fiction, facts from fallacies, and of passing a sane judgment upon the material he or she reads.

There are several institutions in this country which have attached "Essenes" to their name. None of them is in any way connected with this institution. One of them on the East Coast of Florida has recently been denied the use of the United States mail by a fraud order. Some of the material put out by these people is fantastic - and to say the least would not appeal to intelligent people.

We often receive from our students circulars and advertising material from these concerns, and almost universally they condemn it, but ask confirmation that there is no connection between them and this Order.

Our answer is universally to the effect that it is their privilege to read any and all material they may choose - that there is no connection - and that from the training they have received with us we believe they will be able to separate the true from the false, and gather any grains of truth that may be contained in any material they read.

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THE Essenes

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INSTRUCTION 118

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

"THE PURPOSE OF JESUS, THE ESSENE, WAS TO EFFECT
A GREAT MORAL REVOLUTION. FROM THE AGE OF TWELVE TO
THIRTY HE WAS IN THE ESSENE COLONIES AND CONCEIVED THE
PLAN WHICH HE INTENDED TO CARRY OUT. THERE HE WAS
EDUCATED UNTIL HE WAS SENT OUT BY HIS ORDER TO EFFECT A
GREAT MORAL REVOLUTION. IT CANNOT BE DOUBTED THAT OUR
SAVIOR HIMSELF, BELONGED TO THIS HOLY BROTHERHOOD."

--- Ginsberg "The Essenes, Their History and Doctrine"

LETTER OF THE ELDEST ESSENE OF JERUSALEM TO THE ELDEST ESSENE
OF ALEXANDRIA

This instruction is the continuation of the translation of a letter from the Eldest Essene of Jerusalem to the Eldest Essene of Alexandria in regard to the life of Jesus - his crucifixion and "resurrection." (Note -- This instruction should be read in connection with all others containing the translation by the late Hermann J. Boldt, M. D., Fellow of the American College of Surgeons - and a student of Life Science under the guidance of The Order of The Essenes. It is not to be loaned or given to those who have not heretofore received One Hundred and Seventeen Instructions from the Order.

(Continuation)

"When the noon was over and the sun began to decline, many inquisitive people came from the city. The priests also gazed upon the victim of their sinful vengeance, sneering at the pain-stricken figure and encouraging the common people to slander him.

Jesus moaned quietly and directed his exhausted looks toward heaven. The women from Galilee cried out loudly and wrung their hands, but these plaints were drowned by the noise of many horses, as the High Priest Caiaphas had come with a large procession of his halberdiers to scoff at the Son of God, so Jesus could not hear the cries of the women. Even one of the criminals on the nearby cross joined in deriding Jesus, for he had hoped Jesus would free him by a miracle.

The Romans, to show their scorn for the Jews, had erected a tablet in four languages, designating Jesus as 'King of the Jews'. This angered the priests, but inasmuch as they feared Pilate they said nothing, but avenged themselves with renewed expressions of derision toward the Crucified One.

When the day began to darken, the people returned to the city but the friends of Jesus and members of the Holy Brotherhood remained at Golgotha. They had a colony nearby where there was a meeting place for devotion and the love meal.

Presently Jesus recognized his mother among the crying women from Galilee, beside the quiet John. Jesus, in the greatest pain, called aloud the words of the Twenty-second Psalm, as a prayer that God would release him from his torture.

There were still present several Pharisees who were disappointed that Jesus did not descend from the cross as the Deliverer of the People. They wished to remain to scoff at him, but the heat of the air increased and the people and animals became exhausted. The Essene Brethren with their knowledge of natural phenomena recognized that an earthquake was about to take place, as had previously occurred.

In the evening the earth quaked violently. The Roman Captain (Centurion) became alarmed and prayed to his heathen gods, for he thought that Jesus was a favorite of the gods.

When the earthquake had driven the terrified people away from the scene, the Centurion, who was a kind hearted man, allowed John to take the mother of Jesus nearer to the cross. Jesus was thirsty and his lips

were hot. A soldier steeped a sponge into some sour wine and put it on a long stem of Ysop; with this Jesus appeased his thirst.

After John had sent the mother of Jesus back to her people, it became much darker, although the full moon should have lightened the heavens. A reddish heavy fog arose and the hills around Jerusalem were covered therewith. Presently the head of Jesus sank down. When his last words were stilled, there was a loud roaring noise in the air which terrified the Jews who had remained on the scene, for they feared that evil spirits were flying between heaven and earth and were coming to punish the people. This roaring noise continued; the mountain trembled violently and the whole locality of the city was shaken. The walls of the Most Holy of the Temple gave way and the curtain which had been spread out was torn. Outside the cliff walls split, and vaults of the rich and noble were emptied of their contents which was mingled with other dead.

The Jews believed these signs to be supernatural, but the Essene Brotherhood knew that nature does not work through miracles. They believed in the Holy Brother, but they were not allowed to explain since the secret was for the initiated only.

You have reproached us, dear Brethren, that we did not save Jesus from crucifixion by secret remedies. But I need tell you only this; first, the law of our Holy Order prohibited us from coming forward openly, but besides this was the fact that though two mighty and experienced Brethren of our congregation diligently endeavored to speak for the innocence of Jesus in secret conversations with Pilate and the council of the Jews, their words had no effect since Jesus himself desired to go to death for the sake of truth and virtue, thus fulfilling the law.

Now there was a certain Joseph of Arimathea, a rich man and esteemed by the people, who was a member of the council. He was intelligent, not seeming to be partial to any party, but in secret he belonged to our Holy Order and he lived according to our laws. There was also his friend, Nicodemus, who was our Brother and lived much with us. He was an Elder of our higher grades, and knew the secret of the therapeutists.

When the earthquake had driven most of the people away from Golgotha, Joseph and Nicodemus both came to the cross. The Essene Order had a congregation near Golgotha, and they were astounded to hear of the death of the Crucified One since he had hanged not seven hours. They did not believe it, and hurried to the place. Here they met John alone, because he would not leave the spot until he had seen what was done with the beloved body of Jesus. Joseph and Nicodemus examined the body, then Nicodemus drew Joseph quickly aside and said, 'As true as I am well informed in the knowledge of nature and the life of the body, so certain am I that a saving is possible.' And as Joseph did not understand him, he forbade me and Joseph and especially John to say anything, since it was to be a great secret to save our Brether from the cross.

Nicodemus said, 'We must have the body quickly, without broken legs, since he can still be saved.' And then realizing that in his eagerness he had spoken indiscreetly, he added, -- 'to be saved from a disgraceful funeral.' He then induced Joseph to hasten to Pilate and use his influence as a member of the High Council to obtain permission to remove the body from the cross before it grew very late at night.

He, Joseph, would then take it to the cliff cave which he had hewn out for his own grave, and place it therein.

I understood the language of the Romans, so remained with John to prevent the legs of Jesus from being broken. Since the law does not allow a convicted person to remain on the cross overnight, they wanted to take Jesus off on the holy Sabbath and bury him. The Jewish High Council had already been to Pilate to obtain an order for the Centurion so that the soldiers might break the legs to make certain of death and bury the body.

Joseph and Nicodemus had just hurried away to fulfill the holy mission which God had put into their minds, when unexpectedly the order arrived for the Centurion to have the body removed from the cross. My soul quailed at this because I knew that if Jesus were harshly handled, or his legs broken, his life could not be saved. John was distressed also, not about the danger to our plans which he did not know, but because he could not bear to see the body of his friend rudely handled.

When the messenger arrived I hastened to him, hoping that Joseph had already been to Pilate though I realized that this was not probable.

'Did Pilate send you?' I asked him.

He answered, 'I did not come from him but from Scriba, who always attends to such daily business.'

The Captain (Centurion) saw that I was anxious, and I spoke to him in a friendly manner. 'You have learned that this crucified man is no ordinary person. Dishonor him not, for a rich man of the people has gone to Pilate to offer him money so that the body may be buried honorably.'

(You should know, dear Brethren, that if money were given him Pilate frequently allowed executed persons to be buried by their friends.)

The Centurion was a sympathetic man and believed in the innocence of Jesus. After the criminal on the left had had his legs broken and ceased to groan, the Centurion went to the cross of Jesus and said, 'Do not club this one, since he is already dead.' So then they broke the legs of the criminal on the right side.

While John was still trembling with fear that they would bury his friend with the criminals at the Skull Mountain, a man hurried up to Golgotha from the Antonia Mountain. He came from the mayor and brought an order that the Centurion should come at once to Pilate.

'What does he want at this hour?' the Centurion asked.

'Pilate wants to know if Jesus is already dead,' the messenger replied.

'He is,' said the Centurion, 'and that is why we did not break his legs.'

In order that Pilate might have a positive report, a soldier drove a spear into the body, the puncture going superficially over the left hip into the side. The body did not quiver, which indicated certainty of death to the Centurion, and he hurried away to make his report.

Unexpectedly from the superficial wound some bloody water flowed, which surprised John and strengthened my hope. John would have known from the teachings of our Order that a little curdled blood should have come as a sign of death, but now only bloody water flowed constantly. I now breathed easier as I awaited the return of Joseph and Nicodemus.

Some Galilean women now came to the scene, returning from Bethany where they had taken Mary, the mother of Jesus, to some Essene friends. Among these women was another Mary whom Jesus had loved, and she cried bitterly. Before she could speak of her sorrow to John, who was carefully examining the wound in Jesus' hip, Joseph and Nicodemus hurried toward her.

Joseph, through his influence and by his pleading, had succeeded in obtaining from Pilate permission to have the body of Jesus turned over to him without money being required therefor.

(Second Continuation.)

Pilate thought highly of Jesus and felt secret regret about the execution.

When Nicodemus examined the wound and saw the bloody water coming from it, his eyes shone with new hope and courage for he divined what had occurred. He drew Joseph aside to where I was, far from John, and said in a low hurried voice, 'Dear friends, we may have hope; Jesus is not dead, he only seems so because his strength is exhausted. While Joseph was interviewing Pilate I went to our congregation and procured the remedies which are needed in such cases. But do not tell John that we purpose to re-awaken Jesus, for in his happiness he might not be able to keep our secret hidden from the world. This would make it dangerous for our plans, and enemies would kill us with him.'

When this was spoken they hurried to the cross. Nicodemus, because of his knowledge of healing craft, gave directions. They unbound the body, drew the nails carefully from the hands, and laid it gently on the ground. Nicodemus spread some strong salves and fluid upon piece of byssus which he brought along, and with this he wrapt the body of Jesus to prevent decomposition until after the feast, when he proposed to embalm (resuscitate?) it. The fluid and spices had a strengthening action, and these were used by the Essene Brethren to ward off the sleep of death, they being full of the knowledge of the nature of healing.

Joseph and Nicodemus bent over Jesus and moistened his face with their warm tears, and with their breath they warmed his temples. When Joseph felt doubtful Nicodemus encouraged him to hope for success in their efforts. Nicodemus spread balsam upon both of Jesus' hands, but he did not attempt to close the wound on the hip, since he thought it would heal better because of the outflow.

John was so discouraged that he did not believe he would ever speak to his beloved friend again until they met in Sheel.

The body was then placed in the nearby cliff cave which belonged to Joseph. The grotto was fumigated with aloes and other strong irritating substances. The limbs of the body, bedded upon moss, were still stiff,

so the main entrance to the cave was closed with a heavy stone which was called Gelal, in order that the fumigating stuffs might fill the air inside the cave.

Later Jehn went with the others to console the mourning mother.

Caiaphas had sent messengers out, although it was Sabbath, because it seemed important to him to learn who the secret friends of Jesus were. He was distrustful of Pilate because he relinquished the body without purchase money, and also of Joseph of Arimathea, since he was rich, a Rabbi and a member of the Highest Council, who now gave his own burial place although previously he had never openly taken the part of Jesus. Caiaphas believed he could discover the secret plans of the rich Joseph with the Galileans, since he knew it was their intention to embalm the body immediately after the Sabbath. He hoped to detect the friends of the Galileans whilst they were in action. In this way he planned to find cause to bring a complaint against Joseph and quietly take him prisoner. Thus he betrayed himself.

Caiaphas then sent a number of priests, soldiers and servants of the High Council late in the evening to the hidden place near the burial cave where Jesus was lying; and a little further away he encamped a number of the Temple guard to help the others in case it was necessary. You are mistaken if you think these were Roman soldiers, since the High Priest did not use them as tools because he was distrustful of Pilate.

In the meantime Nicodemus hurried with me to the Holy Order of the Essenes. A meeting of the eldest and wisest was held to consider how to help, especially to ask the therapeutists how the body should be treated. The Brotherhood decided to send a guard to the grave immediately, since Joseph and Nicodemus wanted to go at once to the city for further action.

After midnight when the morning was near, the earth quaked again; the night was sultry and the air heavy. Toward morning the cliffs were torn asunder, there was a rearing noise in the air and from the torn cliffs flames came forth and lightened up the fogs with a red glare. Wild animals ran about and howled in their fear, and in the cave the little lamp threw shadows into the dismal night which terrified the priests and servants as they listened to the roaring wind and noise of the earthquake.

Then an Essene Brother, as was decided in the holy meeting, put on the festive white robe which is required by law of the fourth grade, and went along a path only known to the Brethren over the cliffs and toward the burial place. When the cowardly servants of Caiaphas, whose terror had increased through the occurrences of the previous night, saw the form of the Brother in the white robe of our Order, they believed that an angel was coming down the cliff. And when the Essene youth came to the grave which he was ordered to guard and seated himself to rest on the stone which he had rolled from the entrance of the tomb, these priests and servants fled and told in the city that an angel had chased them away.

After the Essene youth had seated himself, there was another quiver of the earth, and cool air passed into the cavity and extinguished the lamp.

Thirty hours had passed since Jesus' supposed death. Then the youth heard a low greaning in the cave, and when he went into it he noticed a peculiar odor in the warm air. He saw marvelous happenings, -- the supposed corpse moved its lips and breathed. The youth hastened to help Jesus whose face

became lifelike. His eyes opened and stared at our Brother, the novice, and a low voice came from his lips.

It was at this time I was summoned with Brethren of the first degree by Joseph and Nicodemus to hold a secret council as to what should be done. Nicodemus, the experienced physician, had with him a new balsam; he told us on the way that he did not believe that Jesus was really dead, and spoke of the bleed-letting, which he said was a sign of life. He also spoke of the earthquake, which he said was healthful as it had cleared the air.

In such conversation we all came, twenty-four Brethren of the highest degree, led by Joseph and Nicodemus to the tomb. When we stepped in we saw the novice kneeling upon the mess with the head of Jesus resting upon his breast. Life had returned to him.

When Jesus recognized his Essene friends his eyes brightened and color returned to his cheeks. He asked, 'Where am I?' Then Joseph threw himself upon his breast and told him what had occurred; how he had been saved from real death through a deep slumber which the soldiers at Golgotha mistook for death. When Jesus realized his own condition and began to feel more sure of himself, he thanked God with intensity and wept in the arms of Joseph. Presently Nicodemus bade him to eat some dates and bread dipped in honey and gave him wine to strengthen him; and when Jesus had partaken of these he felt better. Then he felt of the wounds on his hands and on his hip, and found that the balsam which Nicodemus had put upon these thirty hours before had been of much benefit, since healing was already apparent.

When Jesus had the bandages of byssus taken from his body and the sweat band from his head, Joseph said, 'This is not the place to stay any longer, for our enemies will discover us and expose our secret.' Jesus, however, felt too weak to walk far, and as the establishment of the Essenes was nearby (the garden in which the cliff grave near Golgotha was also belonged to these Brethren) he was taken there. The youth to whom the guarding had been entrusted and another young Brother of the Order were given the duty of hiding the byssus bandages and other traces of the remedies which Nicodemus had used.

When Jesus arrived at the house of the Order he was very weak; his wounds began to pain and his limbs were quivering. His soul was greatly moved and he considered everything a miracle. He cried, 'God has let me rise and has testified through me. I shall show my disciples that I am alive.'

It took but a short time for the two youths to get the place of the grave in order. Then they came to say that some women friends were coming to see Jesus. They explained that while they were busy in the interior they heard a noise as though there were people outside in the enclosure. As they retreated further into the cave, a woman from Jerusalem appeared who was frightened because the stone had been removed from the entrance of the grave. She thought there had been an accident and ran toward Bethany. Soon other women came before the cave and looked inside with astonishment at the place where the body had lain. When the women saw the two youths in their white garments they thought they were angels, and fell forward with their faces on the ground."

The translation is continued in Instructions # 119 and 120.

THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

LIKE AN IMPARTIAL JUDGE--

As to the translations contained in the Instructions One Hundred Sixteen through One Hundred Twenty we have therein given a full and complete history of how the material reached us, and the facts as to the character and standing of the translator. Of course, acceptance as to the truth is by no means compulsory. The open minded individual, like the impartial judge in civil cases, gives a hearing to all sides of a question, takes into consideration the reasonableness of all testimony, and the character of the witnesses.

Jesus was and is there is no doubt. He lives in understanding in the minds and hearts of Christians everywhere. That he taught everlasting truth is evidenced by the fact that his teachings have survived without the aid of authentic historians, and his teachings have been accorded universal acceptance. He lives in his own Divine identity, of which he was fully aware, and he claimed Divinity for you and for me.

The Mystic Orders the Brotherhoods and Secret Societies have been formed by groups who had a pure motive as a standard. But, so often these have been crystallized around the worship of an individual or around some especial form or ceremony. At the point of crystallization an order or organization ceases to grow and cannot remain too long in that state and survive. Realizing this we can understand why we hear no more of certain old traditional orders. Now and then there is a revival of one in name, encompassing the new understanding that has enfolded in man down thru' the years. On the highest level of consciousness mankind is higher than at any previous time, so outwardly we see the working of a plan for universal brotherhood, this is the ultimate ideal of the teaching of Jesus with the promised fruits of a peace that passeth understanding. In that day we shall all be taught of God.

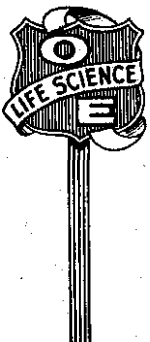
Let us not have any spiritual pride in our much learning, for it is broadening to be able to read an alleged manuscript and not be too concerned with controversy. Let us be ever thankful for the unchanging Principle that always remains, forever undisturbed, and demands a shaping of a philosophy of history and culture which can cope with the present.

Faithfully,

THE ORDER OF THE ESSENES

S. Hamur Davis

Instructor



ENC. 119

THE **Essenes**

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INSTRUCTION 119

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

PLINY DECLARES THE ESSENES WERE THE PIONEER GROUP
OF MYSTICS OF "DATELESS ANTIQUITY." -- THE TALMUD SPEAKS
OF THE BROTHERHOOD AS THE "HOLY COMMUNITY" IN JERUSALEM. --
STRABO MENTIONS "THE ESSENES IN HELIOPOLIS WITH WHOM
PLATO AND EUDOXUS CONSULTED."

PHILO CALLS THE MYSTIC GROUP, "CHAMPIONS OF VIRTUE,
A PEOPLE BY THEMSELVES MORE REMARKABLE THAN ANY OTHER IN
THE WIDE WORLD." -- JOSEPHUS SAYS THE ESSENES WERE THE
FIRST TO PROCLAIM THE EQUALITY OF ALL MANKIND AND TO
DENOUNCE SLAVERY.

LETTER OF THE ELDEST ESSENE OF JERUSALEM TO THE ELDEST ESSENE

OF ALEXANDRIA

We continue the translation of a letter from the Eldest Essene of Jerusalem to the Eldest Essene of Alexandria by the late Professor Hermann J. Boldt of Columbia University and an M. D. and Fellow of the American College of Surgeons (F. A. C. S.) and a student of this Order.

(We ask our students not to lend or pass around Instructions # 116 to 120 inclusive, containing this translation. We have seen published and in print other letters of similar import. The reason we ask this is that we believe those who have heretofore studied One Hundred and Fifteen Instructions with us are prepared to give them due consideration and pass intelligently upon the material contained therein -- that others might misuse them in an endeavor to take from people a comforting belief, without the substitution of a belief and faith which comes from a true understanding of man's unity with the infinite. In no authentic quotation of the words of Jesus did he claim divinity for himself except as he claimed it for all mankind.)

CONTINUING THE
TRANSLATION:

"Then the youths spoke as they were bidden by the Brethren of the first degree: One said, 'Jesus has arisen. Do not look for him here, but go and tell his disciples they will find him in Galilee.' The other youth told them to go to Peter and tell him to gather the disciples together and lead them to Galilee.

These instructions showed the wisdom of Joseph, because for the sake of the safety of Jesus he did not wish any one to look for him around Jerusalem. When the youths went through the rear exit of the grotto they noticed that several of the women had taken the road to Bethany, so they hurried to our house to give us the information.

Although Jesus' Essene friends tried to induce him to remain in hiding because of his weakness and for his safety, he thought he would feel stronger in the presence of those he loved most, and he did not wish to delay in informing them of his renewed life. He requested a garment, and they provided him with the working suit of an Essene such as the Brethren wore in the field, so that he looked like a gardener.

Presently the two youths remembered they had something more to do at the grave and they hurried thereto. Soon after the same woman who had come first returned. She had during this time notified John and Peter in the city of what had occurred. She still considered the two novices as angels guarding the grave, and wept. One of the youths who had sympathetic feelings and a well-sounding voice spoke to the woman and asked her why she cried. (This woman was Mary whom Jesus loved, and left because of the laws of our Holy Brotherhood.)

Mary explained that she wept because the body of her friend did not lie where he had lain on the Sabbath. As she spoke, Jesus stood behind her in the garb of an Essene Brother such as was worn in the fields.

Although we had begged Jesus to take care of himself and not let the news of his re-awakening come to the ears of his enemies until he was

in safety, he wanted himself to inform his beloved one that he was restored to life. So though his hands pained him and he did not have enough blood to give strength to his limbs, he went out along the wall and took the way to the cliff where the grave was. When Mary saw him she thought he was the gardener of the place, but Jesus recognized her, and, impressed with her love, spoke to her. He groaned, 'Oh, Mary!', and then though he looked suffering and weak she recognized him, -- wanted to kiss his feet and then hasten into his arms. But the pain of the wounds in his hands and hip was so intense that he shrank from a fervent embrace, and called, --

'Do not touch me! I am yet living, but I shall soon go to my Father in heaven. My body is broken and it must be relieved, and I have therewith fulfilled my death.'

A sound of several steps was then heard, and as the woman was still on her knees looking up to him. Jesus hurriedly returned to a place of safety behind the wall of the garden in the Essene yard. The two youths who were to guard the grave and distract enemies from following Jesus saw and heard all.

In the meantime Joseph, Nicodemus and we Elders went out of the house into the yard to see if Jesus had not suffered harm from over-exertion in his great weakness. Nicodemus was afraid of this because he had noticed that the wounds where the heavy ropes had been placed had begun to grow inflamed and to get a dark color. As we entered the garden we could see Jesus standing behind the wall trying to steady himself, as though his limbs would no longer carry him. It was about this time that John hurried from the city and looked into the grotto. When John found the grave empty Peter came also, and they looked all through the cave for traces. John followed Peter into the interior, and there they found the sweat band which the two youths had thrown into a corner when they took flight from strange persons. They then returned to the city, conversing as they walked.

Jesus slowly left the wall and had reached the small door which led to the dale at the mountain of Gihon. Here he stepped out, as he heard the wailing of women beyond the wall, and the women believed they saw an unearthly appearance. But he spoke to them and assured them that it was he himself. Since one of the youths guarding the grave had told them they would see him at Galilee, which was to serve for his safety, one of the women said, 'Lord, should we fulfill the word of the angel and find thee again in Galilee?'

This question astonished Jesus, since he did not know that the Essene friends had named the land through the novice. After a little thinking, he answered, 'Yes, tell your friends that they should go to Galilee, and there they will see me.'

Since his general weakness had increased he felt that he must be alone. The women left, and we, his quiet guardians, led him back to the house to recuperate. Nicodemus re-dressed his wounds, gave him a medicine to drink, and begged him to remain quiet. But Jesus did not fear death, and his lively disposition made it hard for him to keep still. However, his strength left him, and when he had fallen into a profound sleep Joseph, Nicodemus and the Elders consulted how they could get him to

a place of safety. The younger Brothers were sent into the city to get information about the rumors among the people.

Rumors of many wonders were brought into the city, since the fleeing priests and servants tried to cover their cowardly flight by telling of fearful occurrences, -- of how demons had torn upon the grave. The High Priest heard of this and did not know what to make of it. He called his advisers for a meeting to decide what to do. He feared that tales of such wonders would excite the people, since already it was reported about the marvelous thing which had occurred, the women and other friends of Jesus having disclosed it in their excitement. Therefore Caiaphas gave the servants money to spread the tale among his adherents that the body had been stolen. Then they could say that Jesus had arisen, and this would fool the people.

Jesus remained the entire day in a profound sleep which renewed his life-energy. It was evening when he awoke and his wounds pained less; the balsam which Nicodemus had prepared had had a good effect. His soul was cheerful, and with grateful mien he saw his friends around him. He arose from his couch without help, and since he was hungry asked for food.

After he had eaten, he said, 'Now I am strong, and it is not fitting that I should remain in hiding. A teacher should associate with his disciples, and a son embrace his mother.'

Then Joseph answered, 'The Order is for you father and mother, as you have vowed. The Order will shield you as its beloved child.'

Jesus said, 'I do not fear death, since I have fulfilled it. My enemies will recognize that God has saved me and does not desire that I should die permanently.'

Then an Elder of the Brotherhood spoke: 'Thou art not safe in this land, for they will be searching for you. However, go not out again among the people to teach. What you have taught will live among your friends, and your disciples will carry it farther. Remain dead for the world; the Order has brought you to life, you belong to it. Live with it, hidden in virtue and wisdom. We shall cherish your teachings and act upon your disciples in the outside world as they require urging and guarding, if the time comes that you may again come before the people, then we shall tell you and let you depart.'

Jesus glowed in holy passion and said, 'God's word is mightier to me than the safety of my life. I want to see my disciples again and move to Galilee. I can guard myself through the word of God.'

Then the Elder replied, 'Be it as God ordered for you, but man should be intelligent and careful. Therefore several Brethren of the Essene Order will accompany you and guard you to our Order in Galilee.'

Nicodemus protested against the journey, saying that Jesus' body was not so strong as his spirit believed it to be. The trustworthy physician warned him that such a journey would make his complete convalescence impossible. But Jesus answered, 'What should be fulfilled will be fulfilled.' And Joseph greatly marvelled over the mighty spirit which was in Jesus, and more than ever believed in his great promises.

When evening came Jesus started on his journey, but he insisted that he go alone. The Brethren gave him a warm mantle because it was cold, and in which he could wrap himself so that police spies would not recognize him. The Brethren of the Order demanded of him that he take shelter only with Essene friends and not travel on the main highway because of the many travelers who went on this road because of the Jewish festival. This Jesus promised, and said that he would take short daily trips over Betharen and the Ephraimic mountains, where the boundary of Samaria lay toward upper Galilee.

Jesus bade farewell and went forth. As he went the Brethren blessed his journey, but on Joseph's advice they also sent a novice to guard his track and to secretly notify Essene friends.

(Friends told us afterward of what occurred.)

Several hours later on his way to Emmaus where he expected to find his first shelter, his soul being full of enthusiasm about his new life Jesus spoke so loudly about the prophecies of Daniel that our messenger could understand what he said. Two men were coming from Jerusalem, and as they were walking faster they soon came up to Jesus. Jesus spoke to them, 'Peace be with you,' as he hoped to meet some Essene Brethren. He recognized them at once as two friends of the people who had frequently heard his words. They paid no attention to him, but presently he heard them speak about his death and the lack of courage among the disciples. From their words he learned they feared his teachings would be forgotten; that his disciples would lose hope and be scattered widely because of the lack of a master. When one of these travelers complained that the prophecy was not fulfilled and that Jesus was not resurrected, Jesus spoke to him very earnestly. Both of the men, one of whom was named Lucas and who had doubted very much, were greatly impressed with the words of Jesus and loved him because of what he said. They remembered that they had heard him speak before.

At the inn they tried to detain Jesus, since he wanted to travel farther that night. During the custom of the love meal in the house they had recognized Jesus in the light of the lamp, but he did not wish to be known publicly at this place. So he escaped secretly through a door in the house of the Essenes, who had already been notified.

In the meantime the two disciples with whom Jesus had talked on the road returned hurriedly to Jerusalem. Here they looked up Peter and with him John, and gave information of the Resurrected One.

The Essene Brethren at Emmaus held a counsel about what to do now. The youth whom the Order had sent to guard Jesus was with them.

When Jesus realized that he must return at once to Jerusalem in order to be ahead of the two disciples and to raise the courage of his friends, the Essene Brethren gave him a donkey upon which he mounted, and we sent a novice to accompany him during the night journey to Jerusalem.

So it occurred that soon after the arrival of the two disciples Jesus also arrived at the well known meeting house of his friends. Jesus gave the sign and the door sprang open from the bolt at the touch of the hand of the guardian within. The disciples were holding a secret council, and when Jesus heard them quarrelling about his return and what might happen he stepped into their midst. At first they were frightened, for the door had been locked and they did not recognize him, but he spoke to them kindly and convinced them that he was not a ghost but had flesh and limbs. Then they felt of his hands and were happy. Jesus laid himself on John's breast, for he was tired from his journey and from speaking. After he had rested, he convinced his friends still more of his reality by asking for something to eat. The others had already eaten, but there remained some dried fish and bread and honey, so he ate and was strengthened from his fatigue. Now he talked with his disciples, bade them to finish his work and not be discouraged by the world. He blessed them and told them that he could not stay but must go forth alone. But if they needed him he would be with them, as he still had much to say to them.

The Essene youth waited before the door with the donkey, and when Jesus came out he asked to be sent back to the house of the Brethren of the Order. Another Essene youth was obtained because of information from Jerusalem, and both had to carry Jesus since he fell backward from weakness. With great exertion they brought him to the Brotherhood congregation during the night, which was several stages from Jerusalem and near the Mount of Olives where was the house of the Eldest Brother. Jesus then fell into a profound sleep, resting upon a bed of moss. The Essene youths hurried forth to tell Joseph and Nicodemus and other Essene friends what had occurred.

A council was held before daybreak as to how Jesus might be guarded in the future, since he so openly dared to return to Jerusalem in order to encourage his adherents in their work for the Holy Ghost. All were united in the view that no time should be lost, for the priests had their secret investigations and were already placing serious obstacles in the path of the disciples of Jesus. All declared that he must get away as soon as possible, and that he should return to the quiet dale near Jutha and the Burg Massada, beyond which there is a wild mountain region. Here Jesus had been with John, the therapist; it was a safe place, and many Essenes were living there.

While they were still discussing the matter Jesus awoke and was much surprised to find his friends gathered around him. Joseph and Nicodemus urged him that he should save himself and not fall into the hands of the Priests. Joseph had learned that Caiaphas had suspicions about him and was planning to overthrow the old management. He intended to demand an explanation why Joseph had placed the body of Jesus in his own grave, as he suspected some understanding with Pilate.

When Joseph urged Jesus to comply with the wish of the Brethren that he leave at once, Jesus replied, 'So be it. But I beseech you to guard and encourage my disciples; tell them not to waver in their belief of my teaching, since I am still with them in body and spirit.'

Joseph begged Jesus to rest for a while, for Nicodemus feared that Jesus in his weakened condition would injure himself in trying to do all that his spirit impelled him to do. Although his wounds were getting better his body was still weak, though since he had slept he felt stronger.

After some meditation, Jesus said, 'If I do not step among my disciples and assure them that I am alive, they will believe that I am only a vision conceived in their brain.'

Joseph answered, 'Let us take your friend John into our confidence. If he is convinced that you are alive, he will take your orders and tell the other disciples about you.'

But the Essene Elders would not consent to this, since John was in the lowest grade only, and in his enthusiasm he might in the presence of others say where Jesus was.

While they were still considering this matter, a novice of our Order arrived. He had been sent to the city and reported that John and some friends had hastened to Bethany to console the women in the house of Lazarus; to tell them that Jesus was alive and had rested upon the breast of John.

John wondered that Jesus had not asked him to go to Galilee, as he had ordered the women to do; therefore he did not believe that this was his Master's will, and thought that the disciples should wait.

Jesus remained with his Essene friends, and when the evening began we all, -- Joseph, Nicodemus and the Elders of the Order, journeyed along the secret way. After passing through the dale Ephraim we came toward the break of day near to Massada, and a narrow path known only to the Essenes led us into the barren dale where the congregation of the Brotherhood was established. Here the Elders and therapeutists cared for Jesus with rest and with herbs, and we all bade him farewell. He gave us his word that he would remain in the congregation until the Father called him to fulfill his work.

The congregation sent a messenger daily to our Brotherhood to tell us how the one beloved of our hearts was living. We were informed that Jesus had rested for several days, but that his soul was disturbed and filled with many sad thoughts. He thought of the dale where in previous times he had wandered with John and other companions, and had been accepted into the Holy Order; he wondered if John, who had been baptized and had founded a school of therapeutists, had been killed by enemies; he thought of his wonderful saving through God's hands; and he saw in all of this an order from God not to rest, since his body was not taken from the grave without there being a duty for it to perform. These thoughts stimulated his soul afresh; when he came to the place where he and John had vowed to die for the sake of truth and virtue (for which his friends really died in righteous combat) he felt himself impelled to further work. Jesus walked about daily in this blessed locality, and strengthened his body in viewing things of natural beauty. He selected a place to rest where he could in the evening see the high towers of Massada; his eyes view the salt sea and the valley of Sittim.

The Elders of the Order did not leave him alone, for he had matters of great interest to speak of, and his desire to teach his disciples was more than for his own ease and quiet.

About this time our Brethren in the congregation of Jerusalem received information that the disciples were not all convinced of the resurrection of Jesus from the sleep of death, and they remembered the promise they had given Jesus that they would guard his disciples and strengthen their faith in the life of their master. Among the disciples there was one who called himself Thomas; he was a deep thinker and had received his education from the Essene Brethren. Therefore he possessed secret knowledge of the actions of nature and regarded all things with much insight and wisdom. He paid no attention to so-called miracles, and, as all Essenes, stood high above the foolish ideas of uneducated minds. Thomas considered the work of Jesus as of great significance, and Jesus loved and trusted him, hoping that he would be of great service. Passion and agitation were strange to Thomas if they did not concern something REAL, and with his clear intellect he examined everything before he could be convinced.

When the disciples were alone together Thomas disputed with them, because he believed it would be a physical impossibility for a person to rise up out of his grave. John himself had felt Jesus upon his breast and believed; but Thomas was suspicious and displeased that the word of the prophet had not been fulfilled. (For, dear Brethren, the Jews hoped for the Messiah who had been prophesied by Elias.)

Thus it was feared that through Thomas the other disciples would become doubtful also, and would lose their zeal. As our congregation had vowed to report everything, they sent two youths to the Valley of Massada to inform our Brethren there, and to consult Jesus. Jesus received this information just as he was about to leave Massada and appear before his disciples. And when the messengers reported that Thomas said he would not believe that Jesus was living until he had seen the wounds on his hands and the wounds made by the spear, then Jesus would delay no longer; even the Elders advised that he make the journey to Jerusalem and convince the man.

This occurred on the seventh day that Jesus had lived in hiding. Some of our Brethren accompanied Jesus, and on the eighth day the disciples met at Jerusalem. Then Jesus stepped in among them and convinced Thomas, and exhorted them all for harmony and belief. He warned them they were not safe because of him, and said they must go to Galilee, but he could not tell them just at what time or at what place, since he must first consider this.

Thereupon, accompanied by John, he left them. Outside an Essene youth was waiting to offer his services, but Jesus sent him away to report that he was in Bethany.

Jesus then went with John over Kidron, passing Gethsemane. The night was beautiful and the moon shone like a small sickle. At Gethsemane Jesus rested on the wall and talked with John about his sufferings. Afterward, when he had news of his disciples, he sent John on in advance to the house of Lazarus in Bethany, to announce his coming and see if it was safe.

* * * *

Translation to be concluded in Instruction # 120.

THE Essenes

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INSTRUCTION 120

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

"THE FREEMASONS FIND PURE CHRISTIANITY IN ESSENISM AND CONSIDER THE 'BRETHREN OF THE WHITE CLOTHING' OR MYSTIC ORDER OF ESSENES, TO BE THE MOST IMPORTANT FRATERNITY THE WORLD HAS EVER SEEN. --- THIS GROUP OF MYSTICS, DATING BACK TO MOSES AND EVEN TO MORE ANCIENT DAYS, WAS DESIGNATED AT VARIOUS TIMES AND PLACES IN HISTORY AS NAZARITES; SCHOOL OF THE PROPHETS; HASIDEES; THERAPEUTAE; CONTEMPLATIVE ONES; NAZARENES, MINISTERS OF PEACE; FRIENDS; AND THE PURE AND SILENT BRETHREN, AMONG OTHER APPELLATIONS. THE DESIGNATION OF 'ESSENE' WAS NOT POPULARLY KNOWN, WHICH ACCOUNTS FOR THE OMISSION OF THE WORD IN MANY OF THE POPULAR HISTORIES AND WRITINGS OF THE TIME."

Erid S. Smith, Ph.D.
(In Life in an Essene Community.)

LETTER OF THE ELDEST ESSENE OF JERUSALEM TO THE ELDEST ESSENE

OF ALEXANDRIA

In this Instruction we complete the translation of the letter from the Eldest Essene of Jerusalem to the Eldest Essene of Alexandria as translated by the late Professor Hermann J. Boldt, M. D., F. A. C. S., one of the world's outstanding gynecologists - a professor of Columbia University - and one with us in the Order of Essenes.

(Please read and observe our request which introduces Instruction #119).

CONTINUATION:

"Later on, Jesus went into the house and saw his mother and some women friends. They praised God for the happiness of seeing each other again, and ate the night meal. Jesus remained with them the entire next day, consoling them, exhorting them to belief, and warning them against the false hope that he would always be with them. He told them that it was time for him to go. He wished to go on at once to Galilee to establish his disciples and instruct them in regard to future work.

But while Jesus was staying peacefully in Bethany, dangerous things were happening. Caiaphas, the High Priest, had heard that the disciples had stolen the body of Jesus and had manufactured a tale of wonder about his being seen walking about the streets of Jerusalem. He had revived the story of the grave robbery, since the idea that Jesus had been resurrected by the hand of God had found much belief in the city. Many people complained of the wrongs which were being done, and held to the words of Jesus. The High Priest feared an uprising, and believed that the Galileans had it in mind to crush the Dominion and look for a new ruler.

In the evening Nicodemus came into our congregation and said that Joseph had been arrested by Arimatheans. Evil intentions were attributed to him because he had been in secret communication with Jesus. A great restlessness prevailed in the congregation. The Elders feared that Jesus also had been imprisoned, since he had not been with us since the evening he had convinced Thomas. Therefore they held a council to search for him, and to use all means to free Joseph.

Since Jesus had told the Essene youths that he intended to go to Bethany, two Brothers were ordered to put on their traveling garments and go in search for him. They came to Bethany in the evening and not far from the house of Lazarus, which they could see in the moonlight, they met a man on the secret footpath who was anxiously looking up the road. The Essene Brothers recognized him, and asked if Jesus lived with him. The man (Lazarus) admitted it, and when the Brethren identified themselves he added that Jesus wanted to go this night to Bethlehem, and that he was reconnoitering to see if the way was safe.

The Brethren were then led into the house where they awaited Jesus in a small chamber. They told him of the danger in Jerusalem, and of the imprisonment of Joseph,

When Jesus had recommended his friends to the guardianship of the Order, and had taken tender farewell from the women, he let Lazarus accompany him to Gilgal. Then he went on farther alone in the night, and in the early morning he was at the Jordan, the place where he had been baptized by John, according to the customs of the Bretherhood.

Our Essene Brotherhood in Jerusalem was using many secret methods to free Joseph from the Arimatheans.

John now advised his friends, the disciples of Jesus, that he had received the order for them to go to Galilee, So the next day they moved to the boundary. When they arrived they asked, 'Where shall we turn now, since our Master did not mention time nor place?' They thought of their homes and their domestic affairs from which they had been so long absent, and considered whether they should locate in Nazareth or Capernaum. Peter said, 'Let us look for bread and maintenance. Let not our hands be idle, but let us do what we can until the Master calls us for higher work.' After this speech they decided to return to their previous occupations. Peter went to Bethsaida, where others of the group joined him to get his advice. Peter was a good fisherman, and invited the others to go to sea with him that evening.

Jesus made short day tours, and on the way stopped only at the homes of the Essene Brethren who lived in these dales. These Brethren had exact information from the Order in Jerusalem (which we obtained for them) and after a few days Jesus learned that Joseph had been freed and would come to meet Jesus.

When Jesus showed his intention of going about openly everywhere, the Essene Brethren remonstrated and spoke of the danger of persecution. Jesus listened to their advice, and considered where he could again see his disciples. This would require a lonely place where he was not known, and where there would be room to shelter them all.

The Essene Brethren were instructed by the Eldest of the Jerusalem Order to choose a lonely place where Mount Carmel puts its foot into the Valley as a meeting spot for the disciples. It was a beautiful locality and many Essenes lived there. At noon the shadow of the mountain lies on the border of the Asser tribe, and toward midnight it reaches into the sea. The valleys are filled with useful herbs, and the aroma which comes from them is healthful. It is from this place that our Order gets the herbs which are used by the therapists for curing. Clear water springs from the cliffs, and the many grottoes make homes for the lowly. There are also many fruit trees, and the fields are rich with nutritious plants.

When the Essene Brethren told Jesus where he should go, he remembered that at former times the prophets had lived on that mountain, and Elias and also Elizabeth had lived there. The location was largely inhabited by Essene Brethren.

Jesus declined the company of the Brethren and went alone to Bethsaida to take shelter with Simon, who was one of his disciples. In the morning when he reached the sandy shore of the Galilean Sea he found a hut which Peter had built for his fishing business. Here he found Peter and with him John. After he had strengthened himself with the love meal, he was informed that the disciples had decided all to meet at Bethsaida to discuss their future plans. But Jesus requested them to come to Mount Carmel, as he had promised the Essenes. On the evening of the next day Jesus traveled farther.

Jesus rested several days and prepared himself to teach. Then some of his disciples appeared and brought with them several hundred people who were his adherents, since there was no danger in this lonely place and the appearance of Jesus had caused great enthusiasm in Galilee. Many came only because of curiosity; others hoped for the new Kingdom of the Messiah with Jesus as King of the Jews and Deliverer of the people.

But this idea was always disapproved of by Jesus, who frequently said that it was not wise to robe the Son of God with worldly might and magnificence. The Essene Brethren did not believe in this, and Jesus, according to the rules of the Order, taught that all things pertaining to worldly dominion are far apart from our spiritual life.

The disciples had announced that early in the morning the multitude should see Jesus. When the time came, however, the fog on the crest of the hill was reddened by the rising sun, and as Jesus wore the white garment of the Essene Order which the therapeutists had given him, the people thought he was a supernatural being and threw themselves with faces on the ground. The disciples and many of the others fled away from the scene.

Jesus then spoke loudly to the people and told them that he did not come to establish a school, but to teach them of the Kingdom of God through wisdom and virtue.

Jesus used many of the customs of our Order in forming his congregation, including the rite of baptism. Also he taught his disciples about the action of plants and salves; how to heal illness, to make animals harmless, to overcome poisons, and so forth. All this knowledge he himself had learned from the therapeutists.

The disciples and the people who came with them remained many days in the locality while Jesus taught them how they must live, and bade them circulate his teachings.

Now the Elders in Jerusalem sent word to the Essene Brethren that secret messengers of the priests and the high council had heard of the movement of many people to the locality of Mount Carmel. The Brethren told Jesus that he should be careful if he wished to finish his work, for they had heard he would be caught and killed since Caiaphas believed that he was a deceiver.

So Jesus dismissed his hearers and said that those who wished to speak with him should come to Bethabara, where he would await them. He needed rest, for his body had again become exhausted from loud speaking and teaching before so many people.

The time now came when the Essenes were to celebrate the Brotherly love meal. All the Brethren in the neighborhood assembled to the place where Jesus was. Joseph of Arimathea and Nicodemus and we, the Eldest of the congregation of Jerusalem, journeyed thereto to celebrate the love feast.

Jesus was very weak, and the happiness of again seeing his beloved friends, Joseph and Nicodemus, agitated him very much. He spoke much of his death, as he thought his body was growing weaker. After the love meal had been partaken of, he asked to take his departure. He spoke loudly, 'Do not misunderstand me because I did not live entirely after the rules of the Order. Had I, like you, acted only in secret, the truth would not have come to the people.'

Jesus requested all Brethren to avoid concealment and keep in touch with the people. He begged them to unite his disciples in brotherly love and do good together.

What he said took root in the hearts of many Essene Brethren, and so it came to pass that today I meet many who give witness for Jesus, and who have left the desert. His teaching is no other than ours, which is inherited in the Eldest of our Order from the oldest time. Many

Many of the younger of the Brethren vowed to become disciples of Jesus, but the Eldest did not dare to deny the Order because of the secrets which wisdom demands.

Joseph then spoke to Jesus: 'Retire from association with these noisy people who worship you. They do not understand your teachings, and are planning how they can rise against the Romans and proclaim you as their worldly king. But through war and rebellion you would lose your Kingdom of God. Therefore, go into solitude, live in concealment, among the Essene Brethren and be sure that through your disciples your words will not die.'

The Eldest of the Brotherhood thought that it would make a great impression on the people if Jesus should disappear as the sun at evening and not return. The people act according to the customs of the time, and believe on the apotheosis when it once honors a man and idealizes him.

Jesus desired that because of him no blood should flow and no rebellion occur. Therefore he was willing to die in solitude. Despite the fact that he felt ill, he went with Joseph and Nicodemus to Bethany, but he wished afterward to depart from them and go to the lonesome land near the Dead Sea. In Bethany he consoled his mother and the other women and Lazarus about his departure. He explained to them how in his teachings he would always remain near them. It was soon circulated among his adherents that he was going away, and they were directed to be at a secret place at a definite time. To this place he hastened when he parted from his own. Here were gathered several hundred adherents, and when by their words they made it known that they were hoping for world domain, happiness, and freedom from the Romans yoke through the Messiah, Jesus again explained to them that he had come to teach them of the Kingdom of God. He now realized that the time had come for him to seek solitude so that the people would no longer believe in his bodily power on earth, but believe from his words in the Spirit of God.

Jesus then left during the night, accompanied by his nearest disciples. The High Council had dispatched many secret messengers and were endeavoring to capture Jesus. He was warned by the Essene Brethren and secretly guarded. The uncertain shelters and the agitation of his soul exhausted him. He was deadly tired; his face was pale and his scars pained him. When Jesus, with Peter and Jehn, came into town his friends took them to a quiet house where at first he bade the Eldest of the Essene Brethren to come to him. Then he said that the time had come for him to rest, and begged them to await him at the Mount of Olives and then accompany him into his solitude. His disciples were with him, and with great emotion in his soul he went with them through the city, past the Temple Hill and out of the gate which leads to the Dale Jedaphat. His heart became heavier the farther he walked, for it was to be his last journey. He remained standing for a while on the Kidron and wept about Jerusalem. Then he walked on and his disciples followed. Jesus led them silently to his favorite spot near Jerusalem, the highest peak of the Mount of Olives, from which one could see nearly all over Palestine, for he wished once more to behold the land where he had lived and been active. Toward morning one could see the Jordan, the Dead Sea and the Arabic mountains, and in the evening the fires from the Temple Hill lighted upward. On the other side of the hill was Bethany.

Some of the disciples were of the opinion that Jesus wanted to take them to Bethany. But the Eldest of the Essene Order were on the other side of the mount of Olives, ready for the journey and waiting for Jesus as he had promised.

Jesus exhorted his disciples to be courageous and have faith. The longer he spoke the more solemn his voice became and he rose to a state of ecstasy. He prayed for his friends whom he had to leave, lifted his arms and blessed them; as he did this the fog passed over the mountain, colored by the evening glow. The Eldest of the Essenes who were waiting on the other side of the peak sent two Brethren to remind Jesus that it was growing late; and as the youths lowered their faces toward the earth, he sorrowfully departed and hurried with the Essene Eldest through the oncoming fog.

The disappearance of Jesus roused the courage of the disciples, since they realized that they must now represent the word of the Messiah and must fulfill it, since their Master would not return. To that they held unitedly and were true to each other. They went daily into the Temple and places of teaching, and their enemies did not dare oppose them.

After a while a rumor started in the city that Jesus had been caught up by a cloud and taken to heaven. But this came only from the people who were not present when Jesus departed.

Jesus was accompanied from the Mount of Olives by the Eldest of the Essenes, and by Joseph and Nicodemus. During the night Jesus became very weak, and they had to get an ass to carry him. The parting preyed upon his heart, and he felt that he soon must pass away.

When they came to the end of their journey where the Essene Brethren lived on the Dead Sea, Jesus had to be attended to by a therapist. Joseph and Nicodemus remained with him for several days. They heard his last wishes and departed with the promise to give accurate information to the congregation at Jerusalem.

In Jerusalem only John and Matthew knew that Jesus had returned into the seclusion of the Essene Order, to avoid being proclaimed as a worldly prince. Joseph and Nicodemus were with him three times during his solitude, and when they returned brought us information about him. His body was not strong enough to withstand his previous tortures and lack of rest. The longing for his disciples, the tension of his soul, the thought that something might have been neglected, and finally his active mind which found no nourishment in solitude, all preyed upon his body and exhausted him.

It was Joseph and Nicodemus who were with him at the last, when the sixth full moon had passed. They came to our congregation when we were about to celebrate the love feast, and revealed their secret to the Eldest. Their hearts were heavy and filled with deep sorrow since the Selected had been taken into the heavenly field of the Father. He was buried by the therapists beside the Dead Sea, which is the law of the Brotherhood. Nicodemus ordered silence about his friend's death to all who did not work in the highest degree.

With this, dear Brethren, you have the only true story of our friend whom God summoned to disseminate wisdom and virtue among the people by his teaching and noble deeds. It is now a long time since his passing, and the Easter Festival has been celebrated seven times by the Jews. I write this for your clarification, that you may judge for yourselves about things that others have placed in your mouth.

I know that many of his new disciples will wonder about him, since their hearts long that such might be true. Those with insight did not speak against this, because the people were not sufficiently enlightened to appreciate the truth. As you yourselves have found, many rumors were spread from Rome which I do not need to discuss, for you know what a son of ours would do and what he would not. Not only the Jews have ascribed something superhuman to him because they believed it, but also the Romans, since the heathens believed in gods and those are like the wonders of our people.

I give you the authority to have the Eldest of the Order in your locality re-tell what I have written you. Since the apotheosis is due him, the Son of God to whom we pray, rather than the others who were transferred into heaven.

And we should endeavor to further what Jesus taught in his manner, since he made his wishes useful to everyone according to his secret capacity. Therefore take all those who call themselves after his name as friends into your midst. His messengers go into all lands, and by their greeting you will recognize that they are of our Order. You may be helpful to them, as our Order in Jerusalem and all of Palestine served this Son of the Father in Heaven.

This is what I have to say, and the Eldest of the Order have themselves seen what I have written. My own eyes have seen Jesus and my own ears have heard him. I am on terms of friendship with Joseph, who is of the High Council of the Order. Convey to the Brethren the greeting, -- 'Peace be with you!'

Nothing contained in the foregoing translation is meant to, nor should it detract in any way from the teachings of the Christian religion.

We do believe that there has been much magnification of the personality of Jesus by the Christian religion as heretofore and currently taught. We have heretofore said that there are far too many who believe in Jesus, but do not believe Jesus as he taught. Surely we would not desire to detract from the glory of an Essene -- one who taught the Science of Life - as a solution to all problems, here and hereafter, and disclaimed vehemently personal credit. --- "The father in me doeth the work." -- and -- "This and greater things can ye do."

Let us believe in the natural - not the supernatural. Understanding universal laws and avoidance of the violation of them has its rewards which seem supernatural or "too good to be true." -- We can by observance of the simple laws of life attain for ourselves and those dear to us the good things of life. 'Tis well to broaden the scope of "those dear to us." -- Thus can come about the Brotherhood of man.

THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

FROM ALL MANKIND

COME YOUR MATERIAL BLESSINGS!

Every blessing has its price; frustration and pain are of the world as well as fruition and joy. Perhaps as a people we are, intellectually and emotionally, adolescents.

As we look upon the world today we suspect that a few simple truths have been much complicated.

Everywhere we turn -- Reader's Digest, Saturday Evening Post, and all the national publications, the Sunday Supplement and magazine sections and the "advice" columns of the dailies, in the movies and in the "best seller" books and on the radio, we find psychiatry stressed, played up and often made weird and ridiculous.

Long before this fad and fancy struck the public conscience our material was in print, pointing out that the mind, sending its messages through the nerves of the body, played an important part in man's health and well being.

We trust, however, that our simple, common sense treatment has not caused our students to worry about their worries and caused them to interpret each problem in terms of neurasthenia, deep seated feelings of guilt and compulsion neuroses.

In fact we would advise that with respect to your "troubles" you just say, "Well! That's that," -- and by substitution of positive, constructive thinking about an objective, outside of yourself, you banish the negative contemplations. --- All worry is of "self" -- even though you may try to console and even elevate your ego by saying it is with respect to others near and dear.

Instruction #121 is another effort to simplify and bring home to you that life has a meaning and that the way of correction of evil is a matter of "simples" in correct order and that the weird and ridiculous comes from minds which have too long considered "wackiness" and have mired in their own weirdness.

The world needs service to mankind -- Why not! From all mankind come your material blessings.

Sincerely,

THE ORDER OF THE ESSENES

By

S. Hammer Davis

Enc. 121



THE Essenes

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Instruction Headquarters - Tampa, Florida

INSTRUCTION 121

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

THERE IS A WAY OF LIFE WHICH LEADS TO THE CONVICTION
THAT WE ARE IMMORTAL.

LEARN THE THOUGHTS AND WAYS OF THE GOOD, THE WISE AND
THE GREAT.

SO ACT IN DAILY LIFE THAT YOU WILL BE A BLESSING TO
OTHERS.

TRIUMPH OVER WHAT IS LOWEST AND WEAKEST IN YOU, AND
CULTIVATE WHAT IS HIGHEST AND BEST.

DISCARD THE FALSE - COME TO RECOGNIZE WHAT IS REAL,
TRUE, LOVELY AND OF GOOD REPORT.

SO COMMUNE WITH THE ETERNAL AS TO MEET EACH HOUR WITH
POISE, CALM, STRENGTH AND COURAGE.

THE PERFECTION OF MAN IS THE DIVINE PLAN; RECOGNIZE
YOURSELF AS A WORKING PART THEREOF, AND BY SERVICE AND
PRODUCTION ADD TO THE WORLD'S SUPPLY OF GOOD.

AN ATTUNEMENT IS POSSIBLE TO ALL

Knowledge is acquired by intelligence. Truth often, to you and to me, comes through intuition. Both are a source. Have we not over-emphasized the importance of the one to the neglect of the other?

One comes from striving, from effort, and by the route of the material senses. The other more often comes when thinking is in a calm - the mind is open - and there is a desire in the heart unsatisfied.

It is remarkable indeed how many of our philosophers and those accorded great in all fields of endeavor have loved to fish or wander alone in field and forest and by the banks of streams, lakes or pools. Many were judged to be shiftless, lazy and dawdlers. Many in their school days did not rank highly scholastically.

But this we believe will be found true -- they had a love in their heart for truth - and carried to the secluded spots they sought some great desire. There, they found an atmosphere uncontaminated with mass thinking -- there they synchronized with the pure stream of omniscience - and new thoughts and new ideas came down from on high - and truths were born for man's observance.

Dr. Lecomte du Nouy in his book, Human Destiny, gives the best answer to the question often asked: - "If there is a God, how can he permit all the evil that is in the world." - He says that in the beginning of evolution, progress depended solely upon God. Now it no longer depends solely on Him but also on the effort made by man individually.

By giving man conscience and free will God abdicated a part of omnipotence in favor of his creature -- Thus he breathed a spark of Himself into man. This liberty is so real, so actual that God himself refuses to interfere with it. If we accept the fact that a supreme power has created the laws of life then we must know that the creating power will not prevent these laws from operating.

Lecomte du Nouy is one of the world's outstanding biologists - a man among men in the world of science, formerly of the Rockefeller Institute and the Pasteur Institute. He shows by strictly scientific reasoning the fallacies of the materialistic philosophy - and as Dr. Robert A. Millikan says, no man can do the job he has done unless familiar with the modern findings of mathematics, physics, chemistry, biology and philosophy.

It is here we note, not in self praise, but with deep humility, that these findings are in full accord with these Essene teachings - and emphasis is laid upon the fact that the supreme power is present and available to all - that man's purpose is to be a medium of infinite expression - and there is meant no detraction from the work of Jesus in anything presented. He was a man - probably the most perfect medium of expression of the infinite. We do say, however, that no intermediary is necessary for the contact with the infinite - and that the worship of a teacher might possibly place the emphasis in the wrong channels. The teachings are the things for acceptance.

The observance of the known laws as Jesus taught and we have endeavored to modernize, simplify, and explain, is the sole requirement of what the religionist calls "salvation."

The world today sees many specialists in the medical world. Some devote their attention exclusively to the eye - ear - nose or throat; others to heart ailments; others to ailments of stomach or intestinal tracts. The specialization has gone so far that we have about as many specialists as we have organs of the body.

It is our humble opinion that this is following a belief of disunity. More to be desired is to follow along the line of a belief in the unity of man. The universe is one - The laws of the universe are expressed alike in the infinitely great and the infinitely minute. This world and this Universe and this life we live, if they teach anything, teach interaction and interdependence.

From our knowledge of the atom and the make-up of the atom we inevitably arrived at the conclusion there is a primal energy - and that from this energy or force or activity the whole universe was fashioned. Energy or force or this primal activity and matter are interconvertible, transmutable and interchangeable. Every substance in the universe is in reality a condensation of this force or primal energy. We know these substances by their behavior or activity.

Health is harmony in activity. Disease is but an expression of disharmony. Breathing or respiration - food and digestion - are the fuels of or entrance of activity into the human body. Hence the importance of correct breathing as taught in early instructions - and of correct eating.

Far greater authorities on the source of disease than we are declare that practically all, if not all, of the micro-organisms causing infection from without stem from micro-organisms which were once resident in the intestinal tract of man or animals.

Freedom from disease due to infection would be the lot of man if intestinal intoxication were banished from the earth. Micro-organisms, said to be the source of infections, play a smaller part in disease than is thought to be the case. They are ineffectual and nature eliminates them, except in the cases where a weakness has been developed and the organisms find a fertile soil for lodgement and multiplication.

Thorough elimination of waste products from the intestinal tracts is highly important. That is one reason many religions have some season or occasion for fasting.

If micro-organisms play the minor roll in disease, then the keeping of the whole body in balance and maintenance of a harmony is the major problem. The main functions of the blood are to collect activity and to convey it to the cells of the tissues and organs of the body. This activity may be called vital force.

We now revert to the fact as pointed out in our instructions that mind is a product of forces or activities - sense forces - constitutional or organic forces - and cosmic forces, playing upon the physical brain, and is in itself a force or activity - electrical in nature - and that this force or activity is the chief cause of inharmony in the human system.

The fact is that the actual lesions in disease are produced by the precipitation of hydrated protein particles in the areas affected and it is only later, if at all, that they are invaded by micro-organisms.

This precipitation or congealing is the result of inharmony, and inharmony is the result of inharmonious thinking or mind action.

Every thought has its congealing and creating capacity - creating the material from energy or force - and inharmonious thoughts create varying chemicals, which are carried by the blood stream. -- Little wonder is it then that different inharmonious thoughts have different effects. -- Upsets in the love life effecting the teeth --- thoughts of inadequacy causing asthma --- thoughts of resentment creating arthritis, and so on through the list as found in these instructions.

Scientific research has marshalled all of the energy, enthusiasm and effort of our people and we have gone far -- nearly to the point of self destruction, all to the end of material gains.

The day fast approaches when we must put that same enthusiasm, energy and effort into human betterment.

We feel that our efforts point in that direction, and we are humble in our role of disseminators of truth and are tremendously proud of our student body who share in our enthusiasm and by their voluntary contributions enable us to ever expand.

In schools we teach reading, writing and arithmetic, and a varying assortment of subjects said to lead to the accumulation of knowledge. We teach grandly upon almost every subject, but neglect the most important --- an understanding of ourselves.

The medical schools do treat upon the human as a subject - but in the study they separate him into parts -- bone, tissue, organs -- but say nothing of man as a unit in the universal. In most public schools any reference to religion is barred because of jealousies of denominations and sects - differing beliefs of the role of Jesus - differences as to baptism - rituals - authorities - dogma and interpretations of the Bible.

It might come about that there will arise a conception of religion as a way of thinking and a way of living. Our thoughts are real, our loves are real, our emotions are real, and all of these are effective - but they are among the invisibles.

Atoms are real - protons and electrons are real - cosmic rays - X-rays and infra-red rays are real --- and these too are invisible.

Fear is real; so is faith, as are happiness and misery -- all invisible - (not so the effects). Surely, we can teach that "As a man thinketh in his own heart, so is he" without the introduction of disputed questions of religion.

So-called "Human nature" let alone in an individual will no more thrive than science will thrive without thought and effort.

"Life Science" will some day take its place in the sun -- and we trust that you, the student, will have pride in your part in maturing this infant of light.

As of 1946 - at this revision - there are approximately four thousand practicing psychiatrists in the United States - and they are over-run. And such treatments as they undertake average about \$1000 per case.

Possibly the answer is not more psychiatrists, but moderate attention by all to the fact that life is a science. To bring about peace of mind, and living harmoniously with one's self and associates is purely a matter of the control of the emotions, the bringing about of an inner serenity -- peaceful living. We have often mentioned "good will" as an avenue to "peace on earth."

To understand "good will" let us turn the coin over and see what we find. --- Jealousy - grudges - resentment - smoldering and hidden anger. The sure sign of greatness is found in one who is magnanimous in dealing with those who are hostile, ungrateful and even crude.

The greatest satisfaction one can know is to be magnanimous under trying conditions - and the reason for that glow is a realization that one "has arrived" in the matter of self control -- and be it remembered ever that when one can control self - the control of all else desired is simple in comparison. Another flower blossoms, too --- a real self respect.

Self respect or self pride is unassuming -- it sparks an inner light -- and is never seeking recognition. If there is arrogance, cockiness, and an overbearing attitude, self pride is totally absent and instead you have within a feeling of guilt, a self hatred, and a sense of humiliation. -- Just another description of inferiority complex - and upon this the psychiatrists flourish - and the patients flounder.

Life has a meaning -- He who recognizes that he is one with the infinite -- that he has become a part of the life of today for a purpose and who seeks and pursues a purpose - and unselfishly devotes himself to persons and causes outside himself, will need no psychiatrist. -- And experience in a life of service will bring an abiding conviction that there is within and without man all the power, intelligence and strength to carry out the purpose, and always available to him, if he depends upon it -- and gets still and awaits its inflow.

* * * * *

THOUGHT GEMS

Life aims propelled by a love of power will likely lead to disaster, but a life of service coupled with the power of love is insured a safe voyage on the most tempestuous seas and in the end power is entrusted to him who sought it not.

Love of power is self-seeking. The power of love encompasses all mankind. It's the old, old story over again -- "As ye give, so shall ye receive." -- So simple it is unbelievable to many - and these are the people who have the fears, tensions, and nervous break-downs and have called into being psychiatrists - and have elevated psychosomatic medicine to a place in the sun. -- May all this lead to the discovery by the many that the mind is the master, and the seeking should not be for a master mind outside of themselves -- but for a recognition that the mind of man and the mind of God are one -- and an attunement is possible to all.

CONSIDER

In our modern times we think much of our progress, and pride ourselves upon our intelligence. We read the Bible and consider it a fountain source of wisdom.

In about the year 550 B. C. there was born a Chinaman. He experienced great poverty in his youth - his father having died when he was three years of age.

In his twenty-second year he established a school, not of boys to be taught the elements of learning, but of young and inquiring spirits who wished to be instructed in the principles of right conduct and government. He accepted the substantial aid of his disciples, but he rejected none who could give him even the smallest fee, and he would retain none who did not show earnestness and capacity.

He lived to be sixty-nine years of age - and his work comes down to us of this day. It was doubtless available to the Essenes and to Jesus.

Mark you well -- he died 478 years before Jesus was born.

For a study in logic, for an example of reasoning, for great wisdom - consider this from his pen:

"Things have their roots and their completion. Affairs have their end and their beginning. To know what is first and last is the beginning of wisdom.

Those who desire to create harmony in the world must first establish order in their own communities. Wishing to establish order in their communities, they must first regulate their own family life. Wishing to regulate their own family life, they must first cultivate their own personal lives. Wishing to cultivate their personal lives, they must first set their own feelings right. Wishing to set their feelings right, they must first seek to make their own wills sincere. Wishing to make their wills sincere, they must first increase to the utmost their own understanding. Such increase in the understanding comes from the extension of their knowledge of all things.

Things being investigated, their own knowledge will become extended. Their knowledge being extended, their own understanding will increase. Their understanding being increased, their own wills will become sincere. Their wills being set right, their own feelings will be set right. Their feelings being set right, their own personal lives will become cultivated. Their personal lives being cultivated, their own family life will be properly regulated. Their family life being properly regulated, their communities will become well ordered. Their own communities being well ordered, the whole world will become happy and peaceful.

From the greatest of men down to the masses of people, all must consider the cultivation of the personal life the foundation of every other thing."

This man laid no claims to having any divine revelations. He said that the rule of life for men in all their relations was to be found within themselves. To him there was available the work of sages and wise men of his country for thirty centuries or 3000 years before. From these he gathered much that he transmitted. He said of himself he was not a maker but a transmitter. ---- This was - Confucious - whose clan name was K'ung, and Confucious is merely the Latinized form of K'ung Fu-tze, meaning "the philosopher of master K'ung." ---- And some people doubt that Jesus - from the age of twelve to thirty, when his ministry began - was schooled.

THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

OUTWARD DISCIPLINE -- EVIDENCE OF INWARD SPIRITUAL STRENGTH:

All of us experience intervals when we feel the need of re-establishing our sense of unity with the Divine Spirit, and Instruction 122 and subsequent instructions will be helpful to you in preparing you to make the readjustments necessary for creative living.

The trend of our modern day living with its constant activity is not conducive to the cultivation of the periods of quiet and utter tranquility that bring us en rapport with Universal Mind.

Individual thought, allied with the emotions, has produced all of man's creations. Every form of art and science, every tangible thing that we see about us, apart from Nature herself, has come from individual thinking.

The fifth thing we do as children is to think. But this is a propensity which the average child is never permitted to indulge for any very great length of time, for he is bundled off to school, where he is given a number of little volumes called "test-books" which correctly inform him just what some other individual thought.

It would seem that the process of inhibiting thought has been reduced to a science, with the result that our thinking is almost never individual. We follow blindly as sheep in the groove traced for us by tradition, convention, and our particular ancestors.

You, as a student of Life Science, are an exceptional person. Your quest is that of self-development through the understanding of Truth, and by this route you come to experience the fullness of living and are of the greatest service to others.

The effect of mere resolutions to do things differently may help for the time being, but their results are only temporary. If anything about your life is not going as it should, if your hands are not doing and your lips are not saying what they should, the controls should be adjusted. The remedy needs to be applied at the point of motivation -- the thought life.

Our desire for you is that you put into practice the remedial disciplines we prescribe - that you may know the supreme happiness that is your heritage.

Very sincerely yours,

THE ORDER OF THE ESSENES

By

J. Hamner Davis

Enc. 122



THE Essenes

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INSTRUCTION NO. 122 Assuring to the Accepted and Acceptable
HEALTH, HAPPINESS AND SUCCESS

"WITHIN YOURSELF LIES THE CAUSE OF
WHATEVER ENTERS INTO YOUR LIFE. TO
COME INTO FULL REALIZATION OF YOUR
OWN AWAKENED INTERIOR POWERS, IS TO
BE ABLE TO CONDITION YOUR LIFE IN
EXACT ACCORD WITH WHAT YOU WOULD
HAVE IT."

-- Ralph Waldo Trine

S E E K Y E - - W I T H I N

One could not know our students as we know them without a supreme faith in the inherent goodness of all mankind. Deep is our spirit of thankfulness for this understanding. Our supreme desire is to measure up to the high standard set by our sense of obligation to those we are privileged to serve, that we may step by step show to them and the world that the inherent goodness within each is but a true reflection of the real You of their being, and that its encouragement and expression is the way of attainment.

There is a way open to the serious to know and to contact, to recognize and utilize the real You of their being - with its contacts with the Infinite. There is a way to fully comprehend that there is only one Subjective Mind of which we all partake, in which we are all immersed -- the great Oversoul, and that this Universal, Omniscience, Omnipotence (which is absolutely impersonal) is available to all and is Omnipresent.

Even in the search of this understanding there are satisfying rewards. That you may recognize and realize the unity of the soul, and the over-soul, the unity of the spirit of man and the universal spirit is the object of our Instructions, henceforth and to the end.

We deal with it not as something mysterious or supernatural. It is the natural. But man by his materialism has wandered far and has given his attention to the personal ego, mind and matter, to the objective world of his material senses. He has been immersed by his senses and emotions. His attention has been outward and not inward, his interest has been centered in his physical well-being, his desires have been dictated by what may be termed world consciousness, as opposed to self consciousness. His awareness has been objective and not subjective.

There is nothing wrong with a man's desire for personal well-being, for health, happiness and material blessings. --- These are his intended heritage, but the way of attainment is not by direction but by indirection. Simply stated: If a man seeketh these things directly as a satisfaction of the personal ego, and in the spirit of self seeking driven by the dictates of pride and conquest, he has lost the way. Whereas, if he comes to the realization that he has a mission on earth, a mission of service, and finds his own soul as immersed in and a part of the over-soul, the way is opened unto him. --- His happiness is real, his health is a life abundant, and his material well being is satisfying and a blessing to him and to mankind as a whole.

We have heretofore dealt with mind, the findings of science, the body as a physiological unit, and subjects without number, laying a foundation which in our judgment would prepare all serious seekers after Truth and the truth of their real being to grasp by way of the route of intelligence the fact that there is an entity -- "the self" -- the "I" of being - a soul - a spirit - a life over and above their physical and their mental or intellectual.

This preparation we believe will further enable them to direct their gaze inwardly, under simple direction, and come up with the satisfying conviction that they really are a soul in command of the physical and the mental, and the realization that this soul is a part of an over-soul -- the Infinite, and that life is a unity with life universal, without beginning and without end.

We have called your attention to that which a great philosopher once said: "As above, so below." Man is, on a reduced scale, exactly what the Universe is on an Infinite scale. Man is the microcosm and the universe is the macrocosm.

You are at the very center of your universe. You look outward and see results. You look inward and see the cause.

Heretofore we have dealt with psychiatry, psychosomatic medicine, psychoanalysis. From it you will note that it deals with the mind, and we ask you to particularly note the dealing is with the past errors of the human mind ---- the object, a correction of the consciousness created by the patient's own free will and choice as a solution of the problem of the best way of meeting the world as it is.

The psychiatrist has as his only tool or instrument the mind and "talk" -- call it suggestion, mental probing or what you will. He deals not with surgical instruments of steel, nor with chemicals, drugs, and medicines, except when he administers those sleep inducing drugs, heretofore dealt with as hypnotics.

We have emphasized the physical effects of mental errors throughout these instructions and called attention to the recent and limited acceptance of this by the medical fraternity.

The story is told of a patient in the Pennsylvania Hospital's Department for Nervous and Mental diseases who had been confined for fifteen years. This patient was forever endeavoring to curl herself into a ball, had no incentive for eating, and had not spoken a word in three years. Medicines had been ineffectual. It was one of those hopeless cases - the effort being just to sustain life.

A Professor of Psychiatry was conducting a tour of the hospital accompanied by a number of the students under his tutelage. When he came to the bed of this patient stated the case thusly: "As characteristic of her disease she has split herself off from the world of reality. We do not know what caused her to do so, but according to Freud's theory of schizophrenia she has made a complete regression to an infantile state and is seeking to resume the fetal position."

The doctor was called away at that moment. When the patient saw he was beyond hearing distance she spoke to the observing students thusly: "Did you ever hear such ---- nonsense in all your life!"

The sequel of the story is that she from that moment made a rapid recovery and in a few weeks left the hospital and lived a normal life for ten years thereafter and died of a heart disease.

So it goes ---- When the error planted in the subconscious is brought to the scrutinizing attention of the conscious mind and it is termed "---- nonsense" - the release is accomplished and nature or the superconscious is free to do its work. And we again stress that the superconscious ever works for perfection. That is its nature.

Let it here be noted again that man's gift of free will is a heritage which can and does often work ill - and all because his gaze is outward and seldom inward, and by inattention he has almost lost the sense of unity of the conscious and the superconscious.

To regain this sense of unity is not impossible; likewise it is not easy, but is attainable by the serious and earnest individual who will give some time to the task of making a life -- and the time need be but meager as compared to the time most devote to making a living.

Directions leading to that desirable end is the task we set for ourselves, prayerful that they may be effective and with full confidence in the worthiness of those

who have traveled thus far with us.

Just as words are tools we use to describe the things of which we are conscious, right thinking is one of the most tangible tools we have at our command for self development. Right thinking is a powerful, creative force that is our birthright, by which we can all accomplish the worldly aims that we desire, and by which we can transcend these desires to the plane of helping others to orient their lives. The world you see and experience is the world that you, consciously or otherwise, have created.

You know that Thought is the genesis of every material object that we see or use in our life. The chair in which you sit as you read these truths had its pattern and size determined in the mind of the furniture craftsman who designed it before it was ever manifested in its present physical form. The great aircraft which spans oceans represents the highest development in western civilization of the techniques of metallurgy, structural engineering and scientific research. The aircraft itself is the culmination of the thoughts and thought forms of many different men pooling their ideas, but in essence it existed first in their mind's eye before it took form on the engineer's drawing board, and later on the production line.

The great masterpieces of Rubens, DaVinci, El Greco, which thrill the art lovers of today all had their origin first in Thought.

Throughout these Instructions we have taught and you have come to understand the primacy of thought and its being the source of all physical manifestation of art, literature and the economic works of man, such as factories, means of transportation and commerce.

You are learning to incorporate this concept of thought as being the source of all good into the every-day pattern of your living and being. By your aspiring to a life more full -- more meaning-ful -- and of greater service to others, and by giving of yourself in the many ways we have taught you, you have set into motion that great law of cause and effect -- and have in turn become recipients of your own giving. (We refer you to Instruction 18 - The Law of Balanced Compensation).

We call these things again to your attention to re-establish, if need be, in your mind the fact that the growth and development you have thus far experienced during your study with us has come about by your use of the creative process that is your natural heritage, your contact with the one Power, Divine Mind; your demonstrations evidencing the Fact that at the very center of your being are all the attributes of God.

Man is not a body with a soul: man is a soul with a body, and it is toward the bringing about of the individual realization and understanding of this and of the interrelation of man's soul with the Oversoul that we serve as guide.

The preparation for bringing about and maintaining this realization, this Knowing of your Oneness with the Infinite is an inner process. The development is mental and spiritual, and that is brought about by mental and spiritual exercise, just as physical exercise develops physical strength.

In this mental and spiritual development, the importance and value of Concentration and Meditation, as we have taught you, cannot be over-estimated. The habit of concentration will by itself tend to discipline the mind so that you

will readily exercise control and selection of thoughts that drift to you from the outside. Meditation, the process of realizing the Divine plan and order, of attuning one's inner life to a realization of his Divinity, and of making it conform to the attributes of the Divine Spirit, is the way to a "re-birth." This leads to a re-arranging of the building blocks of the Universe by means of the invincible forces of thought, to materialize in the pattern you desire.

The two skills of concentration and meditation give a man the power of withdrawing from the turmoil about him, the result of which is a greatly increased energy in work and a greater self control and serenity.

The man of meditation is one who wastes no time, scatters no energy, misses no opportunity -- for he is aware that something inside himself is superior to circumstances. Such a man governs events, using the power of his thoughts for wise and good purposes. He does not waste energy in worry, in being depressed or troubled, or in undue excitement. He has no time for argument, knowing that Truth is many sided and that there is room for a diversity of opinion.

Through the discipline of meditation Jesus became conscious of His Divinity -- through meditation you too can become conscious of your Unity with the Universal.

In our next instructions we shall direct you in the techniques of realizing, recognizing, and utilizing Spirit, as a means for revealing to you what effort you need to make and how to make it to perform well your mission on earth - and thus fulfill your Destiny.

* * * *

GEM THOUGHTS

"It is not the number of books you read, nor the variety of sermons you hear, nor the amount of religious conversation in which you mix, but it is the frequency and earnestness with which you meditate on these things till the truth in them becomes your own and part of your being, that ensures your growth." --- F. W. Robertson

* * * *

"Wisdom allows nothing to be good that will not be so forever; no man to be happy but he that needs no other happiness than what he has within himself; no man to be great or powerful that is not master of himself." --- Seneca

* * * *

"Real knowledge, like everything else of value, is not to be obtained easily. It must be worked for, studied for, thought for, and, more than all, must be prayed for." --- T. Arnold

* * * *

THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

BY YOUR DEVOTION

YOU SHALL KNOW TRUTH:

During the daily devotions of thousands of Hindus, this ancient prayer is heard:

"As different streams, having different sources,
All find their way to the sea,
So, O Lord, the different paths which men take,
All lead to Thee."

As the title of this Instruction, The Gateway to the Path, indicates, you are upon the threshold of the greatest period of enlightenment that the Essene teachings can enable you to attain.

The many Instructions you have heretofore received have presented the fundamentals in small fragments and have set forth the principles upon which the Universe and man function, and those of you who have come this far are approaching the most fruitful period of your study, to which you have confidently and aspiringly devoted many months of preparation.

For each one of you who have been faithful in the study, there have been those who have stopped along the wayside, unwilling to make the sacrifices and observe the disciplines that are necessary in the building of a firm foundation for this glorious structure of advanced thinking that is the Essene way of life.

You who have traveled this far with us are truly the elite of a relatively small group of contemporary intellectual life. You have merited this by your devotion to Truth and your willingness to do something about it, and we know you will continue the giving of yourself which is so vital to the final phase of this work to bring it to a sharply focused, integrated panorama of the most ancient teachings of man. When you have completed this you will find in your possession a shining tower of perfection - Truth - which will be your source of great inspiration, comfort, and the ability to live life to its fullest and to give freely of yourself to your fellowman.

The world today is indeed at a crossroads, and the collective thinking of advanced minds has never been more sorely needed to prevent civilization from slipping into the abyss of unenlightenment.

--- Therefore, we progress together, and by your devotion you shall come to know Truth.

Very sincerely yours,

S. Hamur Davis

#123



THE **Essenes**

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INSTRUCTION 123

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

"THE LIFE-PRINCIPLE OF EVERYTHING IS INCARNATED IN ALL THAT LIVES, FROM THE LOWEST TO THE HIGHEST. MOST OF US ARE RUNNING HITHER AND YON, SEARCHING FOR REALITY OUTSIDE OF OURSELVES, WHEN, ALL THE WHILE, THE CONSCIOUS REALIZATION OF THIS INNER DIVINITY IS THE UNVEILING OF THE CHRIST: IT IS INDWELLING, AS WELL AS OVER-DWELLING, AND THE CHRIST IS FOREVER INFOLDED WITHIN HUMAN PERSONALITY. THE SEARCH FOR REALITY MUST EVENTUALLY END IN THE REALIZATION THAT IT IS WITHIN. AND HE WHO SEEKS THE CHRIST OUTSIDE HIMSELF WILL NEVER FIND HIM."

--- Ernest Holmes

THE GATEWAY TO THE PATH

There is no place in our Universe where there is a state of absolute rest. Scientists have discovered that matter in its ultimate character is composed of electronic energies moving at high rates of speed, and in examining human consciousness we find the same incessant activity with numerous thoughts, impressions and desires constantly streaming through it.

Our experience of the world is nothing but our thoughts of it. We see that the law of constant movement is not limited to the material, but also determines the mental. We begin to view the Universe, not as a structure, but as a flow -- it is a state of ever becoming rather than one of settled being. As we make this important concept a part of our being, the materialistic ideas of stability and solidity which the senses render to us become mere appearances, and we realize Nature as consisting not of things, but rather as a continuous series of happenings.

We arrive at the conclusion that we live in a world where the final reality is not an immobile thing, but an ever active force, which appears as though it were a thing. Does this not broaden your concept of all Life - of the Real You as an integral part of all Life - and of the harmonious, fluidic pattern of the evolution of all Life?

When we have reached the full realization that Universal Intelligence - Mind is the ultimate reality out of which all life stems, and when we have incorporated this profound truth into our every day thinking and living, we have made a great advance in the Essene way of life. We understand the transiency of all things, be they wealth, civilizations, or the tremendous number of physical manifestations in plant and animal life. It brings the realization that the true substance of life is not in these short-lived manifestations - that they are but the appearances.

Our purpose in presenting these Instructions is to reveal to mortals their immortality. Man is prone to fit every experience into the pattern of his existing ideas. It does not often occur to him that his pattern is so imperfect that he can only find what his experience really means by transcending this pattern.

One of the fundamental truths of Essene teachings is the universality of all life. Human, animal, mineral and vegetable life - all have their origin in the same Source and are simply different expressions of the Universal Life Principle in action.

All of these manifestations of the Life Principle are evolving within their own spheres. Science has proven, as we have pointed out to you in our Instructions, the mutation of botanical plants. Physicists are learning more about the evolution and change of minerals. The culmination of this knowledge is becoming evident in this atomic age. The source of atomic power is due to the change of the atomic structure of certain minerals. Man is evolving in his physical form, as has been proven by leading anthropologists.

The Universe is mental in its substantial nature. If thus the universe is understood in accordance with its nature - then the mind is the highest power effecting its phenomena. Man, as a part of the Whole, has only one real purpose for being -- It is his sacred duty to do the utmost to further his own evolution, and it cannot be accomplished except by his conscious direction. This is the only method by which he can contribute the greatest good to mankind while upon this earth.

What is the pith of this presentation of ideas? Certainly! That man, endowed with the greatest gift of all creation, his directive ability, needs to be brought to the realization that the loftiest of all these series of evolutions is the evolution of his own soul. He has demonstrated that the forces of nature are subject to the direction of man. He has changed the character of flowers, animals, fruits and trees, because the Mind of Nature is passive and moves when the intelligence of man moves upon it. He can produce "seeming miracles" then with respect to the development of his own inherent qualities.

The universe being wholly mental it follows as a logical sequence that it may be ruled only by mentality, and the student of Life Science who has learned to live in the realization of his Oneness with the Infinite Power has learned that he has become a magnet to attract to himself whatsoever things are necessary to his well being. The Trinity is mind (the ideal) spirit (consciousness) material (materialization). The degree in which we live in realization of this Oneness is the degree to which we actualize in ourselves the power of materialization. Make manifest the Kingdom of Heaven that is within you!

All creation is thought objectified, and the universal creative substance is man's to command. He needs but to formulate the objective, envision an idea and by desire project it into the circumambient sea of power.

We have taught you throughout the Instructions to maintain an attitude of constant watchfulness with regard to all thoughts that enter your mind, for the mind is like a magnet, attracting and repelling, and the character of the thought pattern that becomes your nature is determined by the kind of thoughts you habitually encourage.

The ability to concentrate can be used to effective purpose in strengthening the good in the individual - You - and is an all important element in your preparation for further spiritual advancement by the route of daily meditation. Through concentration the mind can be shaped into an instrument which can be used according to the will of the thinker.

At this point there comes to mind an experience related by Stefan Zweig, the distinguished Austrian writer, and great admirer of the work of Rodin. While visiting in the country home of the French sculptor, Zweig accompanied him to his studio one afternoon, where Rodin donned a linen smock, picked up his scalpel and passed the wood lightly over the soft clay of his latest work.

His strong hands awakened to life, his eyes kindled as he worked. This went on for half an hour, an hour. He was oblivious to everything but the vision of the sublime form he wished to create. He was alone with his work, like the Divine Intelligence on the first day of creation.

At last, with a sigh of relief, he threw down his scalpel and wrapped the wet cloths round the torso. Just before he reached the door, he caught sight of Zweig. He stared -- Only then did he remember, and was visibly shocked at his discourtesy. "Pardon, Monsieur," he said. "I had quite forgotten you. But you know ---." In Zweig's words: "Nothing has ever so moved me as this realization that a man could so utterly forget time and place and the world. In that hour I grasped the secret of all art and of all earthly achievement -- concentration; the rallying of all one's forces for the accomplishment of one's task, large or small; the capacity to direct one's will, so often dissipated or scattered, upon the one thing."

Advanced spiritual methods in ancient times were almost always reserved to those who had renounced the world. In this modern age such a renunciation is not only impractical for the great majority of people, but even inadvisable. For the way to higher life must and can be found in and through the world and not outside of it.

Man, however, has to make a sacrifice in order that he may be able to enter the higher spiritual planes, and this sacrifice is the renunciation of man's bondage to the constant stream of errant thoughts which make him believe that the world he perceives by his senses is the ultimate reality, which it is not. The senses only perceive the appearances.

It is when man turns his attention inward and explores the source of his being that he discovers rare treasures which lie buried in the recesses of his own being.

How is man to begin this search to find the mystery of the I? What is the Soul? What is the meaning of Eternity? These are all questions which have preoccupied the thoughtful men of every age, and there are some who have delved deeply and have found their solutions. These ancient lores hold genuine and valid answers to the riddles that trouble the modern mind also. These ancient sages have made it possible for the present day man to reach the same discoveries by following the methods of religious approach and psychological techniques which they evolved and which are the door to vital personal experience in the spiritual plane.

The Essene practices used to plumb the depths of man's innermost being have something of the nature of prayer in them, something of the nature of sustained intellectual effort along a single line, generally called meditation. Through these practices persistently and confidently performed, man does eventually discover his own deathless spirit. Man goes along, quite unaware of the depths which lie below the surface of his being. He is conscious of only a small part of what goes on in his mind.

All methods of meditation are based on the principle of cutting oneself off from the awareness of the outside manifested world and the sense perceptions of the conscious mind by some physical, mental or emotional practice, in order that we may become aware of the deeper levels of the mind.

There is no one set method of approach that is entirely compatible to the many different mental make-ups of individuals. The Essene teachings do not quibble about the way of attainment, but allow each man to choose the approach that suits him best, knowing that the ultimate attainment is identically the same. There is but one ultimate power throughout the universe, and whoever becomes aware of it today will find it the same as it has always been. The Divine essence does not change. Only man's ideas about it do.

The form of meditation most familiar to the people of the western world is that of religious mysticism, with Christianity the leading form. The great Christian saints have written how they attained religious ecstasy by repeated contemplation of the mental image, life and teachings of Jesus the Christ, usually combined with the renunciation of the world and rigorous asceticism. The effectiveness of such a method depends upon possessing a deeply religious temperament, and intense devotion which wells up during periods of silent mental worship. It is possible for man, by intense devotion to God, to lift himself through the power of purified emotion to the point where he feels his personality melting away and becoming a part of the larger being of the soul.

Man cannot lose his source in the Infinite, although he may temporarily lose his awareness of it. The Essene teachings present an approach that will possibly be more compatible with the skeptical, inquiring mind of modern man - a path based on the use of reason.

This path of introspective, self inquiry, combines the rationality of analysis with the power of meditation and can be practiced by anyone at any time. It is simple, direct, primarily intellectual, and has no connection with any particular cult or religion. The technique is simplified and designed for our own time, where a life wholly devoted to meditation is impossible, and where most people are compelled to live in constant activity.

In pursuing these teachings we attempt to reveal some of the secret, subtle but definite laws that govern the working of man's innermost mind and his soul. Obedience to these laws will put him in tune with the best in life. Jesus said: "And the Kingdom of Heaven is within you, and whomsoever shall know himself shall find it."

The follower of these techniques will have to think out analytically each step of the way from man's normal state of consciousness to the interior spiritual attainment. He who follows this path, accepts these truths and practices these techniques will free his mind from its restlessness, sharpen his concentrative powers, and achieve peace of mind.

* * *

THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

SEEK

AND YE SHALL DISCOVER:

Beginning with this Lesson and those to follow we shall seek to reveal to you, our devoted aspirants, the basic steps to successful meditation.

As are so many things in life, the steps to successful, fruitful meditation are quite simple and rational. It is only in the beginning of its practice that we will find obstacles which tend to divert us from our goal.

Be steadfast in your determination and you will soon find out the hour of your meditation will be one greeted with quiet expectation. It will be a step toward final fulfillment. Its quiet strength and harmony will carry over into your daily activities and help you greet the new day as a child. To a child each new day is one of great adventure and new discoveries in an ever unfolding world of wonder.

The words, "Be still, and know that I am God" will take on a new and fuller meaning. You will begin to know that you are a part and instrument of the Universal Life.

It is only when we lose our awareness of our Oneness with this Universal source and run counter to its unchanging laws, that we are beset with problems and tribulations. The basic idea behind the brotherhood of man, regardless of race or creed, is the basic truth that we all stem from this Universal source. We cannot harm, degrade or imprison others without hurting ourselves.

Through successful meditation, we not only find serenity, sanctuary, and inspiration, but we re-establish daily our participation in this universal life. We place ourselves in harmony with this universal source, and one day in the not too distant future we shall find the reason for all Life.

Very sincerely yours,

S. Hamner Davis

Instructor.

#124



THE Essenes

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INSTRUCTION 124

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

"LORD, MAKE ME AN INSTRUMENT OF YOUR PEACE; WHERE THERE IS HATRED, LET ME SOW LOVE; WHERE THERE IS INJURY, PARDON; WHERE THERE IS DOUBT, FAITH; WHERE THERE IS DESPAIR, HOPE; WHERE THERE IS DARKNESS, LIGHT; AND WHERE THERE IS SADNESS, JOY.

O DIVINE MASTER, GRANT THAT I MAY NOT SO MUCH SEEK TO BE CONSOLED AS TO CONSOLE; TO BE UNDERSTOOD AS TO UNDERSTAND; TO BE LOVED AS TO LOVE; FOR IT IS IN GIVING THAT WE RECEIVE, IT IS IN PARDONING THAT WE ARE PARDONED, AND IT IS IN DYING THAT WE ARE BORN TO ETERNAL LIFE."

---- Prayer of St. Francis of Assisi.

MEDITATION -- THE WAY TO SELF MASTERY

The average man finds that his mind jumps from one thought to another, and leads him on in a seemingly endless chase. Yet he has a definite responsibility for his thoughts, because they, in a seemingly mysterious way, have a very definite affect on his material life.

It may seem fantastic to assert that there is any direct connection between what a man thinks and his condition in the material life, but there are many allusions in ancient doctrines which prove that there is a definite connection between the condition of a man's thoughts and his material well being, and those who have practiced the Essene teachings for a sufficient time, and have watched the results of their practices in their own lives, will know that this is not fantasy, but actual truth.

Man's external life is very largely a reflection of his mental world. Man, in this era, has become so saturated with materialistic ideas that he has lost the awareness of the subtler powers of mind. However, the fact of this loss does not alter the fact of the existence of these mind powers.

The first step in every man's search to fulfill the evolution which Nature has set before him is that he must regain the sovereignty of the mind. He must regain control of his errant thoughts and feelings. This loss of sovereignty of his mind in this materialistic world accounts for a great many of the seemingly unaccountable sufferings of the modern man.

As an Essene student, you know that your life with many of its events and happenings is strongly influenced by your habitual pattern of thought. It is easy to see, then, that if we embark upon a definite experiment to change the circumstances and environments of the everyday life, as well as to achieve a sense of inner well being for which we all so deeply yearn. To those who are dissatisfied with their life, no practice could be more important than this of thought control.

There are higher reasons why such close attention should be paid to one's thought life, for it is through mind that one may penetrate the mysteries of the spiritual realm and discover the existence and the nature of the soul. A man can never discover his spiritual existence through objective proofs, but only by embarking upon a venture of an intellectual or emotional nature.

By directing the mind inward, the inner self opens up to the aspirant, and he crosses the border into a diviner state. Such thought direction is often called by various names -- Meditation -- or "Going into the Silence." Such practices devoutly followed tend to remake the mind, to make man see through the materialistic veneer of everyday life, and compel thought to serve man.

To begin upon this lofty search for the soul, man must fulfill the primary condition. He must set aside a fixed period of about a half an hour out of the twenty-four hours of the day, when he is able to retreat from the everyday activities and be alone in quiet and stillness with his thoughts.

Half an hour a day is the most desirable amount of time that should be devoted to this meditation, but if there is anyone whose everyday life is so closely ordered that he cannot devote a full half hour for such a lofty purpose, he may use fifteen or twenty minutes daily. The most important thing about this period of meditation is the quality of one's thoughts and the concentrated awareness with which the aspirant conducts himself. The length of time devoted is of secondary importance.

Those who cannot find a small portion of each day to set aside for this adventure of the soul are generally those who find much time for the everyday activities of reading newspapers, social engagements, and going to movies. The devoted follower of the Essene practices will soon understand that these consecrated moments of the day given to meditation are infinitely more important, for they will yield great treasure and definite gains to the aspirant.

One should fit this period of meditation into one's daily routine so as not to disrupt the duties of home and business, common to us all. With a little thought beforehand everyone should be able to fit in this period of meditation with the least disruption of their everyday schedule, and once this time has been set the same period should be chosen every day in order to establish a habit pattern and to make this quiet hour a definite part of one's daily routine.

With this habit pattern established it will become easier to divorce one's self from the outside world and enter into the meditation. It has been found that there are two periods in the day which seem to be of the least inconvenience to most people -- the hours of early morning, or early evening before sundown. Many prefer the early morning, because it is then that the mind is quiet and undisturbed, and the day's petty problems have not yet begun to disrupt man's serenity. Meditation provides a wonderful start for a day of work because its results filter into the remainder of the day, and it puts us in harmony with the rest of the Universe. We become less upset by the discords of the day, because we have created a store of serenity with which to confront life's problems. This period of mediation becomes a source of inspiration and ideas.

To some people meditation comes easier in the evening, when they are tired and are looking forward to the rest and relaxation that meditation produces.

These two periods have always been designated in the ancient teachings as particularly important periods when fruitful meditation can be accomplished. The periods of sunrise and sunset are time points in Nature's clock when life's daily activity merges into the passivity of nightfall or morning. At such time it is much easier for man to contact the innermost depths of his being.

As has been pointed out to you in an earlier instruction, it is not wise to select a time immediately after a meal, for then the mind is less alert and more sluggish because of the body's absorption of energy in the process of digestion. It will be found that Meditation is most successful when accomplished on a light or an empty stomach.

Another fine rule for the establishment of conditions of magnetic purity is to bathe completely or partially.

The most effective posture for successful meditation has been found to be that of sitting upright with the backbone straight and steady. Every attempt should be made to make this posture as comfortable as possible so as not to distract the mind from its meditation. The assumed position should be one where the aspirant will feel at ease and the least aware of his bodily existence during this period. One may sit upon the floor, or in a low chair or stool. The hands may be placed either on the knees, or placed one above the other, palms up, in the lap. The importance of whatever posture is assumed is that it should be comfortable, and the mind not be aware of any tensions that would tend to cause disruption of the period of meditation, but the position should not be one in which the position of the spine would be bent and the digestive organs cramped.

One should select pleasant surroundings, or a room whose environment is conducive to solitude and quiet. One should plan this period of meditation so that there is no danger of sudden intrusion. The seeker should practice, so far as possible, in a place of complete solitude and perfect quiet.

After having established one's self in a comfortable posture the senses of the body will still be active, doing their everyday job of transmitting sense impressions to the brain. These physical senses must be compelled to keep silent if one is to penetrate into the mind's depths. It is well to keep the eyes closed in order to shut out distracting visual impressions. If the eyes are kept open they keep us in contact with the physical world from which we are trying to momentarily sever ourself.

Then as one begins to relax and shed all the bodily tensions, the mind will be found to be slipping into quieter channels. Let the world drift slowly out of your field of awareness, and gradually turn the attention inward. Within you dwells that divine spark from whence you draw your life force. You will find that in stillness there is strength, that this stillness grows gently and the delicate poise which arises during meditation will be a veritable fountain from whence gushes forth power.

Take your meditations quietly, and when you have finished and are relaxed, let your thoughts simmer down and enter the world of activity again, as gradually as possible, attempting to hold to the quiescence gained during meditation as long as possible, and let this serenity carry over into your succeeding activities.

With the gradual slipping into the mood of mental quiet, it is time to begin the meditation by concentrating the full force of one's attention through successive thoughts upon any of the Essene teachings, or the life and teachings of the Christ, or even the beauty of a dew kissed rose. What really matters is the quality of concentrated attention given to the subject of one's meditation, the power to keep one's wandering thoughts completely fixed on the subject for a given time.

Concentration consists in stopping the ever-changing wandering of the intellect, and in keeping it steadily directed to a single line of travel by entering deeply into a special thought. To attain this one must ignore the physical impressions which are thrown into one from the outside world and to still the noise of worldly life into mental quiet and to keep out the horde of intruding thoughts by practicing conscious control of the mind during the period of meditation. One will have to set up a definite wall to the impact of the sense impressions which come from without and to the constant flow of thoughts which come from within.

In the beginning, you will have a great urge to leave your meditation and to be busy again. The mind will be constantly assailed with extraneous thoughts that creep in, seemingly from nowhere. Most people soon discover this great restlessness of the mind early in the practice of meditation, but after long practice and exertion of much will power, it will be found that the goal of concentrated attention is attained. During the first stages of meditation it will take rigorous effort and determination of purpose to keep these undisciplined, rebellious thoughts out of the field of concentration. If the meditations are continuously and fervently practiced, one day there will be a great reward when there will be a lull in this clamoring throng of alien thoughts and the mind will have reached that stage of pointed fixity.

During your periods of repeated meditation and through the power of increasingly abstract thinking, you are learning to withdraw from the purely material surroundings, to forget the existence of a physical world, and to enter the world of ideas, which is an intermediate region between matter and spirit.

We have throughout our Instructions stressed the importance of controlling your thought life with a most exacting care, and you have learned that your thoughts become creative forces. Therefore, as your power of inward mental concentration grows you will not be surprised to find your persistent and concentrated thoughts manifested in events in your outer life. You will begin to sense within yourself, and others may also discern, the emotional balance and inward poise you have achieved as a result of this Essene practice.

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

DEPARTMENT OF INSTRUCTION

IT MAY SOUND MYSTICAL ---

--- but we believe it works. Why or how may be a conjecture -- We judge by results.

Whenever we receive a contribution to our work, such as yours we now acknowledge, we have a little silent thought like this -- "Thanks! The good being accomplished would be impossible without you and those like you -- It must return to you multiplied." --That is our desire for you, our Blessing. --The dictionary says blessing is a "divine benefit or gift" or "an invocation of happiness on another."

There is one thing certain -- If you could but know of the thousands who have been lifted from the lowest depths of despondency and defeat to happiness and pinacles of success, you would have deep satisfaction from knowing you are a party to the seeming miracles - and your pride in the accomplishment would lift you up.

That in itself is "a divine benefit or gift" -- and for you we do "invoke happiness" and send the silent thought.

Sincerely,

P. Hammer Davis

VK



THE ORDER OF THE ESSENES

212 SOUTH MANHATTAN BLVD.
OR P. O. BOX 10427
TAMPA 9, FLORIDA

DEPARTMENT OF INSTRUCTION

Friends:

We are sending this lesson, Number 125, with a prayer in our hearts that you, the earnest seeker, will find in it the answer to your soul's sincere desire. This lesson brings you something definite and tangible through which the worthy in all meekness and devotion, may lay hold of the very Kingdom of God. We ask that you read the last part of the lesson many times until the understanding of it has become a definite part of your own consciousness, if it seems true and reasonable to you. We would not have you accept anything that is not sanctioned by your own reason, and neither would we have you condemn anything unheard.

We, as members in the Order, want to see the Truth spread until there is actually a band of Light all around the world; that in this Light all men may see a new Light, and together we may establish that peace that is the dream of so many. You may have read somewhere this, "Lord, establish thy peace, and let it begin with me." How can one have something they know nothing about? Who is this Prince of Peace? The Lord most High in everyman! Can you or I "hold our peace" when we are tired almost beyond endurance? True peace is poise and power, not a negative acceptance of Evil, but it is having that eye Divine so illumined that we can actually "look" a thing away.

Isaiah, the prophet gives us a song that we can fit into this day, and age, Chapter 26:1-3--"In that day shall this song be sung in the land (of Judah): we have a strong city: salvation will God appoint for walls and bulwarks. Open ye the gates, that the righteous nation which keepeth the Truth may enter in. Thou will keep him in perfect peace, whose mind is stayed on Thee, because he trusteth in Thee". There is the catch. Do we have our minds stayed or established on a real foundation of Knowledge and understanding? This we will deal with again in our next lesson.

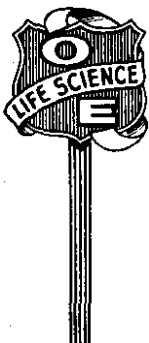
PEACE BE WITH YOU!

Sincerely,

J. Hamner Davis

INSTRUCTOR

Enc: 125



THE Essenes

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Tampa, Florida

INSTRUCTION 125

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

God is the One Perfect Mind, All Presence, All Knowledge , All Understanding. Spirit is the true Substance of all things, invisible and visible. There is but One Substance. The One Substance, One Mind, One Life, are forever being expressed. Like produces like. Creation is like its Creator.

As perfect Intelligence, the One Mind is known as a trinity in unity, Mind, Idea, Consciousness. In this Consciousness man finds the Kingdom of Heaven, from which all things are added unto man.

THE THIRD LEVEL OF MIND

As we continue our studies in Life Science, it is good to clarify our understanding of the meaning of the terms we use, to avoid confusion. The word Silence, as it is generally understood, includes a technique of prayer whereby the student can enter his own secret place, the central citadel where he communes with his Creator, God. It is called the place of Silence, because in it, man is thinking no thoughts of his own mind, but letting Universal Mind think in man, in the place of Silence.

The instructions have been preparing you, by mention of the Silence in former lesson, to accustom and acquaint you with the idea. In lesson 27, you have read that man in Silence has guidance from within. Instruction 41 speaks of the journeys into the Silence, and Instruction 54, on Meditation speaks of Man's divinity, and his oneness with the Father, and calls to mind that true meditation is not really for the purpose of getting anything, but of becoming united with the Father. The Creative Mind of man is in Truth, and, in fact, one with the Creative Mind of the Universe. Man really lives in a sea of Universal Mind, and has consciousness in it. Man does not really have a separate mind all his own in a personal way, but has identity in Universal Mind and uses it according to his awareness of Good. Man has free will and power of choice, and is not an automaton. Universal Mind corresponds to the word God. Man raises, expands, or deepens the consciousness, by periods of identification with his source, or returning to God in prayer. The word prayer has been used and abused, and many prefer the word Silence in place of it, but the meaning is the same in the true usage, for there have been types of prayer corresponding to each stage in the evolutionary journey of man from sense consciousness to the Light, from primitive man to present day man. There are libraries filled with many fine books on prayer, and the writings continue as man sees more light and enjoys the efficacy of prayer. But, by whatever word we designate it, it is the soul's urge upward, the search for Good, the sincere desire for satisfaction. Many great teachers of all ages have touched and dwelt in the consciousness of their true identity, and instructed others in the procedure, for no one can really enter the other's place of Silence, as it is the Holy of Holies in Man and created inviolable. In the Oriental symbolical language of the Bible, this Holy place in man is guarded by the angel with the flaming sword, so even man must purify his thoughts before he can enter his very own High place, where he communes with the Father, unites his mind with Universal Creative Mind which contains new ideas.

The third level of mind is the superconscious mind in connection with the conscious and subconscious phases of mind. Note the word phases for man does not have three minds, but phases or activities of one mind in its relationship to the world..Today's conscious thinking goes into the storehouse of memory and becomes a part of the subconscious phase, whose seat is said to be the heart. The Ancients knew this, for the old proverb says. Prov. 4-23: "Keep thy heart with all diligence, for out of it are the issues of life." Out of the heart comes the issues of life. The subconscious mind is also general to all the race; it contains the fixed beliefs of the race. The superconscious mind is the Higher Mind, the individual phase of the Universal Mind of perfection, the Christ Mind. It was this Mind that Jesus entered and became illumined. Just one touch of this Christ Mind has the power to change a man's whole life. We are all one in Christ Mind, but few are conscious of this fact, but whoever will discipline the mind can become aware of it, and have access to all that the Father has. The Divine urge in man is forever calling may upward.

The student, if he is religious will recall many passages in religious literature, and see a deeper meaning in them and will recognize that the spiritual quality contained in them has come from the High Source as some ancient seer and prophet was in the Silence.

To return to the individual application of prayer: having become comfortable and relaxed as to the body as suggested in Instruction 124, and at a time you are free, do not attempt to make the mind a blank, but taking the attention from the routine of daily living, place it on a given line of high thinking of your own choosing, such as your best loved prayer, or quotation from the Bible, or other spiritual literature. This is not hard, but easy and enjoyable. Some schools speak of denials and affirmations, which are really movements in mind from one type of thinking to another. Turning the mind from that which one does not want, to that which is desired. A simple thought process that is a continued action of the mind, for man is constantly selecting or choosing his thoughts. It is wise to have your statement of good, short and to the point, such as this one: "God's Mind is the One and only Mind, above all, through all, and in all." Quietly begin to think it over to the ultimate meaning of every word, and you will discover that something begins to gather around you, enveloping you, bringing you such a great peace within, that before you know it, you are actually one with this mind, experiencing a joy, and a

lightness maintaing your own identity. This is not self-hypnotism, it is not a trance state, or anything mysterious and queer, but it is spoken of as "being born again" a most natural experience. For the first time, a beginner is knowing what it feels like to be aware of man's real identity, is becoming acquainted with the real Self, the God Self. (Job 22:21). "Acquaint now thyself with Him and be at peace." Never be discouraged, for if you persevere, you shall surely find your way. Someone has said that man takes up the Truth, then Truth takes man up, so it is not by striving or straining or by force of will, but by a "letting go", of personality and its tensions, a surrender of all falseness, or false beliefs, that the Real man, the "I Am that I Am" may again show forth. When you have once found this veritable fountain of life, you will naturally begin a new way of life, for it flows from within, outward, just as all things visible have come from the Invisible, and are still made of the same, the one Spiritual substance.

It may take much practice, but anything worth while requires practice, in any other field of endeavor, so think about that and if you long for this with your whole soul, you will surely find it. This lesson could be called the practice of the Presence of God. In being born again man is born of the Spirit, and can become aware of his true Self at all times, and not just limited to the time of practice and prayer. This is the open reward spoken of in that great teaching of Jesus in Matt: 6:6, "But thou, when thou prayest, enter into thy closet and when thou has shut thy door, pray to thy Father, which is in secret and thy Father which seeth in secret, shall reward thee openly." Having experienced this inner joy, you will find that you want to pray, for in prayer, one is feeding the soul that has been starved for so long, by so many. "Seek ye first the Kingdom of God and His righteousness; and all these things shall be added unto you, "does not mean a life of 'doing nothing', or inactivity, just the opposite, for you will be so filled with dynamic energy and new ideas, there will be hardly room enough to receive them, or time enough to fulfill them. Having the power of choice, you will select the idea you love best, so it will be the one you can heally carry out. You will be unhurried for you are learning not to be bound by a belief in the limitation of time, but to abide in the limitless unchangeable, eternal Now, in which there is no past and no future.

Some come into the new consciousness suddenly and some gradually but all will realize they are more awake, and more alive than they ever dreamed of being. This new consciousness will radiate through the whole life and all its contacts. All life is consciousness, but each one lives to the extent of his consciousness or awareness. One of the secrets of the great teachings of Jesus must lie in the fact that He was fully awakened and as Paul says, was, "the first fruits of them that slept."

In the Science of Life we refer to Heaven, as a place of complete harmony, and this place is within man. Having completed a prayer period, abide in faith, not anxiety, and realizing you release the prayer from your conscious thinking, even though this calls for the exercise of your faith. It will drop into the subconscious mind, and do its work there. The subconscious mind is the store-house of memory, and takes its instruction from the conscious mind. In prayer, the conscious mind is receiving instruction from the superconscious mind, the mind of light, the Christ Mind. It is well to recall that the word "Christ" means "anointed", a Greek translation of the Hebrew word. We understand it to apply to the Universal Mind of Perfection and Light, accessible to every man, but used with the personal name of Jesus, Jesus Christ, so that the word "Christ", has become practically a part of the proper name. Christ signifies the Messiah of the Old Testament Prophecy which the Christian religion believes. Whether the reader is a Christian or not, we can all agree on the evidence of the new light and understanding that came into the world that changed the thinking of a large part of the world.

In a future lesson we expect to have a brief outline of religion as it has represented the ascending scale of man's idea of his relationship to the Supreme.

Another word used in this lesson is the word "Soul". Many people use the words, soul and spirit synonymously, but for the sake of understanding we do not use them so in these instructions on the Science of Life. Spirit is the moving force of God, over all, in all and through all. It is the activity of God, Spirit and Mind are synonymous terms, the one Intelligence of the Universe. Let us illustrate: an idea arises in man's mind of something that he wants to do: this idea is the son, and he expresses that idea in definite thought--that is the Spirit going forth to accomplish that whereto he has sent it. The Father is Principle.

The Son is that principle revealed in a creative plan. The Holy Spirit is the executive power of both Father and Son, carrying out the creative plan. Thus we might also say, Father is Being in the Absolute, the Unlimited, the Unrelated; Son is I Am identity of Being; Holy Spirit is the personality of Being. The Holy Spirit is not all of Being, nor the fulness of Christ, but an emanation or "breath", sent forth to do a definite work. The Holy Spirit is the law of God in action, and in that action, it appears as having individuality. From this the Hebrews got their concept of the personal tribal God, Jehovah. The Holy Spirit may also be defined as the whole spirit of God, and can be known by man only through his spiritual nature. The prayer of the soul alone in its upper room, (state of high spiritual aspiration), brings down the Holy Spirit.

We speak of man as being spirit, soul, and body. Spirit is I Am, the same as Divine Mind or God in man. Soul is man's consciousness, that which he has apprehended or developed out of Spirit, also, the impressions he has received from the outer world. Soul is both conscious and subconscious. Body is the form of expressions of both Spirit and Soul. In its invisible forces, it expresses spirit, and in its seeming materiality, it pictures the limitations of Soul. When man puts out of consciousness, all limitations, and realizes the perfection of Spirit, his body will be perfect: in other words, the Salvation of the Soul results in the redemption or spiritualization of the body. Is it any wonder that man is said to be just what he sees himself to be? You see that the soul is not the realm of God ideas, but is the second emanation in the Creative Law. This is the "Garden" of Gen. 2.8 in which are all possibilities. The Supreme Being lies deeper than the soul, therefore, mind must grasp ideas in their absolute, unrelated, and unlimited degree, before God can be comprehended.

Man is eternally one with the Father in His divine essence, as the Divine Will, but when that Will is sent forth to carry out the ideals of the Father, Wisdom, a condition is set up, a state of consciousness called the soul, and its outer court, called the body. This consciousness of condition is called the soul; the body as the outer court, is an exact representative, in form, of the ideals that are revolving in the inner realms of its domain. The difference between soul and spirit can be explained thus: The soul touches the inner realm of Spirit from which it receives direct inspiration, and the external world from which it

receives impressions, but as man brings into expression the original purity of the Divine Consciousness, his soul is purified. The indwelling Christ is the Son of God or spiritual nucleus within each individual about which all our thoughts must harmonize, before we can bring into expression, the divine consciousness. The Spirit of God is the Divine Consciousness carrying out the Christ ideas.

Father-----Mind
Son-----Idea
Holy Spirit----Expression

MAY THE MIND THAT WAS IN CHRIST JESUS BE
IN YOU ALSO!

GEM THOUGHTS

Confucius said: "Is it not a pleasure to learn with
a constant perserverence and application?"

Confucius said: "Hold faithfulness and sincerity as first
principles, and be moving continuously
to what is right."

"The sickness of the world must be cured, not by fear or
force, but by a change in the heart of such individual."

--Sir Wilfred T. Grenfell

"Any gift made in the spirit of service to mankind is
indeed a prayer."

--Lao-Tze

THE ORDER OF THE ESSENES

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TAMPA 9, FLORIDA

DEPARTMENT OF INSTRUCTION

Dear Friends:

As we send forth this lesson we send word of encouragement and steadfastness that will sustain you as you come to understand the depth of these lessons on the growth of the Soul.

We, too, are being strengthened with you that we may all catch the larger vision and perceive some of the ever new things that await those who open the door.

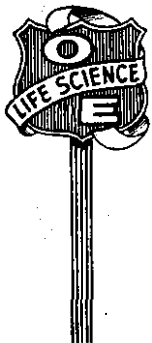
These things are shown to those who have the head and the heart in perfect agreement for thereby one becomes creative. This agreement is harmony, the Kingdom of Heaven from which all things are added. There is less to be said but more to perceive, so let us each observe our times of Silence in perfect agreement. The law of the Lord is perfect, delighting the Soul.

Sincerely,

THE ORDER OF THE ESSENES

126

S. Hamner Davis



THE Essenes

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INSTRUCTION 126

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

THE STRONG MAN SAYS, "I WILL", THE WISE MAN
SAYS "I KNOW", THE PERFECT MAN SAYS "I KNOW WHAT
TO DO, AND I AM ABLE TO DO IT, THEREFORE I WILL
DO IT."

THE SPIRIT SUPPOSES NOTHING, IT BELIEVES ALL
THINGS. SPIRIT BRINGS ITS FOUNTAINS OF POWER TO
ALL WORDS OF "I AM" AND "I WILL".

Emma Curtis Hopkins

THE DEVOTION OF THE SOUL

We are living in the midst of history's greatest crises, but to those of understanding it is not a crisis of destruction. Science has laid hold of a gigantic power to master the physical world. Civilization has been busy in creating abundant wealth, conquering disease, pushing back death and planning international organizations. Religion as a whole is just beginning to share in this accelerating progress.

Will the student please read the second chapter of Acts and consider how so long ago the people were amazed that through the power of the Holy Spirit every man was able to hear in his own language. There could be a logical explanation of this in that the Holy Land was the cross roads from the rich lands of the East to Egypt, and no doubt many people could speak and understand several languages and dialects. Those of higher education also traveled this great caravan route and there were interpreters along the way also. There is an ancient Church in India that claims to have been established by Thomas, the disciple, on a missionary journey. Paul was a student of Gamaliel and he must have spoken to the men of Athens in the Greek language, and being a Jew he could speak Hebrew and must have been able to use many tongues or his missionary journeys would have been to no avail.

This writer had the privilege of being shown through the Peace Palace at the Hague along with some twenty-five other people. The guide gave the same talk in four languages right then, and before the tour was over the French, Russians, Germans and Americans were smiling and friendly because we were hearing the same thing. This writer was astonished to hear how quickly the guide switched from one language to another. As man is a spiritual being all that man does is of the Spirit and all of the Bible must be spiritually discerned. No thinker can say "I do not read the Bible because I do not understand it." Does this not give you an understanding of an All Knowing Mind in which abides All Knowledge that can be tapped by man under certain conditions?

It is no less Holy because it is by education. To know these certain conditions and to use them is not only the purpose of our study but the purpose of Universal Mind. The Churches are related to each other around the world in a continuing fellowship in a visible and organized form, more truly as the one body of Christ throughout the world. This is a great world wide company made up of people out of every nation and race, people who know one God. Could we not believe that this is the very soul of the new world order, a feeling of mutuality that will put this soul into the United Nations Organization?

All groups are composed of individuals and the awakened individual is coming into a new sense of responsibility as to where he stands in his own soul growth if he wants to really be of help to the whole. Every man is a cell in the body of God and when a cell goes on a rampage it is a disturbing element, but in harmony it dwells in the rhythm of the whole body and partakes of health and peace as well as the wealth of the Universe.

The story of the prodigal son is a universal story, true in all ages, illustrating the experience of the one (anyone) who separated his portion from the whole, cutting himself off from the true source and was starving. But when he came to himself he returned to his father's house, was fed and clothed, receiving the true substance. (Luke 15: 11:32)

If one has been uncertain as to his religious position, it could be due to the failure to seek the Truth courageously and intelligently by the discovery and

application of the scientific method. What does one mean by the "Truth"? We are not talking of any pet system of study, but of the meaning of Truth itself, which when understood will enable one to say as Jesus did - "I am the Truth". He did more than claim he could teach the Truth, and point the way to Truth, but He was able to say - "I am the Truth". One cannot know the Truth until conditions as given in John 8: 31 & 32 are fulfilled. "Then said Jesus to those Jews which believed on him, 'If ye continue in my word, then are ye my disciples indeed, and ye shall know the Truth and the Truth shall make you free'".

The condition required brings one into discipleship. A disciple is one who accepts the doctrine of his teacher and in this case only the disciples of Jesus Christ can come to know Him as Truth. It is a question of choice and the students of this order have made that choice and are now in the process of living the way of the I Am. For when one uses the name I Am, one is calling the Divine Power, so whatever we claim in the name of I Am (God's name in Man) we can have. If we can hold on to our sense of humor we may more quickly move from the negative things we have claimed in our undeveloped state. We know that we must claim and state that which is true and continue to state it until that which is untrue is dissolved. The I Am in man, the pure Christ of man can never be sick, poor, mistreated or hurt. It remains forever undisturbed in the Secret place.

Let us study further concerning the meaning of Truth. Truth refers to God as with regard to Oneness of his nature and to Jesus Christ. You have seen in the former studies that there is no separation in Reality, scientifically proven. There is no separation between God and Man, and man lives, moves and has being in God according to his understanding and acceptance. The separation has been one of belief only. We will not become confused and think we speak in terms of contradiction, if we will remember that one speaks sometimes in terms of relative Truth, relating two or more things, and at other times we speak in terms of Absolute Truth, that which is perfect in itself, forever abiding. When that which is perfect is come, that which is in part shall be done away. Matt 5:48 - "Ye therefore shall be perfect as your Heavenly Father is perfect." This is our goal - to be accomplished here and now and not in some future time or heaven.

The words mysticism and asceticism fell into disuse because they were muchly abused. Asceticism means the disciplinary method of living the science of spiritual life. Our discipline can be defined very simply by the one word - Watch - be alert - listen to the Spirit of Truth. Is that hard? If one is truly "watching" - life should be rich and full, with "all these things added". So we do not scorn the way of the ascetic, for it really means a balanced life; the art of perfecting the soul. The word comes from a Greek word meaning 'exercise or effort'.

Theology is the science that treats of man's relationship to God and our morals constitute our response to a belief. We believe in God All Good. Mysticism is the way of the soul's life in an increasingly realized union with God. This is the way of the Silence. Spirituality is a science that is lived, led by the spirit of God. Asceticism does not increase egotism by a feeling of personal sanctification above all others. Be not as the Pharisees! "For what doth it profit a man if he gain the whole world and lose his soul?" The spiritual life is not detrimental to an active life, for you are your real self no matter what you are doing. The very humblest task takes on dignity when you know you are the Son of God.

The real mystics have all been men of practical action, for contemplation

enlightens and directs action. Knowledge and understanding enable one to harmonize seeming contradictions in all study. While we aim to know the Truth, knowledge fires and stimulates desire, as one cannot long behold a luscious fruit without conceiving a thought of tasting it. Desire when vivid and sustained sets the will in motion and urges it on to the possession of the good that the mind has apprehended. We cannot be lukewarm according to Jesus, but love the good with all our mind, heart, soul and strength; this is one pointedness - Desire is God knocking at our door showing us new patterns of life. The thing we want is already for us or we could never have felt the desire for it in the first place, so we give thanks for the new idea, accept it, wait on the direction of how to bring it into manifestation; for each idea contains its own plan of fulfillment. He who gave it, fulfills it, call it Divine Mind or whatever you prefer. Be thankful and patient, ever alert, ever listening. This inner knowing is an instantaneous flash - some call it intuition or the Voice of God. Many of the ancients heard it and gave witness to that fact, but they thought it was outside themselves. When Jesus Christ came he released this faculty within man and it is known as the sixth sense, the Wisdom of the heart. The seventh sense is mental telepathy or communication by mind to mind. We are not speaking of just being able to read another's mind, for that is a mental trespass in which a Truth student does not indulge.

In the second chapter of first Corinthians Paul says, "But we speak the wisdom of God in a mystery, even the hidden wisdom which God ordained before the world into our glory. Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him." "But God hath revealed them unto us by His Spirit, for the Spirit searcheth all things, yea, the deep things of God."

Man is Being in the process of becoming and our discoveries are in regard to the balancing of the head and the heart, the intelligence which becomes wisdom and love. The creative step resulting in the perfection of man has already been taken, and this knowledge releases man from any feeling of hard work, or unworthiness or "having to deserve." We have already deserved it and it has come to pass.

The definition of Wisdom includes good judgment, discrimination, prudence (caution, care in practical affairs.) Wisdom is great learning. But one cannot define the Wisdom that is of God, but we talk about it in terms of action. But Wisdom is straight from the spirit of God, it is knowledge that is of God. Judgment deals with pairs of opposites mostly for we have an axiom: "Judgment is as great as will and meekness can agree." This meets all occasions of life as well as some occasions, for it takes meekness of character to yield your point instantly when you see you are wrong. This makes for quick and accurate judgment. This word yielding has gotten a good many Christians into misery, for it really means yielding to spiritual doctrine, though appearance may argue louder than spiritual realities.

The only "fall of man" there is, is yielding to appearances. "The serpent was more subtle than any beast of the field which the Lord God had made." This is self-deception. Soul sees itself as a physical body blind to its own being until it uses insight as well as oversight. This is the beginning of knowledge, self-discovery. When the woman saw the tree was good for food, we note that the tree of knowledge is good, not evil, Knowledge is desirable, even though it contain an element that is to be eliminated for it leads to wisdom. Wisdom is eternal for it is pure knowledge, the error element destroyed. When man goes through the refiner's fire, symbolically speaking, he

has that wisdom which is fine gold. "If any man lacketh wisdom, let him ask of God." The possession of wisdom is the heritage of the soul. It is the pearl of great price for which we will give all that we have. Our soul unfoldment is the manifesting of our real God-like being. The soul's unlikeness to that being perishes along the way. It's subjection to its natural knowledge must be supplanted by its subjection to the Divine Wisdom which alone gives it mastery of the natural, therefore self-mastery. In this way the soul dies in order to live. The quality of self-consciousness due to a knowledge of both good and evil must come to an end because it is unlike what man really is. The soul must die to the natural quality of self consciousness and be resurrected to the spiritual quality in order to attain the Divine and everlasting quality - the Christ. Resurrection and ascension logically follow its death.

Man has come from Adam to Christ, even though many may not have come to Christ in conscious recognition but this constitutes the difference between the law and the gospel which is a way of meekness, acceptance, teachableness. The law and the gospel become one. Good judgment awakens beauty in the outer. Is it not through Christ we can do all things? The mind of Christ is perfect judgment which is wisdom. The wise know no evil, they know there is none. They know the ways of God.

* * * * *
THOUGHT GEMS

Perfect wisdom hath four parts, viz., wisdom, the principle of doing things aright; justice, the principle of doing things equally in public and private; fortitude, the principle of not flying danger, but meeting it; and temperance, the principle of subduing desires and living moderately.
-- Plato .

* * *
When wisdom entereth into thine heart and knowledge is pleasant unto thy soul; discretion shall preserve thee, understanding shall keep thee.
-- Prov. 2:10

* * *
KNOWLEDGE.--Knowledge is the eye of desire and can become the pilot of the soul.
-- Will Durant.

* * *
The soul, of origin divine, God's glorious image freed from clay in heaven's eternal sphere shall shine, a star of day!-- The sun is but a spark of fire, a transient meteor in the sky; the soul immortal as its sire, shall never die.
-- Montgomery.

THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

Dear Friends:

Greetings and blessings to you all! May this lesson satisfy that inner longing and open the way to the very opulence of God, as you think it over and practise the suggestions it contains.

I am reminded of the line in the Song - "America the Beautiful" which says "God shed his grace on thee", and hope you will join with us in blessing our country, that wisdom may be made known to all leaders and to those who represent us at various conferences.

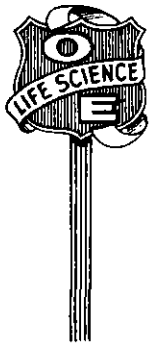
Democracy itself, for which we stand, is a product of religious ethics, having its beginnings in our ancient ancestry of spiritual Israel. Democracy has its reverence for the individual conscience, so in practising our lessons let us be sure we are establishing something permanent for all of us and include the whole world in our realization. In turn we receive that which we give, "I am free and I give freedom to all alike." The last gem in this lesson reminds us that "he who works for eternity, counts not time."

Sincerely,

THE ORDER OF THE ESSENES

J. Hammer Daus

Ins. 127



THE Essenes

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INSTRUCTION 127

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

"THE TIME THAT MY JOURNEY TAKES IS LONG
AND THE WAY OF IT LONG.

I CAME OUT ON THE CHARIOT OF THE FIRST GLEAM
OF LIGHT, AND PURSUED BY VOYAGE THRU' THE WILDER-
NESSES OF WORLDS LEAVING MY TRACK ON MANY A STAR
AND PLANET. IT IS THE MOST DISTANT COURSE THAT
COMES NEAREST TO THYSELF, AND THAT TRAINING IS THE
MOST INTRICATE WHICH LEADS TO THE UTTER SIMPLICITY
OF A TUNE.

THE TRAVELLER HAS TO KNOCK AT EVERY ALIEN DOOR
TO COME TO HIS OWN, AND ONE HAS TO WANDER THROUGH
ALL THE OUTER WORLDS TO REACH THE INNERMOST SHRINE
AT THE END. MY EYES STRAYED FAR AND WIDE BEFORE I
SHUT THEM AND SAID, "HERE ART THOU!" THE QUESTION
AND THE CRY "OH WHERE?" MELT INTO TEARS OF A THOU-
SAND STREAMS AND DELUGE THE WORLD WITH THE FLOOD OF
THE ASSURANCE "I AM"!

Rabindranath Tagore

THE LIFE OF GRACE AND TRUTH

As students of the Way of Life Science, we have talked, read and studied what we call Truth. The Truth sets us free, but it frees us through a quality known as grace. The word grace comes from the Latin, gratia, meaning kindness, mercy, an essential part or quality of Truth.

Relative Truth deals with the connection of two or more things, but the Absolute Truth is that which is perfect in itself. Relative Truth keeps one in bondage, but discrimination is a distinctive quality of humanity which enables man, through the balancing of pairs of opposites, to become established in the consciousness of his oneness with God.

"And the Word was made flesh and dwelt among us full of grace and truth. And of His fullness have all we received and grace for grace. For the law was given by Moses, but grace and Truth came by Jesus Christ." Jno 1: 14-16

The quality of grace enables Truth to work in man without effort, to the end that Truth is individually experienced. Grace brings direct inspiration and we find that the Bible is full of references to the Grace of God. For instance, in Prov. 3 we find: "Wisdom is life to the soul and grace to thy neck." Could this mean we are not to be stiff-necked, self willed and unbending to the infusion of the living spirit of wisdom?

Grace then is an extra special quality given to us by the Holy Spirit from Christ's own love. It is an unmerited kindness and love of God towards man in Christ, to be accepted freely by man. In reality man does not have to deserve it, it flows to all, but one in relative Truth talks of deserving because he is busy judging his fellow man and believing in the old concept of a God who withholds his love. God loves the sinner as well as the saint, so his grace is free. It is a Divine, sanctifying, regenerating and preserving influence, a spiritual excellence. It is God come to dwell in our Souls, that we may be led by the Spirit into all Truth. Grace is the spirit of Truth, the moving force of Truth in man rather than for man.

If one studies merely for the sake of the body, the intellect, or business, his words are only shells filled with self and desire. But we empty ourselves of self and study for the expression of the soul. God's presence in us is something, which through Grace, takes on a high and intimate nature of communion between God and the soul. By nature God gives us natural endowments, but by Grace he gives us much more - He gives Himself to us and we are no longer servants, but heirs, "For the Spirit himself giveth testimony to our Spirit that we are the Sons of God." (Rom. 8: 15, 16). We are partakers of the Divine Nature and always act graciously and kindly. This constitutes a new life, presupposing a new birth, a regeneration, for unless a man be born again of water and the Holy Spirit, he cannot see the Kingdom of God. Let us keep in mind that the Kingdom of God is within man and grace is able to melt the tough self-will of the human race that the spiritual race may step through. God abides in us, and teaches us all things and gives us all a sweet friendship, that enables us to speak heart to heart.

In Isaiah 7: 14, 15, the prophet gave the name of Jesus Christ as Immanuel. "The Lord Himself shall give you a sign; Behold, a virgin shall conceive, and bear a son, and shall call his name Immanuel. Butter and honey shall He eat, that he may know to refuse the evil and choose the good." Truly we know this

prophecy has been fulfilled, but we also know the eternal meaning of the sign or symbol which is that only in a purified virgin, or immaculate state of consciousness can God dwell in man. And such a man has been born and lived among us, so our Christmas takes on its true meaning as an eternal process not subject to time or season. Immanuel means God with us and signifies the union of the human and divine natures.

So we see it is not something "yet to come" but has already come and Jesus finished his work. Do not think we are finishing His work, but because of Him, God has entered the heart of man, as Paul says in Hebrews 10: 20, "By a new and living way, which he hath consecrated for us, through the veil, that is to say, his flesh."

The poet has said, "Grace, descending as a dove deposits her peace, Grace flowering in the heart dispenseth its fragrance. Grace blooming in the soul colareth the garment body." So the quality of grace is feminine and truth is masculine, representing the feeling and the intellect, the head and the heart. When these two are in balance, man creates.

If man needs light to perceive the truths of faith, the Father of lights will give it to him. Faith is the light that illuminates the intellect and differentiates the Christian from the philosopher, just as reason distinguishes a human being from an animal. God gives man strength to will and to do that which He would have man do. In a state of grace, man is never alone, he is sustained and secure. Paul says, "Yet not I, but the grace of God in me." Thus God lives in man as man, and man is truly the temple of the living God. God living in us cannot help but consecrate us and make us holy (whole) which awakens in us a feeling of adoration, of glorifying God continually. This awakens a grateful love that gives Him our hearts, making us realize the necessity of being Holy in both body and soul. Do you recall the tender prayer of Jesus, "That they all may be one as Thou Father in me, and I in them, that they also be one in us?" Jno 17:21. If the student will meditate on this prayer you will see and feel that we are all one, enwrapped in love.

Shall we say then that grace plays the part of vital supernatural principle which infuses us with the gifts of the Holy Spirit? These gifts perfect our faculties and endow us with power, it penetrates the whole life, transforming it, and making it Divine. An established state of Grace is a mode of being, it is a Godlike life here and now, in which we bring to view the image and likeness in which we are made. To incarnate means to become embodied, the indwelling of the Holy Spirit, substantially present in full enjoyment. This is the spiritual body, for our union with God contains the element which raises the body, "Not by might, nor by power, but by spirit saith the Lord."

Man is under grace now, which is the practice of the presence of God in our lives. This practice raises all the faculties of the natural man to the God-like counterpart here and now. This is the revealed life that has been hidden. A raised faith unites us to God, and in pure love, we delight in the perfection of God. Divine understanding enables us to penetrate into the truths of faith to discover hidden treasures, and discern the mysterious harmony therein. This is the treasure in the field; we sell all we have to gain it.

Knowledge makes us look upon everything from the point of view of their maker. Wisdom makes us relish Divine things and strength urges us forward. When man sees as God sees, he does not see in terms of separation but in oneness.

Spiritual understanding is not dependent upon human learning but only on the teaching of the indwelling Spirit. We have the Biblical testimony so that misunderstanding at this point is without excuse. Jno 16: 13-15 - "How be it when he, the Spirit of Truth is come, he will guide you into all truth, for he shall not speak of himself, but whatsoever he shall hear, that shall he speak; and he will show you things to come. He shall glorify me; for he shall receive of mine, and shall show it unto you. All things that the Father hath are mine; therefore, said I, that he shall take of mine, and shall show it unto you."

The so-called human mind is the unfounded chaos or void which is crammed with complexity and confusion. In fact it is nothingness. The Holy mind of God is the only real mind there is. When we accept this truth and follow it our thinking becomes simple in its clear reflection of the harmonious activity of the One Mind from which all true thinking proceeds. The terms upon which man may receive the Holy Spirit are clearly defined.

"Salvation is by grace through faith." Does that sound like an old doctrine to you? Salvation, according to the Dictionary is the deliverance of the soul from sin and death. Man has held on to the belief that death is unavoidable, while all the time the Divine Voice is calling - "Awake thou that sleepeth and arise from the dead." "Now is the acceptable time." "Now is the day of Salvation." Why does man put his good off until tomorrow, why does he insist that the Kingdom of God shall remain a distant dream of future days? Let us wake up and claim that the Kingdom of God is a wonderful present experience.

The deliverance of the soul is the result of the transforming work of God for man and not the result of the work of man for God. For in a sense man has already worked his way out. If we believe it we can now accept the gifts of the Holy Spirit through Christ Jesus, for he has taken away the sin of the world. He met every indictment and proved the nothingness of it. Those in Christ receive the particular body of Truth which the spirit teaches. This is not a secondhand religion, we are not like the seven sons of Sceva in Acts 19: 14, who tried to cast out evil spirits in this manner, "I adjure you by Jesus whom Paul preacheth." No, we have the way to know Jesus Christ individually. When we meet the body of our false beliefs, let us not hang on to them and, like the young man, go away sorrowing because of false Gods. But let us be willing to accept a better way.

Christians are ambassadors for Christ to preach the God spell. This is the proclamation of the mighty, redeeming, transforming grace of God which offers life to all who will believe. We change our old beliefs to the Christ standard of oneness. Everything in this way of life is an overflowing spirit filled life, and there is no provision for any other. The carnal Christian is not urged to try to live a spiritual life, but urged to yield himself to God, apart from which there can be no spirit filling, with its realization of power. Grace is a perfect system of life and it is practical. If it is the Divine program for the life of the children of God how important is the body of Truth! Under this relationship all human responsibility centers in that adjustment of heart by which alone the Divine Power may be realized. Even the body is not alive of itself, but is given its livingness from the spirit of life which is God.

Christ created an entirely new relationship between God and man and everyone is now either accepting or rejecting Christ, for there is no middle ground. Neither the conservative nor the broadminded are in Christ. The limitation that a human sin might impose on the action of a righteous God has, through

Christ, been dismissed forever, regardless of the degree of sin. Growing in grace we build no altars as stopping places, but joyously sing a new song. Dwelling in the past brings old age. Not even in the old realizations of truth can we live because that would prevent us from receiving new and greater vision. All realizations are incarnated in the soul, so we do not even try to relive old experiences. They were the moving pictures of the mind at that time, but the mind has moved in continuous eternal life and abides in the now.

"Now we have received the spirit which is of God, that we might know the things that are freely given to us of God."

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THOUGHT GEMS

For the grace of God that bringeth salvation hath appeared to all men. Titus 2: 11

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He who believes in God is not careful for the morrow, but labors joyfully with a great heart. --Martin Luther

* * * * *

Every right action and true thought sets the seal of its beauty on person and face. --John Ruskin

* * * * *

He who works for eternity, counts not time. --Confucius

* * * * *

The woes of the heart come and can only come from a perverted viewpoint. It is purely mental -- the way we look at circumstances. Circumstances like all else are ever in a process of change. The remedy is simple -- change the course of thinking. Can there be conceived "woes of the heart" that are not rooted in thoughts of self -- It naturally follows that the change called for is thinking of others.

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THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

Dear Friends:

Every season is a season of joy. We are told by those in spiritual light that the joy of life actually becomes the blood in the body. So one can readily see that if we are filled with the true joy, the blood stream becomes purified and the whole body becomes revitalized. So let us keep the mind and heart singing with the statement that the joy of the Lord is a well spring within me and I am established in instant results.

Along with this lesson you may remember that tradition says that at the birth of Christ, the angels sang: "Joy to the world, the Lord has come, let earth receive her King." So in our own consciousness the new life in Christ is really a renewal of the whole planet and every one on it, that can and will receive the good news. We walk in a redeemed world, and by declaring it we will be ushered into it, by the very Truth that has set us free, free from all bondage.

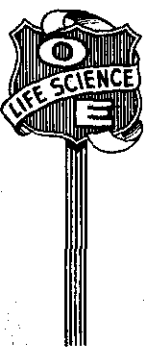
We want to express appreciation for all of you who have caught the vision of the redeemed world and by your generous gifts have enabled these lessons to go forth freely to any who desire them. All Good is of God, so we thank Him, the Giver of all.

Faithfully yours,

THE ORDER OF THE ESSENES

S. Hamur Davis

Enc. 128



THE Essenes

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INSTRUCTION 128 Assuring to the Acceptable and Accepted
HEALTH, HAPPINESS AND SUCCESS.

God, the One, is the only Being:
The Allness of Good, is the only Presence:
The Principle of Truth, is the only Law:
Divine Mind, is the only Intelligence:

Eternal Life, is the only Existence:
Universal Love, is the only Power:
The Eternal Now, is the only Time:
The Omnipresence of Heaven, is the only Place:

The Substance of God, is the only Supply:
The Truth about Man, is the only Reality:
The Temple of the Living God, is the only Body:
CHRIST in Us, is the only Man.

- Creed of The Dauntless.

THE KINGDOM OF GOD

"And he said, So is the Kingdom of God, as if a man should cast seed upon the earth; and should sleep and rise night and day, and the seed should spring up and grow, he knoweth not how. The earth beareth fruit of herself; first the blade, then the ear, then the full grain in the ear. But when the fruit is ripe, straightway he putteth forth the sickle, because the harvest is come. And he said, How shall we liken the Kingdom of God? or in what parable shall we set it forth?"

Mark 4: 23-30.

Today let us ask ourselves, do we have our faith in the eternal values or in the changing world of appearances? What is it, that we, as Truth students, accept as of lasting value? This article deals with the answer to these questions through the study of the parables of Jesus on the Kingdom of Heaven.

A parable is distinctive; it is more than an allegory or fable. From the details to the central thought, every statement of a parable is true to nature or human nature. Meditation on some of our best loved parables brings to light unexpected meanings that escape us at first. When we compare abstract, spiritual truth with objects in material and everyday experience, it increases our understanding. To the spiritual eye, parables reveal, to the carnal eye they conceal.

In ancient times the spiritual eye of the Israelites could see the pillar of fire directing them, which the Egyptians could not see because they dwelt in spiritual darkness; and at the present time it need not concern us whether or not the other fellow sees Truth. We may, and do, hope and pray that he does, but he does not have to so long as we see It and keep the vision. For Truth will demonstrate for the other fellow too, if we keep our clear picture of the Kingdom. By persisting in our vision, the other fellow will be bound to get a glimpse of It too, even though we make no effort to reveal It to him.

Christ in man is eternal, self-existent, without beginning and without end, and therefore not subject to evolution. This must also be true of the Christ Kingdom. When God saw Himself manifesting as man, He visioned him in the Kingdom. Jesus preached the gospel of the Kingdom to the multitude because "he was moved with compassion for them, because they were distressed and scattered as sheep without a shepherd." "Every kingdom divided against itself is brought to desolation; and every city or house divided against itself shall not stand." So long as we are divided by our beliefs in good and evil, we fall.

Humanity throughout the ages has been in the process of bringing the Kingdom to mind or conscious awareness. This Kingdom was revealed step by step to mind of man long ago, through the covenants of God.

Now a covenant is an agreement entered into by two or more persons or parties, and the first covenant mentioned in our Bible is told of in the allegory of Noah - "But I will establish my covenant with thee." "And God said, This is the token of the covenant which I make between me and you and every living creature that is with you for perpetual generations: I do set my bow in the clouds, and it shall be for a token of a covenant between me and the earth."

This rainbow symbolizes the perfect blending of the race into obedience to the one harmonious Christ principle. Christ is the white light - the pure light. A ray of white light passing through a glass prism, separates into planetary colors so as to form a spectrum which delights the physical eye. In looking at the rainbow you cannot see where one color stops and another color begins. They blend into each other as we blend into the one Christ Body, and our Kingdom of Heaven consciousness is that in which Divine ideas blend into each other in such a way that there is no separation. That's why we call it the universal consciousness of light. "And as were the days of Noah, so shall be the coming of the Son of Man."

This Kingdom is not a new Kingdom, Jesus said, "Then shall the King say unto them on his right hand, Come, ye blessed of my Father, inherit the Kingdom prepared for you from the foundation of the world." The door too, to this Kingdom, has been there all through the ages for us to open. The time has come when it is being broken open whether we will or no. That is what is happening now, and it cannot be stopped, for it was foreordained. The time has now come foretold of all the prophets. Because of our unbelief we have not heeded their warnings and we find mankind as a whole unprepared to meet these times. It is up to the ones who cannot go out and serve in other ways, to do what they have been appointed to do, right where they are, in and through every activity; and to stand fast so that we will not be crushed, as the fixed beliefs of a world of good and evil give way, and the door of the Kingdom opens. That is what we are doing for mankind, standing, standing fast in Truth.

The God-seed or the Word of God started to sprout when the covenant was established under Noah; "And the water shall no more become a flood to destroy all flesh." The seed grew to fruition in the time of Jesus Christ, the Word made flesh. "But now hath Christ been raised from the dead, the first fruits of them that are asleep." "Christ the first fruits; then they that are Christ's, at his coming." The Christ-awakened are keeping the waters from becoming "a flood to destroy all flesh."

Please read the 24th chapter of Matthew very carefully and you will take comfort in the fact that the days of great tribulation shall be shortened for the elect's sake. The elect are those who have chosen to walk in the Christ Way in all meekness. In this way man lays down his life for his fellow man, in that he puts off the old ways for

the new ways in Christ, for the sake of the whole. In this Christ filled life, there is rich reward added.

The destiny which Christianity promises to man, clearly involves a redemption or remaking of nature, which would not stop at man or even at this planet. Paul tells us that the whole creation is in travail, and that man's rebirth is the answer, for man is the central fact in all nature, and redeemed humanity is to be something more glorious than unfallen humanity would have been. The union between God, man, and all nature in the person of Christ is an eternal value, and has redeemed the world. Our part is to LOOK UP! discern and accept this gloriously changed world.

The powers of redeemed man are unlimited, all life will be "Like Him" when we see Him as He is. Not the old man, but the new man. Christ is the first of His kind, He will not be the last. The weary world has had an injection of essential life direct and uncontaminated. This new creation is just breaking in, are we ready for it?

We have a right to ask: what is the Kingdom and who is it for? In this connection Jesus said: "Fear not, little flock; for it is your Father's good pleasure to give you the Kingdom," and all those who follow Him are of the flock. He also told us, "My Kingdom is not of this world", "neither shall they say Lo, here! or there! for lo, the Kingdom of God is within you." It is not a place but a state of consciousness, in which soul and body are in harmony with Divine Mind. And the Kingdom is not confined to man's consciousness alone, for It is everywhere present. Jesus said, "The Kingdom of God cometh not with observation."

Jesus came to reveal, not hide, and confuse, and be subtle; He was the true teacher; let us be wise and remember that any teaching which confuses is of the personal man, glorifying himself for his much learning. "There shall arise false Christs."

Our Lord's prayer "as in Heaven so on earth" does not mean two states of consciousness, but it means the ideal and its manifestation. In the 21st chapter of Revelations, John says, "And I saw a new heaven and a new earth: for the first heaven and the first earth are passed away." Let us keep our vision upon the perfection of the new heaven and the new earth which is now being born in our midst, as the old heaven and the old earth are rapidly passing away right before our sight. As we release them and "come to ourselves", we already behold the manifestation of these new ideals, in new ways of better living, new ways of easy living, in that they free us from hard labor.

"Come unto me, all ye that labor, and are heavy laden, and I will give you rest. Take my yoke upon you and learn of me; for I am meek and lowly in heart; and ye shall find rest unto your souls.

For my yoke is easy and my burden is light". We have in the old belief actually made a God of hard work, thinking thereby to gain the world. But we literally worked ourselves to death, when all the while there is a more excellent way to live. We do not mean that we "Do nothing" exactly, for Christ is dynamic activity. When man has truly acknowledged the redemption and believes it, each will find his specific work of achievement. Each will discover the beauty, the majesty and the glory of his own soul. The Kingdom of God contains no disease and no suffering.

These ways are mentioned often in the current literature and in scientific journals. They are the fruition of the divine ideas implanted in man during the times of his covenants with God. For God does not create the visible universe directly as man pours a concrete pavement, but God creates ideas which we, His image and likeness, use to make our universe. God's creations are spiritual; man's material and spiritual, according to his understanding.

The operation of our creative capacity is made clear through the study of the parable of the seed. Soil must be prepared. We have all been in the country enough to know that the path everyone uses is as hard-packed as a rock. Even if we dropped a seed there, it would be trampled upon and lost. So in our consciousness, what is it that beats down and hardens the mind until there is no response? Do we think we can quit some unprofitable habit any time? We forget that we get hardened in mind the longer we have the habit. The mind with rocky soil has no depth or stability; it is always eager to hear new truth, but its truth is fruitless. That mind must spend more time in prayer, that God's Alchemy, which is spiritual chemistry, may change the mind and heart. It does not change them to be what is called "soft-hearted" but to be receptive in heart and mind.

We do not see the poppy when we look at the seed, but we know and believe it is there in all of its beauty of perfection, or we would not plant it. So in spite of all appearances, we must see in every man the seed of the complete Christ man. Tender growth is delicate and it is necessary to nurse it. The word of God is the seed. As the seed puts forth shoots it bursts from its shell. Usually this shell is completely absorbed by the new growth. Even in good ground the fruit varies from thirty to a hundredfold. In good years the crops are plentiful, in other years not so plentiful; so we lay by of our over-abundance for those years.

This is the answer to many questions concerning the laying up of the over abundance, which is good Truth, But if one saves money with the idea of hard times coming, or any other dismal prospect, the idea is false, and will bring dismal results. We joyously invest the running over abundant measure for the sheer joy of it,

all in Divine Order. God is a lavish God, only man's belief in limitation builds a wall against it.

Let us illustrate by this true story: a woman of seventy was praying so hard in time of illness that the one thing we requested her to do was to stop praying! She was praying so vehemently it had become an expression of frantic fear. She said that she had been a praying woman all her life, so why did not God answer her when she needed Him so! Our answer was to remind her that now was the time to rest on those good years of prayer and rest on the overabundance of prayers, trust God and be at peace, to let go of her incessant chatter and let God have a chance. Comparing this with the seed: as the soil would react to too much of water or too much of sunshine, so does the consciousness react to unbalanced spiritual care. The Kingdom of Heaven is harmony and balance; the Truth is gentle and never forces its way into any mind. But by grace are ye saved through faith.

But one is apt to say, "Whence cometh the tares, didst thou not sow good seed in the field?" The tares represent general racial beliefs in error that we are not conscious of, so their presence signifies a culling season. Tares seem inevitable in our present state of unfoldment and no awakened one ignores them, but henceforth, he watches that the more complete good is sown, that it may come forth according to creative law, even though we "sleep and rise". This is another way of saying wait on the Lord, who works in mysterious ways His wonders to perform. This is part of the ancient covenant, for the very name "Noah" means rest; in which state, seed for a new consciousness is saved.

We must begin where we are, and if we faint not, the new man of the new race, of the new age, will step forth: burst the bonds as the seed bursts its shell, and bring forth the fruit a hundredfold. A hundredfold means the perfect man. This is the promise.

* * * * *

THOUGHT GEMS

What is excellent, as God lives, is permanent.

Emerson.

The only way to have a friend is to be one.

Emerson.

God is my strength and power and He maketh my way perfect.

2 Sam: 22: 33

THE ORDER OF THE ESSENES

212 SOUTH MANHATTAN BLVD.
OR P. O. BOX 10427
TAMPA 9, FLORIDA

DEPARTMENT OF INSTRUCTION

Dear Friends:

We are sending this lesson to you having faith that it will really startle each one of us into more definite action. So often people have asked for some definite formula, or something to do, well, here it is, and it will keep us actively engaged in knowing that which is true without a shadow of a doubt.

We hope you see that firmness as to mind or good being the only power, does not make the good come out right, but it makes us see the good in its true light, for all is good in reality. This firmness is substance, that which stands under, that which sustains, supports, the essential part of anything. That which is essential is the necessary, indispensable foundation of life.

The next lesson will be on the "Radiance of Faith", that we may continue in this study, going more deeply into the glorious results of faith, filling us again with the Song of Rejoicing.

I Thessalonians 5:15 - "See that none render unto anyone, evil for evil; but always follow after that which is good, one toward another and toward all; Rejoice always; pray without ceasing, in everything giving thanks, for this is the will of God in Christ Jesus to you-ward. Quench not the Spirit; hold fast that which is good."

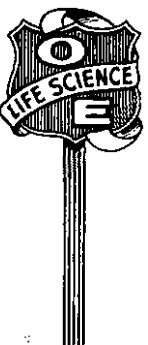
The Lord be with you in peace is the blessing sent from us at this time.

Sincerely,

THE ORDER OF THE ESSENES

S. Hammer Davis

Enc. 129



THE Essenes

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INSTRUCTION 129

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

Oh Christ, Thou Son of God,
Mine own eternal Self,
Live Thou made flesh in me,
I will have no will but Thine,
I will have no self but Thee.

Ancient Gaelic Rune.

THE SUBSTANCE OF FAITH

The best known definition of faith is found in the writings of Paul and around this eleventh chapter of Hebrews many books, sermons and lessons have been written. We will glean some of the best of it all and incorporate it into this lesson. It is well for the student to give this chapter careful study, then read in the twelfth chapter, verse two, where it says we are to look to Jesus, the author and finisher or perfecter of our faith.

"Now faith is the substance of things hoped for, the evidence or conviction of things not seen." Moffatt's translation words it thus; "Now faith means that we are confident of what we hope for; convinced of what we do not see. It was for this that the men of old won their record."

Many have believed that faith is a theological term, good in religious life, but not for those who have to meet the so-called struggle of the work a day world. Even while denying faith, such a one is actually exercising faith in every thing he does or attempts to do. In this respect remember our definition of theology as the science that treats of man's relationship to God, and do not shy away from the word. Faith, love and hope are the theological virtues that unite man to God, through Jesus Christ, who makes us sharers in the Divine Life.

Faith is an assent of the mind, a conviction that something is true. Some one has called it an anchor of the soul. Faith means to be firm, but we have to know what we are to place our faith in, because firmness on the side of evil is stubbornness, and it opposes good. As evil is not God, there is not a particle of firmness in evil. We are to have faith in God, Jesus said, and more than that, we are to have the very faith of God, that firmness that is the very foundation of the world. A Christian has no other foundation than that which is laid in Christ before the world ever was. As Christ is the idea of perfection, a Christian sees to it that he places his faith in the perfection which already exists as the only reality. Man's faith is the evidence of things not yet seen, anyone can have faith in that which he already sees.

Faith is the key that unlocks the door to the Kingdom of God. One great teacher says that the firmness of mind as to good is the original substance of all things. By our own reasoning we see how each makes his own life, and we understand what is meant by the statement; "According to your faith be it done unto you."

Among the disciples, Peter represents faith, and he was given the keys to the Kingdom. Surely you have seen in some church the symbol that stands for Peter, a shield with crossed keys on it. It is upon the rock of faith that the true Church is built, it is really the body of Christ, the temple not built with hands.

Faith is the foundation stone. Many illumined ones believe that Jesus never intended to establish the great institutions that have grown up around His teachings, for it tends to crystalization. In John 7:45, we find "It is written in the prophets, and they shall be all taught of God." One can be taught of God in the Church, the forest, in the home, anywhere that one maintains a purity of heart, for God is everywhere present. The Church seems to be necessary at our present level of consciousness, and most of us have a great love for our Churches because of what they stand for, but at the same time many Christians are not in the Church. All good is of God, and all beauty is of God, and this is our faith.

The student will find it very interesting to study the life of Peter as an illustration of the way one establishes faith. Faith is a quality of the mind, an act of the intellect, since it is a question of knowing the Truth. What one believes makes up one's lot in life, so if there is a flaw in our believing, there will be a flaw in our bodies or lives. To believe is to have confidence in, and one may have confidence in what has no life and no substance and be quite satisfied for a long time with such a belief. But eventually, if the things we have believed in have no true life and substance, they droop and fall away and man is full of disappointment. This is spoken of as misplaced confidence, but if one has confidence in God, no disappointment will come.

It is said that every bit of disappointment is a bit of death, for man has an appointment with God. Some have believed God sent their troubles, and many have ceased to believe in Him because of their afflictions. They thought no good God would let them suffer so much, and they are quite right. In this instance, stop and think, was their faith in the true God or an imaginary God? Jesus said it was life eternal to believe in the true and living God. God never made any evil, and the quicker one states this, the quicker one will give up the belief in it and it will fall away.

God ordains only good for every creature, and we see that innately everyone believes this, for each longs for his good. There is nothing to fear, it is not doubt of the good, but faith in the good that opens our eyes to see the good. Doubt in what is good is having a bit of faith in what is bad. The mind that has formed the habit of bearing up bravely under misfortunes has always been praised, but misfortunes are evidence of a habit of believing badly. This faith substance can be made perfect by Truth. Patience is not negative submission, but calm, quiet waiting for what is expected. It is self-possession, persistence in what has been begun. Thinking Truth constantly makes the substance so good that good conditions come to pass.

When one speaks of the trial of his faith, he means that his two ways of thinking have faced each other. He may mean his words have met his thoughts and find themselves at war. The thoughts

that keep up so steadfastly are really the feelings, the undercurrent. They ought to be one with our words if we would make the true substance. There will come a time when what we say will meet what we feel in our circumstances. This is the law of mind and speech, the work of the Spirit follows this - "As a man thinketh in his heart, so is he." The heart being the seat of memory or the subconscious mind, you catch a new meaning as to why the pure in heart see God. Man cannot live in the past or in memory, which is mostly emotional, for life is in Christ, and He is risen, alive and with us.

It is not necessary at all that we should have any trials of faith or chemicalizations of mind, body or affairs. Jesus freed us from the law. Spirit has no trials, nor tests, nor conflicts. It is no sign of a saint of God to be in trouble. Saints should be as tranquil as spirit, whose peace is perfect.

When trials come be sure to hold in mind, Truth only. Have no bitterness nor resentment, for that which is in mind shows up in our affairs, which are extenuations of the mind. Our mental reservations make our words powerless. Some seem to be working and speaking for success, while they are secretly calculating how it will feel to be unsuccessful. This is an undermining element, just like quicksand. It is a sample of the "double minded" man, unstable in all his ways. But, persisting in Truth, there will be no condemnation.

Faith is your firmament, or firm, steady way of thinking. God said: "Let there be a firmament." Difficulties are nothing to the mind that never calculates on defeat. The depths of your nature is God. "Ye believe in God, believe also in me." "All power is given unto me." It is from this deep inner nature that those mystics have spoken when they have said, "I AM GOD." "I HAVE THE FAITH OF GOD." Such as these do not mind criticism or opposition, but say boldly; "I believe that my God is now working in me to do that which ought to be done by me."

God does not send trial, trouble and tribulation in order that one may be helped out of them. God sends only Good, so we open our eyes to see the good. We may say often: "My faith is in the good and nothing but good can come to me." Would you hurt your child just to make it love you? NO.

There is no statement of faith you could make which the true God is not able to fulfill. In Genesis we find ; "Is there anything too hard for me, saith the Lord." The imagination is said to be the biscuit cutter of substance. You may say - "I believe I am able to do all things," for you know there is One Strength, One Life, One Support, which is God, the I AM.

There is enough in God for all to be satisfied, so do not be afraid to believe in perfection. What you believe in your heart you will see come to pass. Let us not be afraid to claim and believe that health is ours by Divine birthright, for God knows nothing of illness. In using a statement of faith for support do not be afraid to say you own all things and believe in having an abundant measure of good. God is unlimited Good. The mind is as deep and as broad as it has the courage to affirm. Mind will demonstrate as much greatness as it has courage to stand by its affirmations. Our early Christian martyrs believed and fairly welcomed martyrdom, when God, who is love, never required such a thing. Many people today enjoy being martyrs to various causes. It is an insidious condition and one that has helped the psychiatric profession to become established, because people are off their base. Let us not be in a martyr consciousness, let us not enjoy poor health. To overcome pain is not quite good enough, it is far better to have no pain in all the temple of the Holy Spirit.

There is no virtue in working hard to earn a name or fame, riches or peace. But there is virtue in having all these things without effort. The Prophets foretold a time when there would be no pain, nor sorrow or famine, in fact, we can laugh in the face of such if we are in the right consciousness. When we have occasion to declare that we do not believe in something, then let us be sure we quickly state that which we do believe in according to the Truth. It may seem hard to change your faith from evil to good, but it is well worth doing if you agree with the teaching put forth in this lesson. There is nothing new in the world.

* * * * *

THOUGHT GEMS

Mind is as free as it has the courage to deny.
Mind is as great as it has the courage to affirm.
We are as free from evil as we refuse to think about it.
The firmness of the mind as to good is the original
substance of all things.

E. C. HOPKINS.

"If ye had faith as a grain of mustard seed, ye would say unto this sycamore tree, Be thou rooted up, and be thou planted in the sea, and it would obey you."

LUKE 17:6

"Thy faith hath made thee whole."

MATT. 9:22

"The Holy Spirit put no difference between us and them, purifying their hearts by faith."

ACTS 15:9

THE ORDER OF THE ESSENES

212 SOUTH MANHATTAN BLVD.
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TAMPA 9, FLORIDA

DEPARTMENT OF INSTRUCTION

Dear Friends:

What more can we say than that which we have already said, but in these letters we can draw close and inspire each other to build a group consciousness in the One Mind that is invincible. You, of course, surmise there is much activity along several lines required to keep these instructions going forth in an orderly manner and we know you want to help, for many of you have said so. So as you make your loving gifts to further the work, will you speak and know the Truth for us that we may be wise, loving and strong in God, abundantly supplied with all good.

This lesson on the Radiance of Faith helps to strengthen the foundation of faith upon which we raise the temple not built with hands. The wise master builder, not only has the best material, but a sure foundation. No one builds a fine structure on a bad foundation, nor does one use cheap substitutes in foundation material.

We all meet tests of one kind or another, not always to cleanse us, but to test our usefulness. Men must be spiritually united to co-operate. In spirit there is no selfish growth, but every idea works in harmony with every other idea, carrying out the loving purposes of God.

Man is a spiritual being, a being of light, of radiant glory and of power, and you are that man.

Faithfully,

THE ORDER OF THE ESSENES

J. Hamner Davis

Enc. 130



THE Essenes

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INSTRUCTION 130

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

THE LIGHT OF THE BODY IS THE EYE: IF
THEREFORE THINE EYE BE SINGLE, THY WHOLE
BODY SHALL BE FULL OF LIGHT. BUT IF
THINE EYE BE EVIL THY WHOLE BODY SHALL
BE FULL OF DARKNESS.

MATT. 6:22-23

THE RADIANCE OF FAITH

We have said in former instructions that the Kingdom of Heaven consciousness is that in which Divine ideas blend into each other in such a way that there is no separation. We also call this the universal consciousness of Light and it is the Christ consciousness to a Christian. We will come to see that all religions are seeking the Light under various names and the more we understand this, the nearer all people come to the Kingdom of Heaven consciousness. We know it is a state of conscious harmony.

If the student of Life Science will take the time to read the "Life of Mahatma Gandhi", by E. Stanley Jones, he will find a living example of the above paragraph. Dr. Jones is a world famous missionary to India and was a close friend of Gandhi. The book is a challenge to Christians, for Gandhi put into practice the Christian attitude of overcoming evil with good, and followed this course without compromise. He practiced non-violence to the extent that he freed a vast country from the bondage of a great military nation. He had an amazing spirit, transforming everything he touched and it is said by some that he has done more for the whole world than any man since Jesus Christ. He realized that the true message cannot be given by word of mouth, for it can only be lived.

We are not giving a book review, but calling your attention to the fact that one of the most Christ like men in history was not called a Christian, but his life will surely help the Christians to become what they claim. For with many who claim to be Christians there is no evidence of Christ life, and the latter is the requirement.

We know in these instructions, unless we try seriously to live the Truth, they just become something we have read and we derive no living substance from the Source.

We add to our substance of faith that which we call the radiance of faith. Radiance is a brilliance denoting the emission of rays, so if one has faith established in Christ, there is not only a new perception in the mind but an actual light coming from the body. You have seen the circle of light that early artists painted around the head of Christ. We are instructed to "let our light shine", showing that man is truly a being of light here and now, and really has an eye Divine. This eye Divine is of course the single eye, the eye that is single to the good. In this understanding we perceive the manner in which the body is filled with light, for it really lies within all the time.

Sometime ago the daily paper published a scientific article on the idea of a guided missile having a thinking apparatus within itself and although it seems to be made in relation to the instruments of war, it was expressed in terms that caught our attention, namely: "a system of homing guidance, wherein both the source for illuminating the target, and the receiver are carried within the missile." This is spoken of as an uncanny and awesome weapon. Man knows that he projects these ideas out of that which is already contained within himself, for man first has a homing guidance, the I Am, that calls him to recognize the Kingdom within and man contains the light that shows him, not the target, but the purpose of all life. Strange that more people do not discern that which lies within all the time, just waiting to spring forth as soon as the door is open. Revelations 3:20 - "Behold, I stand at the door and knock, if any man hear my voice and open the door, I will come into him, and will sup

with him and he with me." We do not have to beg or beseech it to come forth, for unless we are too dull of hearing, it comes quickly, almost like a child's jack-in-the box. Is not this spoken of in other terms as the "fountain of life"?

As water is the symbol of man's consciousness, the life fountain is the consciousness of life that is here all the time, springing up from within.

Over and over the Truth is brought to our attention by many parables and symbols that show us the simplicity of the Christ message and the ease by which we can enter into His Kingdom if we will. According to His words, He held back no secret teaching, neither did He make a mystery of the Truth.

Occasionally one finds he has held on to his fixed religious beliefs and has let them assume the role of Truth in his mind, thinking he has accepted the Truth. In spiritual consciousness we surrender our prejudices and narrow beliefs, or we allow them to be transformed, for they are tractable and obedient under kind, intelligent treatment. If they seem a bit tenacious, just remember they are the result of old mental tendencies carried over from the Hebrew idea of the sacrifice taught by the priesthood. The early disciples welcomed suffering for Christ's sake, but Jesus did not teach it, for He said: "These things have I spoken unto you that my joy may be in you, and your joy may be made full." John 15:11.

Today, we do not expect trouble, but we expect God to prepare the way before us that dissolves any possibility of trouble. This is the radiance of faith that shines before us making plain and easy the way. You have seen the "wake" of a boat, a pathway a passing boat leaves as it advances through the water; well, the radiance of faith shines out before man in just as real a pathway in the surrounding ethers if he has his eye single, without compromise. As yet, we do not see this radiance literally anymore than we see the waves of music that the radio picks up and sends forth, but we know they are in the room, even passing through the walls. Our radiation allows us to pass through the wall of fixed beliefs, the veil that Jesus rent. Paul says in Hebrews 10:20 - "He dedicated for us a new and living way, through the veil, that is to say his flesh, let us draw near with a true heart in fullness of faith." The veil that is the flesh is only dense looking because of man's belief in separation, or two powers, therefore when the eye is truly single, the radiant body is all that remains, a body of spiritual substance without having to pass through the grave.

Jesus Christ did that for us, but we haven't believed it with the whole soul. We say we believe the at-one-ment that Jesus reestablished between God and man, but we must come to accept it in the manner in which He demonstrated it, coming up over, rather than going under. There isn't anything glorious about dying, for it is a mistake and came into the world through sin. It is never too late to grasp this idea of life eternal here and now so that it will be incorporated into our being regardless of the present appearance. Do not watch what man does, or does not, accomplish, but watch God and you will be saved, raised up and all the ends of the earth will be raised with you, for we have already been raised with Christ Jesus.

Jesus didn't suffer with humanity, He did something about it. He saved Peter from drowning, but fear did not cause him to lose His poise, for He was master over all things. He had come up over the world with its false beliefs. To jump in to save a drowning friend is a grand and noble deed in our present unfoldment, and no real person does less, but the higher way is to know that the

drowning man is so encompassed and upheld by the everlasting arms of Divine love that he could not possibly drown. "I rest in God, for beneath me are His everlasting arms."

In Spirit there are no accidents, but until we are really aware of that, we do the next best thing, for even Paul saw that what faith we have is righteousness unto us while we are unfolding the utmost acceptance. Unbelief masquerades as common sense and caution, so "Lord, help Thou our unbelief." No one can step out on a faith he does not yet have.

In His healing ministry, there is no record that Jesus was sorry for the sick but he so knew the nothingness of disease that the blind could see instantly and any disease vanished in the radiance of His Presence. He did not share His last crust of bread and last bit of fish, but brought forth plenty for all. We share to keep open to the law of giving and receiving, but not because we think there isn't any more.

The reason we have not comprehended this more fully is because our thinking power has been submerged in a gross thought stratum. The tendency of thought emanation is to crystallize about the form that it has made, and it tries to hold onto it. We can understand how a whole race might be caught in the meshes of its own thought emanations, and through drowsy ignorance remain there for long periods of time. People in other countries have broken through certain fixed and unbearable conditions and have come to the United States because of the freedom for which this country stands. The whole human race was in just such a state when Jesus broke through the crystallized thought strata and opened the way for all who will, to drink of the waters of life freely. He made a connection between our state of consciousness and the more interior one of the Father. We became one, we are reconciled, which means to restore to friendship after estrangement. Therefore, we have really passed over into the new consciousness. The Lamb and the Passover are old terms whose real meaning we now discern.

That which died so long ago was the consciousness or mortal belief that held us in bondage, but man still holds onto some, such as hurt feelings, false pride and others. If we let the ideal man, the Christ shine out, it will so illumine the mortal self that only the Divine man will be in evidence. Can you, as a spiritual being, acknowledge that "I am the Son of God right here and now, regardless of any appearance"? This is the truth concerning yourself, and it will satisfy the heart and the flesh that cry out to the living God. Faith works through love, and the integrity point is faith, the eye that is single. Integrity is wholeness of purpose, uprightness of character, and is that place in man's consciousness which is made up of God's attributes which hold him steadfast and firm in his oneness with God.

In spiritual healing we have learned that the qualities in mind outpicture as centers in the body, but we are careful never to work with the body as such. However, it is interesting to follow the correspondence of mind and body. In the mind the physical center of faith is in the head close to the pineal gland but faith has to be established in love which has its seat in the region of the heart, so as the mind is balanced, the body is also balanced and raised into new light. But it is well to remember that faith and love will automatically take effect in the body if we remember to keep the body in our consciousness. The lungs are the lights of the body, therefore when the mind is illumined in faith, we breathe deeply of spiritual understanding and the lungs are filled with living light. The lungs breathe as the mind accepts.

So we can return to the first statement of the lesson - "If thine eye be single, thy whole body shall be full of light."

THE ORDER OF THE ESSENES

212 SOUTH MANHATTAN BLVD.
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TAMPA 9, FLORIDA

DEPARTMENT OF INSTRUCTION

Dear Friends:

It seems well to begin to understand a little more about the body as the very temple of the Holy Spirit; therefore, we submit this lesson on the lungs. When the Truth and beauty of it is established you will not have to think of it anymore, for you will be automatically accepting it.

I hope some of you can manage to see a book in two volumes called "Man, in Structure and Function" by Dr. Kahn, which was translated into English a few years ago, because of its amazing illustrations. Life Magazine devoted a whole copy to it at the time. There is an illustration of a cell in the body many times enlarged and in the very middle of it there is a radiant light and when you can think of yourself as composed of innumerable cells of light you can feel like a Neon sign - which, of course, gives forth no light if detached from the current. So, my friends, let us keep in the stream of light and life and behold the Christ in everyone.

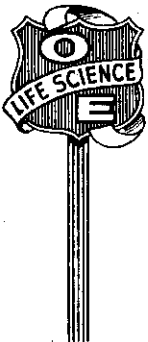
We are so grateful for your bountiful gifts as expressions of the worth of these lessons and we send them forth to prosper all.

faithfully,

THE ORDER OF THE ESSENES

S. Hamner Davis

Inc. 131



THE Essenes

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INSTRUCTION 131

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

"EACH NEW DAY STRETCHES OUT BEFORE US AND
GIVES US THE OPPORTUNITY TO LIFT UP OUR HEARTS
AND MINDS AND BE FILLED WITH THE PURE, SPARK-
LING ESSENCE OF LIFE. I NOW TAKE THIS
MOMENT TO LIFT MY HEART - TO HOLD MY CUP
TO BE FILLED. THE MIND FILLED WITH THIS
PURE ESSENCE, IS NOT FILLED WITH ANY BURDEN
OR WEIGHT. THE DIVINE ESSENCE LIFTS AND FREES -
BUT ADDS NO SORROW. I AM ESTABLISHED IN
PERFECT EQUILIBRIUM."

Mary West Fullenlove.

THE BODY OF LIGHT

The Students of Truth are bending every effort to become consciously aware of the fact that "In Him we live and move and have our being." We must become conscious of the Most High and that this Most High is All Wisdom, and it is healing strength. We must walk consciously with God, knowing that His Presence is transcendent and imminent. We must also attain a new birth, a quickening spirit. We have no real power except that which comes as we contact this Divine Presence. There is One Power and One Presence. Malachi 3:6 - "For I am the Lord, I change not; return unto me and I will return unto you."

We know now that there is no matter. We know there is one thing, Universal energy, and all substances are merely expressions of that one. All qualities are determined by the mode of motion of the force, change the mode and you change the quality. Einstein, long ago, worked out the equation that showed the existence of a definite relationship between matter, energy and the velocity of light. More recently we read that the lighting effects of the atomic bomb begged description. We speak sometimes of a blinding light and we know that the ordinary acetylene torch gives a light that hurts the eyes, so the welder protects his eyes. Who can look straight into the sun? Yet, people wonder why they cannot see Jesus when we know He is in His body of light. When He appeared to Paul at the time Paul was converted, do you recall that Paul was blinded for awhile? We have only a limited understanding of the meaning of Christ as the Light of the World because we have thought of Christ in terms of the person of the man Jesus, and have remained at that point of worship quite long enough.

It was uttered long ago that there is One Infinite and Eternal energy from which all things proceed. It has no limit, it is eternal, has no beginning, no end; you can't see it, but out of it everything you see comes. All proceeds from One. Even before this another said that - "The thing that hath been, it is that which shall be; and that which is done is that which shall be done; and there is no new thing under the sun." Eccle.1:9 Paul said in second Corinthians 4:18 - "The things which are seen are temporal; but the things which are not seen are eternal." Ephesians 4:6 - "One God and Father of all, who is above all and thru' all and in you all."

An ancient seer said that religion, philosophy, literature and science came from the same source and arrived at the same conclusions, namely: there is only God. We, who have the desire to know Truth, if we are willing to give ourselves to it will find we are moving toward the same event - Divine consciousness, where we know God. "For I am God, and there is none else; I am God and there is none like me". Isaiah 49:9. The prophets were aware of His Presence. At one time we thought that elements were ultimate,

then we came to know molecules and atoms, and now we have split the atom and find that energy moves intelligently. Back of the atom is the light and back of light is Infinite Intelligence and they are One. When we understand a thing, we say we have light. Those who knew the Divine were called the illuminati. God is the Father of Light and everything comes from light, - everything.

Father means first urge. God is Father of us all, above all, through all and in all. All substances in their last analysis are light energy, which moves, and we can only behold it with the eye Divine. We can only know God through spiritual faculties awakened by prayer. He that can breathe that wisdom can become God. Jesus came to awaken us to the fact that we are offspring of God. Behold I say, "Ye are Gods", was spoken from His understanding. He was conscious of the Light, not sentiment, but conscious knowledge is what we want, that we may look out with a new vision and a new understanding. The eye must be single to "I Am that I Am", and then we will live in another world. David said: "Day unto day uttereth speech". So there is no place where God is not.

We are citizens of the Universe, drawing elements to build the body. We are sons of God and God is Spirit, so we are children of Spirit. The breath of Brahma created the universe, so we are children of the great breath.

In the last instruction we touched on the subject of the lungs and their ability to breathe light. In one of the early instructions you were given some breathing exercises and now we will show you a deeper meaning as we consider the lungs as organs of light. We see with our lungs, for they light the inner, which is a light to the outer. Nature is but a symbol of Divine mind and movement. The verdure of nature are lungs to the planet, for the trees and plants reach into the atmosphere. The trunks are fixed in the soil, but the fine twigs grow foliage and leaves which are lungs, because they take in the air. Their fine capillary filaments serge with sap, the blood of the tree, and take out of the air what the tree can use. The world and the planet breathe air. Flowers are taken from a sick room at night for a reason.

As the tree, so are the lungs in man. The sap of the body moves upward to them, laden with waste products which are purified in the lungs with air, then it goes into the arteries charged with light red. The blood is a stream of light, we breathe in light and it lights the body, for pulmonary breathing extends to the feet. We breathe with the feet and they become full of light. "How beautiful upon the mountains are the feet of him that bringeth good tidings, that publisheth peace." Iss. 52:7. "Thy word is a lamp unto my feet and light unto my path." Psalm 119:105

When man inbreathes, he draws the inspiration of the Almighty. The body breathes what the mind accepts, for the body corresponds and synchronizes with the mind. If the mind breathes love, light and wisdom, the mind will be clean and pure, so will the body. There was no poison in Jesus' breath, because when he breathed on the disciples they received the Holy Spirit. His will was the will of God and His body was full of Light. We inbreathe of vitality and power as the mind breathes.

The lungs have their trunk and when the mind is fixed on God, the bronchials will be strong, alive, elastic and yielding. As the tree trunk supports and meets the wind it grows strong. No tree is firm without this test and no tree can live without movement in the atmosphere, for the foliage would wither and die. And so with the lungs, if there is no wind (breath) blowing through, there is no life in the body. We can determine the vitality of the body by seeing how it quickens under exercise. The deep-chested are active workers, and breathe the deep breath of Heaven. He who breathes inspiration is always trying to lift the consciousness of his fellowman. Inspiration and expiration form a perfect balance. Sometimes a neophyte wants to turn the world upside down in his outbreathing, but one calls for the other.

So the lungs are the tree, the organs with which we lay hold of the ethers, the breath of the planet. The air is the planet in solution, and the trees return it to the planet, so, too, man repeats it back to the Almighty. You know in sending a telegram over the telephone you have it repeated back to see if it is correct. In the Lord's prayer - "Hallowed be Thy name", actually means to sound back or sound forth in us. The Divine inspiration is the inbreathing and outbreathing of God, "The breath of the Almighty giveth understanding." Job 32:8 Jesus said He knew nothing but what He got from the Father, He breathed the breath of God. Easterns speak of the breath of Brahma. God is light and life.

The spirit in man is the light of the Lord, it lights our understanding, quickens our knowing, and inspires our mind. As we inbreathe from the mind of God and partake of His wisdom we find our outer breathing moving in accord, but if we look downward we breathe out pestilence. Paul went to Damascus breathing slaughter, but was blinded and heard the voice of Light, which changed him to breathe love and light. So he brought the light of Christ to the Gentiles and his sight was restored. He had new eyes and new light, no doubt he even walked differently.

Every organ is affected and placed by the lungs. They also determine the texture of the skin, which is a great breathing apparatus. The breath of the Almighty covers our whole system. The movement of the lungs determines the constituency of the blood which moves with regularity, carrying a cleansing fluid which takes away the dross.

We die daily, which is a passing away of that which has done its work for us. If the mind is on High, tapping the ethers of Heaven, we become more pure. The changed breath moves the bloodstream and determines the whole condition of the body. If the lungs don't breathe, the brains won't breathe, but as they breathe, so is man.

We are breathing Deific Essence, the breath of the Almighty. As man taps the Heights, so will the body reach out and take the atmospheres they formerly could not get. So the body alters and changes. We touch the magnetic energies, finer tone and higher vibrations until we are in that place where we emit light. Jesus was like this. He breathed the Holy Word, the Lost Word, the Deific Essence. It is nigh thee, it is in thy mouth. God is closer than breathing, but we know it not.

As we become steady in our upward gaze, we find the mind breathing new ideas and the body moves up within itself with a rearranging of cells, for as we reflect the breath of God, we change the functioning of the whole body. "Be ye transformed by the renewing of your mind." Romans 12:2 If the mind is set on High, the breath comes deep and strong. We can breathe a person out of pneumonia until he begins to breathe the breath of the Most High and is in harmony with it. Pneuma means breath in Greek and means spirit in the Latin. It has been only a short while since the medical world found that fresh air was good for pneumonia. The lungs become luminous and red with the beauty of light, and when they are not filled they become dark and impure. So the lungs are the organs of light and the whole body is a solarium, all aglow, and all alight when the mind is fixed on the Divine and inbreathes the Heavenly breath. The body will be a living temple as Paul said, the temple of moving Spirit, which, in blowing through it will keep it pure and make it Holy.

It is not necessary to take physical breathing exercises to expand the lungs, for high thinking is always followed by deep breathing. When one is in the silence, in the deep stillness of Spirit, the outer breath seems almost to cease, but inner quickening is observed, which metaphysicians know as the receiving of the etheric or divine breath. This is genuine deep breathing and is quite different from mere muscular expansion of the lungs, which wholly misses the mark and often leads to serious results when practised until psychic vibrations are induced. Do all things with your mind set on the Lord and you will feel the pulsation of the Divine Breath.

* * * * *

THOUGHT GEMS

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The same stream of life that runs through my veins night and day runs through the world and dances in rhythmic measures. It is the same life that shoots in joy through the dust of the earth in numberless blades of grass and breaks into tumultuous waves of leaves and flowers.

Tagore

"The heavens declare the glory of God,
And the firmament showeth His handiwork,
Day unto day uttereth speech
And night unto night showeth knowledge.
There is no speech nor language;
Their voice is not heard."

Psalm 19:: 1:4

THE ORDER OF THE ESSENES

212 SOUTH MANHATTAN BLVD.
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DEPARTMENT OF INSTRUCTION

Dear Friends:

You may wonder what we mean when we say "recent times" or "recently". So much knowledge has come to light that nearly any book ten years old could be revised. The Truth is eternal and unchangeable, but man's awareness of this Truth is rapidly changing; therefore, what was a startling revelation ten or twenty-five years ago is swallowed up by the amazing revelation of these days.

We do not discard a book necessarily because it is old, for our Bible contains many ancient scriptures which are so eternally true, we have not fully discerned their meaning even yet. The book of Job, for instance, is the story of every man as he attempts to establish his faith in God, the Good.

We trust you will enjoy these lessons dealing with the body and through them come into a whole new way of life. In writing the instructions we feel that we might say that no matter what we write we have no way of giving you the very thing we write about. For only the Spirit within you can give it to you. We can only point the way that we have found to be effective. Even Jesus said: "Ye search the Scriptures because ye think that in them ye have eternal life; and these are they which bear witness of me, and ye will not come to me that ye may have life." Christ is life, so all our instructions are to encourage you to come to Him and receive Him.

We express again our appreciation for your generous gifts of love that are multiplied in manifold blessings as they fulfill the law between us.

Faithfully,

THE ORDER OF THE ESSENES

S. Hamner Davis

INSTRUCTOR

INS. 132



THE Essenes

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INSTRUCTION 132

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

"MAY THE GOD OF OUR LORD JUSUS CHRIST, THE FATHER OF GLORY, GIVE UNTO YOU A SPIRIT OF WISDOM AND REVELATION IN THE KNOWLEDGE OF HIM: HAVING THE EYES OF YOUR HEART ENLIGHTENED, THAT YE MAY KNOW WHAT IS THE HOPE OF HIS CALLING, WHAT THE RICHES OF THE GLORY OF HIS INHERITANCE IN THE SAINTS; AND WHAT THE EXCEEDING GREATNESS OF HIS POWER TO USWARD WHO BELIEVE, ACCORDING TO THAT WORKING OF THE STRENGTH OF HIS MIGHT, WHICH HE WROUGHT IN CHRIST."

Saint Paul
Ephesians 1::15:19

THE NEW AGE

We are entering the era of Light, the light age. We are finding out many things that light will do, we are ever breaking it up and developing colors that were never known before. Colors are full of life and the more sensitive you are, the more they affect you. We are children of the light and as we study the effects of light we will come to think as much of color as we now do of calories, only color is much finer.

These things have been known for ages to the seers and the prophets and have been handed down in sacred literature. The seer transcends and precedes the scientists and when the word is spoken the scientist goes forward. Many scientists of today have great spiritual light, which accounts for the amazing things they have brought into manifestation. If we come to God empty we can receive new revealings, some secret thing. We are in the new era. I will overturn saith the Lord, - "Look unto me and be ye saved, all the ends of the earth, for I am God, and there is none else, the word is gone forth from my mouth in righteousness and shall not return, that unto me every knee shall bow, every tongue shall swear." Isaiah 45::23

Many are going out under the pressure of the new age, they are of the old order and cannot see. Some are even trying to bring back the good old days, so they are taken out of the way. Let us look up and be harbingers of the new age of magical achievements. Men shall become Kings and Priests unto God, and move on a new level. This is the new heaven and a new earth, the world has died and we are finding the new birth.

There is a new incarnation of the Spirit quickening the minds of men and we have new substances that were not known before. All the world is moving en masse toward a higher order. Just one illustration of new things is the new metal, Titanium, as strong as stainless steel, but half the weight and it is said they believe it is just the material to make the supersonic planes. It is almost an other world metal, because if you look up at the milky way at night, the dark patches are gas clouds, and these clouds are rich in titanium. That shows how suitable it is, in its very essence, to travel in a reduced form, back into the ethers, for it is at home there.

The universe is One, God is all in all, and all men shall know Him from the least to the greatest. Scientists are living sacrifices, for no one does anything of himself. We will have all knowledge. Jesus was a super-chemist and scientist but it came from God. He is ahead of us, so let us keep His commandments, be up and doing! Follow the Master and we shall be masters. Metaphysicians are touching the higher things through inner senses.

Things discerned by Spirit are composed of a higher expression of life. Life is subject to higher forms of life. On the inner planes of being we call this God - that gives life and breath to all things. The Infinite expresses in infinite variety. It is the Creative instinct or urge - "For it is God that worketh in you both to will and to work for His good pleasure." Philippians 2:13

When all men can see the unity and purpose of life and that all life is of the Spirit, fear will disappear and all animal and plant life will change its form and habit for the lion in us lies down with the lamb. Christ is the Lion of the tribe of Judah, but he is also the Lamb that taketh away the sin of the world. He did not fear nor hate, love was His law, so the Lion and the Lamb were together. The lion represents strength and intelligence, he was the king of beasts because the most chaste of them all. The lion is the symbol of strength, of purity, cleanliness and chastity. The lamb is the symbol of tenderness (feminine). When the two become one, they lie down together.

Jesus, the master of His nature, said - "Which of you convicteth me of sin." Jno. 8:46 He went about doing good. We are just beginning to see that when man has come to himself there will be the new Heaven and the new earth and all shall be one. Consciousness is reflecting through all things. Man is becoming a co-worker with the Divine and is changing things in the realm of creation and manifestation. Man is seeing beyond the microscope and X-ray. Man, the epitome of all there is, is coming into his own. All things are being uncovered.

To explain the working of some of the above, let us continue with the correspondences in the body. If you have a chart of the bodily form of the system you could see the central office in the brain, from which commands go forth to different organs. The sympathetic nervous system is ganglionic, composed of ganglia and ductless glands. The importance of these glands has only recently been discovered, but the ancient seers have always known it. We are interested in them from the spiritual standpoint, for glands are the gateway of the soul, they need no ducts, but they are points of contact between the soul and the outer, between the visible and invisible. They control the functions of the body, the character, and so forth.

The solar plexus is the greatest nerve center in the body and you know the effects of a blow on this part of the body. The study of glands is of recent times and regardless of the remedies in the outer, the true reinforcement comes from turning from the outer, to the intelligence and power that created them, God Almighty that worketh in man to will and to do, and in turn, man is inspired in his body through the nervous system. "There is a spirit in man, and the breath of the Almighty giveth them understanding." Job 32:8

Understanding and intelligence flow through the system, as intelligence and energy. If the nervous system is the Spirit, then, whose spirit is it? God's spirit, of course, for He said - "I will put my law in their inward parts, and in their heart will I write it." Jeremiah 31:33 Intelligence working in man knows all this, and perceives the law of God.

This intelligence goes to every cell in the body, for you can't touch the body without touching a nerve. Every cell is alive with nervous energy, which is the life of Spirit, Son of the Supreme. It is a living light. When raised to a high pitch man becomes luminous, and when man becomes as aware of Spirit as Jesus was, he will see Jesus. Man is a transmitting system of light, light is intelligence and vice versa. Light is diffused through the whole being. When we know that we are offspring of Divine Mind - we become luminous. When we breathe the breath of the Almighty, we breathe light, inflowing and outflowing. In the last lesson we spoke of the lungs as lights. Breath gives us light according to Job. Breath, Spirit, and Light are synonymous terms and man is the child of each of these. The body is the vehicle of expression, an instrument through which we cognize things in the natural world, through the organ of sight called the eye.

Sight is of Spirit, comprehension of Truth, and by knowing this we can heal eye troubles. A spiritual movement quickening spiritual understanding causes one to feel the movement of Truth in him. Man's consciousness is his comprehension of Truth. If we accept the fact that "seeing" is a process of Spirit, an activity of Divine Mind, Spirit can build new eyes, restore the eyes. When Christ comes, He makes all things new. Let us recognize Spirit as the seeing power, so we can call into being new eyes. Compare this to a camera; we see through the brain and we look out through the eyes, not with them - but through them, out of them. Man is the user and manipulator and seeing with consciousness, he, of course, cannot see when unconscious. Some people only perceive form, because they see as through a glass darkly. A simple illustration is to think of a book. To some it is just paper and printing, to others it has a meaning, but still to others there is an idea back of the book. Many have eyes and see not. Others see canvas and color in art and no more. Some see only a statue, others, the purpose behind the marble. Still others see that it is God being expressed, or an attempt of the artist to express love.

Vision is of the soul. The eye is very revealing since we see the activity of the soul in the eye. It also hides, sometimes conceals deep mysteries. Only he who knows himself as living soul can look down deep and behold the hidden mysteries. This is vision - others only see. We must have vision to see deeper than motives, we must see the Presence of the Most High if we would heal. Look through the appearance and behold the reality.

The eye can change its color in your presence, because you have touched the fountain of life, the Dweller of the inmost and called him out. The Kingdom within, and the King on His throne has caused the one to be healed, to be born a new creature. The Divine always responds, always hears. Speak, and it shall be done as you have spoken. Speak to the inner self, and there will be a new radiance in your eye. The poet says, "the soul is formed and doth the body make."

Metaphysicians look to the inner eye, the mind behind all things. The Spirit bears witness with Spirit that we are all Sons of God. We do not deny that we see the body, but we see that it is not the self. The body has infiltrated itself on the nervous system. The flesh is not the man, but something that has insinuated itself into his system. Man is a spiritual being of Light, all aglow, when he is aware of himself. It is the light not seen on land or sea. If we see this, we may free the man who has forgotten himself, and cause him to come to himself. He is not the stricken being he seems to be, but a living soul. "The flesh profiteth nothing."

How is your eye? Can you see the will of the Almighty? Can you see the Presence in your fellow man? As your eye is - so is everything around you. Do you see others as immortal? The eye is created by a state of mind and it is necessary to have clean windows. Telescopes must be clean, for a tiny speck can change the whole appearance of a constellation. Our inventions have overcome many years of evolution. In our egotism we think we have improved on God, but these inventions would be no good to a blind man. Seeing is of the soul and you can see through the whole being as the light of understanding diffuses itself.

The nervous system is a radiation of the brain, and if the eye is evil you will be full of darkness, because the radiation is stopped. If the eye sees purity, the flesh is radiant and strong, luminous and transparent. Where there is single mindedness the outer eye is strong and steady. The eye of the child reveals inner strength, and it can rule a whole household because his strength has not been lost through sophistication.

The pure in heart shall see God, so if the heart is pure we can behold the power of the Divine and the desire and purpose concerning our own individual self. How is your eye? Do you recognize One Power and do you believe that the flesh profiteth nothing? Only the quickening Spirit has light and power, the outer man of form, the man of flesh is nothing, can do and know nothing, but God, being in all is the only Doer, Thinker, Knower. The single eye charges the body with light, intelligence and strength, that otherwise would not be there. The tips of the fingers, the toes and the skin radiate light from within, the activity of the One Mind within us. We are

fearfully and wonderfully made, as the Psalmist expresses it in Psalm 139:14 - "I will give thanks unto thee; for I am fearfully and wonderfully made; wonderful are Thy works, and that my soul knoweth right well."

The flesh is in, and of, the One Mind and when we touch this Mind, we are aware of it at the central office. As an illustration, suppose you have a stone in your shoe, you are aware of it in the brain, the central office of the center of light in the head. The manager is the head of a concern that issues orders. The brain has established sub-centers which carry out orders without consulting the superior, but at the same time in perfect harmony with the head office. The heads of the departments carry on ordinary functions, having been trained for their work by the soul within, and this acts to the minutest part of the body. Man is a living soul, not a physical being, but a center of Divine energy and power, and when man sees himself as that, he will call forth more and more of the Divine, will look through so-called matter and see spirit. "The pure in heart shall see God."

* * * THOUGHT GEMS * * *

"Jesus called unto the disciples, saying, suffer the little children to come unto me, and forbid them not; for to such belongeth the Kingdom of God. Verily, I say unto you, whosoever shall not receive the Kingdom of God as a little child, he shall in no wise enter therein."

Luke 18:15-17

"Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded."

James 4:8

"Seeing ye have purified your souls in your obedience to the Truth unto unfeigned love of the brethren, love one another from the heart fervently."

I Peter 1:22

THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

Dear Fellow Students:

As you study this instruction you will have a keener realization of the purpose of the Silence, as it is the very heart of all spiritual knowledge. You will be inspired to be steadfast in your prayer life, feeling it to be the most important thing in your life. I wonder if we could stand the test of forty years in the desert, as Moses did, to gain illumination, or even one year in total Silence? Or would we sell all we have to find the Kingdom? The Kingdom of God cometh not with observation.

I like to pass on to you names of books that have inspired me in my spiritual life, so in connection with this instruction, dealing with the ears, sound and so forth, I am remembering a book by Pupin, called "From Immigrant to Inventor." This great scientist was born in Serbia, and as he and his brother were in the fields watching over the flocks of sheep, they kept themselves from fear of wolves and communicated with each other by a system of signals sent from their pocket knives stuck in the ground.

I cannot write it as the book does, but the point is that thru his mother's faith this lad was able to come to this country and by sheer worth became one of our great men. From that system of pocket knives he invented the glass conductors we see on the telephone poles that make the message carry for great distances. Pupin also invented some essential part to our radio. He passed on several years ago and it has been a long while since I read his life but I can still feel the uplift I received from it. Truly faith moved mountains for him!

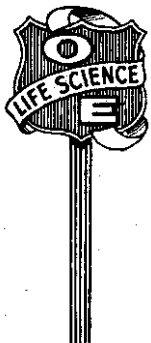
We sent you a blessing and if you are one who needs help with your ears, we suggest a prayer along this line, "I no longer oppose the inner voice, but in all love I accept the guidance of the Holy Spirit, for my soul is open to its ministrations. My soul wait thou on the Lord!"

Faithfully,

THE ORDER OF THE ESSENES

J. Hamner Davis

Enc. 133



THE Essenes

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Instruction Headquarters - Tampa, Florida

INSTRUCTION 133

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

"WHAT IS MAN, THAT THOU ART MINDFUL OF HIM? AND
THE SON OF MAN, THAT THOU VISITEST HIM?
FOR THOU HAST MADE HIM A LITTLE LOWER THAN GOD
AND HAST CROWNED HIM WITH GLORY AND HONOR.
THOU MADEST HIM TO HAVE DOMINION OVER THE WORKS
OF THY HANDS: THOU HAST PUT ALL THINGS UNDER HIS
FEET. ."

Man is a spiritual being, the son of the Most
High. His substance is the substance of God, who
is Spirit.

Because God is eternal, man is immortal. That
which God made is perfect. Man, as His image
and likeness, is a permanently perfect Being.

HEAR YE ! HEAR YE !

We are coming to know that we do nothing of ourselves, but of the Father, as Jesus said - The Father within, He doeth the works. He asked at one time, "Why calleth thou me good"; yet, He could say also - who dareth to convict me of sin, for I have all power in Heaven and in the earth. I can lay down my life and take it again. He did this too, because He had the power. He knew himself; and when we see clearly, then we shall know as we are known. Jesus said that the things He did, we could do also, and if we are obedient to the Divine Will, greater things can we do. So let us keep the eye clean and clear.

In Matthew 13, Jesus explained to the disciples the difference between them and the masses of the people. If one is sincere in following Christ, it is given him to know the mysteries of the Kingdom of Heaven, but not given to the masses, who are indifferent. To quote, beginning with verse 13, - "Therefore, speak I to them in parables; because seeing, they see not, and hearing, they hear not, neither do they understand." Later He says: "But blessed are your eyes, for they see and your ears for they hear." The student will do well to study the whole chapter, for we see that the eyes and the ears are closely associated in the ways of life.

The construction of the ear is complex and delicate, so that it may sift out sound not wanted. It is an outer shell-like gatherer of sound which is carried through a series of chambers to the brain where the soul hears them and selects that which is for the instruction of the soul. Sound is akin to sight. It is light. There is a perfect relation between color and sound. There is a light of the ear, it is an organ of sight, for we gather light as intelligence from the spoken word. Hearing is a form of seeing, gathering knowledge, giving attention is spoken of as lend me your ear, or give ear to. We hear with the whole body. As the light of the eye diffuses itself throughout the body, so does the hearing and we hear with our skin. In danger, the hair stand up and listens, that we may interpret the meaning of the alarm. We hear with every cell in the body for surely the following is a mystical quotation from Psalm 119:105, - "Thy word is a lamp unto my feet, and light unto my path." The whole body is an auditory system, a harkening system. As we really see beyond mind, we also hear an inner something, which gathers from both the visible and the invisible. As an example of this: "Speak Lord, for thy servant heareth." 1 Sam. 3:10. Truly it is a voice not heard on land or sea, but heard within man.

Sometimes instruction is gathered in sleep by the inner ear, when the outer ear is resting, as is said in Job. 33:15 - "He openeth the ears of men, and sealeth their instruction." The outer ear is subject to wear and displacement, but it is living and can

rebuild its parts! The small bones delicately adjusted transmit sound waves that touch the tympanum from which they go through the auditory nerve to the cerebrum and cerebellum.

While the optic nerve goes only to the cerebellum, the auditory nerve runs to the very vestibule of Heaven, where contact is made with the invisible, where we contact the music of the spheres. Some composers who have been what we term deaf, have never heard their own compositions produced, but they are perfect just the same, because he heard them in the realm of perfection and harmony. Have you ever wondered as you listened to a great Symphony what it is the composer hears that the rest of us do not hear? Some have lost outer sight, but still can see, for man is alive on two planes of being; spirit and matter. Man can hear the voice of God and can see God. Job 33::31 - "Hearken unto me, hold thy peace, and I will speak, and I will teach thee wisdom!"

Hearing is of the soul and all listening is of the soul, which is hearkening for the gathering of information from the outer world. The ear can be so delicate that we can hear the voice of nature by putting the ear to the tree. We can really gather strength from a tree to renew the Omnipotent power of God. Stop and think what you mean when you use the expression - "I have had my ear to the ground." The great George Washington Carver heard the wonders that are wrapped up in a peanut and blessed humanity with the findings, because he was willing to listen to what the voice of God said to him. It is all so simple that many have missed the whole purpose of life.

We see the ability of the ear to sift out sounds to some degree in the radio and we can do this within ourselves. Most people hear what they want to hear and we know of the whistle invented for a dog that humans do not hear. Nearly everyone is familiar with the great soul, Miss Helen Kellar, who has proven that man hears with his whole body. Man is living soul, hearing is within the consciousness, the body is an instrument. We do not hear if we are either unconscious or dead.

A sense of obedience is linked with inner hearing. If we hear a sound and heed not the warning, it will dull the ears and a constant practice of disobedience will bring about deafness, for they refuse to hear, they close the ear. We do not hear when we do not give attention, while others have ears to hear and do not hear. If we do not listen to spirit, we lose inspiration. Deafness comes from disobedience. Some people know so much, you cannot tell them anything; then the ears and the neck stiffen and they want healing. The self-righteous have the same experience, so let us examine ourselves for we are students seeking the real way of life. "Behold, I stand at the door and knock; if any man hear my voice and open the door, I will come into him and will sup with him, and he with Me." Rev. 3::20.

We called attention to this in Instruction 130. When we are obedient to the voice of spirit, the hearing will increase and we will hear new things, but one seems to have to spend much time in solitude. Most inventors have done this and have their joy in it because of their interest. We know of and use the results of their labors, and often never even heard the name of the inventor. Do you know the names of those who are bringing forth present wonders? They are great men and not concerned with praise and credit for their work as the "little" man is in his pettiness. The voice celestial can be heard according to our state of consciousness. The ear is an organ of interest, around which fact one can build many illustrations.

No one is so deaf as he who will not hear. The ear is a marvelous instrument of the soul, and we can train it to shut out the useless; gathering and using what we wish, projecting that which we wish to see accomplished. We can translate sound into color and photograph the voice. We hear a voice and recognize it, for the ear finds each voice different. Sound has form and color and every color creates sound. There have been highly sensitive people who can hear colors. Did you ever see a dress that is loud? It is said that when one is speaking spiritual truth in love, that there is a soft purple light around the mouth and throat. But while interesting, the world of phenomena does not hold our attention because we are looking to that which is higher. Signs denote background; a high thin voice comes from a shallow consciousness, which can be overcome by seeking the Source of power in praise and thanksgiving, for the voice deepens in richness as the consciousness expands in the glory of the Lord.

Hearing and seeing are of the soul and in trying to reproduce ourselves, we make inventions, so the more we understand ourselves; the more we know of our being; the better instruments we make. Taking a look at recent inventions we have proof that some in our age and race have touched the very inmost of being and are ushering in a new age, which masses of people are not exactly ready to understand, but may live in and enjoy its benefits.

It is possible to build a new organ of hearing from within and it is done by the soul, not by might nor power, but by God, working through the mind and will. If we hearken to the Spirit and learn obedience to its voice, the soul is quickened to the rebuilding of its vehicle. We may perform dissections, but the body was built by the law of God in obedience to His will, and even though we see beyond the physical, it is all right to recognize the beauty in the body, because it is the human form Divine. The laws of its being are laws of Divine Mind. The flesh profiteth nothing. Admire the instrument, but remember the builder for it is not of the earth earthy, but a living soul.

It is said that Mr. Edison closed his outer ear on purpose that he might spend his time on his research work. It is recorded that he was reticent and said little, but he could hear sound on the invisible, the very essence of sound. Sound and light resemble each other for the vibrations of matter and the vibrations of electricity are both manifestations of force. Please read Psalm 19 and realize that knowledge is not always new, "their line is gone out through all the earth, and their words to the end of the world." Knowledge is the golden ladder over which we climb to Heaven. God has been sending His message from star to star and according to the Psalm, from the stars to man, ever since the creation of Adam, employing the very same method and means, which man, imitating the divine method, uses when he employes electricity to carry his message to a distant friend.

Long ago the great Farraday saw that all things extend to, and exist in every spot in the Universe at the same time. All things are in perpetual contact with each other, every star feeling, so to speak, the heart beat of every other star and of every living thing, even of the tiniest little worm in the earth. "Whither shall I go from Thy spirit, or whither shall I flee from Thy Presence? If I ascend up into Heaven, Thou art there; If I make my bed in Sheol, behold, Thou art there." Psalm 139::7. God is everywhere and where He is there is every part of creation. Religion teaches us how to catch the spirit of science, and science teaches us how to catch the spirit of religion.

To refer again to sound, Hemholtz analyzed the vowels in the human speech by studying the harmonics which they contained. The vowel O, sung at a given pitch contains in addition to its fundamental pitch, 100 vibrations a second, and other vibrations the frequencies of which are integral multiples of 100 vibrations a second. These higher vibrations are called harmonics of the fundamental. Using this on alternating currents, he made electrical resonators used in radio. Now do you see why one of great spiritual depth would have healing in his voice for he speaks words of peace and harmony and love?

We often bring the instruction around to healing because physics is but a shadow cast by metaphysics. The material scientist works from out to in, but the true way is from the within - out. When we touch Principle, we step over the border between what we have called science and theology. The great scientist is touching this inner key now. Education must lead out, not put in. It is an awakening of our inner or hidden lordship, to use the outer vehicle to carry the hidden message. The Soul is the see-er and the hear-er; it builds the organs and uses them to the glory of God.

* * * * THOUGHT GEMS * * * *

"Incline your ear and come unto me;
hear and your soul shall live."

Isaiah 55:3

"He that hath ears, let him hear."

Matt. 13:9

"A voice out of the cloud, saying, This
is my beloved Son, in whom I am well
pleased; hear ye Him."

Matt. 17:5

"He that hath an ear, let him hear what
the spirit saith to the Churches, to him
that overcometh will I give to eat of the
tree of life which is in the Paradise of
God."

Rev. 2:7

THE ORDER OF THE ESSENES

212 SOUTH MANHATTAN BLVD.
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DEPARTMENT OF INSTRUCTION

Dear Friends: -

Again we send you a greeting of love in the understanding of the saying, "We are all one in Spirit."

In the study of this lesson many interesting things will come to your mind for consideration, such as the "miracle" of grafting of skin and how it can grow from the arm to the leg when they are held together in place long enough. Can you think of yourself as a garden growing all these things yourself? Truly we are living organisms and sometime you may think of yourself as the Original "Garden of Eden." That is a good thought to follow through in symbology, then man will quit looking for a definite location on the continents. There must have been a geographical location for the early races of man, but that is not the real important thing, is it?

Then in the application of this lesson you can give a thought to the enormity of the beauty parlor business in this country and the billions of dollars spent seeking beauty outside the self. We are not against anything, but it is a sign that vast numbers of people have forgotten that beauty lies within and is shown forth from within as a radiance and transparency of skin by those who behold the Christ.

Let us thank you for your many and generous gifts in the fulfillment of love. May you continue to behold the Christ in us, as we behold the Christ in you. Rise and shine, for your Light has come.

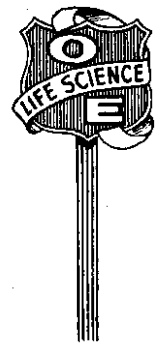
Faithfully and lovingly,

THE ORDER OF THE ESSENES

By

S. Hamner Davis

Enc. 134



THE Essenes

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Instruction Headquarters - Tampa, Florida

INSTRUCTION 134

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

"THE LOST WORD IS PRESENT. THE LOST STEP IS BEFORE THEE. THE OPPORTUNITY THOU SEEKEST IS NOW WITH THEE. NOTHING IS LOST, NOTHING IS TOO LATE, NOTHING IS TOO DIFFICULT OF ATTAINMENT, EVERY TRACE IS REDEEMED AS LOVE FLOWS IN THE SOUL. ALL HUMAN UNWORTHINESS, ALL HUMAN DISTORTIONS, ALL VARIED CULTS AND CREEDS ARE SWEEPED INTO THE SEA OF LOVE AS CHRIST RISES FROM THE CROSS AND FREES MANKIND, THROUGH GAINING MASTERY OVER THE LAST MYSTERY. DEATH DEFEATED DROPS FROM HEAVEN AS CHRIST REIGNS IN MAN'S SOUL."

"THE ILLIMITABLE ONE."

THE SEAMLESS ROBE

Man is encased in a transparent envelope, through which he perceives the outer universe. It is marvelous and beautiful and adaptable to form of body. It covers the organs of feeling and light. The skin is the organ of general sense. Touch is a general sense, so the skin is the organ of touch. It is wonderfully constructed and when seen through the microscope, it shows rivers, pools, craters and valleys, dual in action. The papilla are radiant points, infinitesimal, and they even contain smaller points which are organs of sight and light.

If the student has been able to see a copy of a book mentioned before, "Man in Structure and Function", he will see illustrations that show the wonders of the skin.

God is clothed with light, so man is also and the radiation from within comes out of the skin. The skin is also an organ by which sustenance is fed into the blood, for when the stomach doesn't work, it is possible to feed one through the skin. It is said that mariners discovered that if thirsty, they could saturate the body in sea water and the skin would filter it. We are not claiming this to be a wise procedure, but only mention it to tell of the intelligence contained in the skin for it is a marvelous mechanism, beautiful and glorious. It reflects states of mind in its texture. It throws off what it feels, when sensitive, such as tact, which is sensed through the skin. It is a double structure, through which the light moves backward and forward. The outer movement absorbs. A person who is sensitive to the inner light, has a hyper-sensitive condition in which the touch is brought to the highest pitch, or we can call it highly developed tact. We use the word tact in the sense of delicate skill in saying or doing the right thing. It is fine understanding and consideration for others, developed by turning to the Spirit, which enables you to read the soul of the fellow man, or the light of his inner spirit, thus, we bear witness, one with another.

The skin is connected with the heart through feeling, so it could be called the outer heart. When shaking hands with people, we know the heart, for the grip is of the heart. Emotions are expressed through the skin. We know the meaning of the slang expressions, such as "thick skinned" or "thin skinned" and we also know that impatience disturbs the life atoms, causing eruptions of various kind on the skin.

The spiritual sense of man is touch, and the general hearing is a crude form of touch for as sound moves, it touches the ear. In sympathy one feels that the heart has been touched. Taste is a form of touch, while seeing is the touch of light wave to the camera of the eye. Touch is really the only sense we have for one can sense things without either sight or hearing. Miss Kellar hears light, feels colors, sound and sunlight and hears things fall, all through her skin. There have been recent articles in

current literature telling of the newer ways of teaching the blind that have come into use since the recent World War Number Two.

The texture of the skin reveals states of consciousness and our state of relation to the Universal Spirit, for the sense of God will show forth in the skin. "When Moses came down from Mount Sinai with the two tables of the Testimony, Moses knew not that the skin of his face shone by reason of his speaking with Him." Exodus 34:29

The skin is tough, strong, elastic and adjustable, covering the whole body and every organ, and it is hermetically sealed. The Soul is constantly feeling the Universe, even when asleep, through the skin, through the universality of the function in the skin. It is all inclusive sense, raising other senses to their heights.

The papillae in the skin are more plentiful in some parts than in others, such as the tip of the tongue and the ends of the finger tips. We can read quickly through the finger tips and there is grey matter developed in the finger tips of the blind, making little brains, which others do not develop. The spirit in man is creative, therefore develops the organs it needs for use. Men who handle money a lot will detect a counterfeit piece by the sense of touch. We have read of people who could sense the contents of letters, whether they were true or false, just by running the hands over them, by their keen sense of touch.

We were told by a shop-keeper in Italy that the fine and exquisite laces of the past could no longer be made as so much rough work had caused the lace makers to lose the skill and fine sense they had formerly had in their fingers. In the light of the new age, it is good to let things pass that more freedom can come to the people.

Seeing comes from the light within, and the skin is the organ out of which man shines, for man is a luminous being. Jesus was luminous, even to His garments. So does the garment that God has put around each of us at birth, shine, and the more we know that we are Sons of God, the more luminous we become. Moses had touched the Source of Light and Jesus on the Mount of Transfiguration was showing His real self in all His fullness, aglow with light. To be aglow with health means that you are radiant with Spiritual energy, power, warmth and activity in the skin.

Health is the expression of Divine Harmony within. Parts of the skin extend themselves in the hair, which reaches out and touches certain things to draw out of the atmosphere certain finer ethereal substances. The hair is a protection and guard to the eyelids and the head and all over the body, for it drinks in the magnetic energy that charges the ethers, so we are enlivened through touch. Does a "screechy" noise make your "flesh crawl" and does fear make your hair "stand on end"? This does really take place and it is most wonderful.

When out in the sunshine, the rays are conducted directly to the blood stream, using a short cut of finer forces through the skin. The more we know ourselves as living souls that feel outward through the skin, the more we can reach to the far spaces into the more refined and subtle ethers, where we feed upon the high and fine things. Is that not the meaning of the passage, "be ye lifted up, ye everlasting doors and the King of Glory will come in"? Psalm 24::7. We could not do this without the exaltation of Spirit. We are citizens of the Universe and can partake of that which is there, even from other planets and constellations. The skin is a seamless robe, hermetically sealed, but since we are spiritual beings, we move through it. Do you understand this mystery?

The skin is also the organ of excretion, throwing out useless substances that accumulate through wear and tear, or through useless food we have taken in. The skin is a filter, for blood is filtered under the skin, and purification takes place in the skin. It is a marvelous envelope of many functions. There is no opening anywhere, it adjusts itself and maintains it. It does not break easily, and is tougher in some places than others. The skin is the organ of the soul, that feels out the environment; it is just like velvet brushes in places, getting different substances and sensations. It is a glorious structure, a thing of beauty, varying in color for there are people of different complexions. Some people are more easily tanned than others, some freckle, but the positive, stolid people do not burn so much, Different nationalities have different mental tendencies.

The book of life is the body, a record of that which is taking place within. We can develop until we know people without touching them for we can sense and feel the state of people. So let us call forth the Power of Spirit within to balance the forces of being and we will know more and more that we are children of the Most High. We are breath and light; knowing this we will be able to be more subtle, more powerful, and overcome lower forces. Man was connected originally with the spiritual body idea, but when he took on personal consciousness he was given coats of skin which, under Divine Law corresponded with the quality of his thought world. When spiritual thought becomes supreme in consciousness, the coats of skin will give way to the manifestation of the spiritual body, which is the immortal body spoken of by Paul. "For this corruptible must put on incorruption, and this mortal must put on immortality," then shall come to pass the saying that is written - "Death is swallowed up in victory".

"The sting of death is sin, and the power of sin is the law, but thanks be to God, who giveth us the victory through our Lord Jesus Christ." 1 Cor. 15::53-57. Again Paul said: "Be ye transformed, (changed in form) by the renewing of your mind."

What kind of people do we find as heads of concerns? The higher forms of mentality of course, and such men have changed the course of the world, a Voltaire of other days and an Oppenheimer of today

for instance, men of brilliant minds. The higher we go, the more we come into dominion and as consciousness is raised to a higher pitch, the aura of man reaches farther and the blood stream is fed from the light from without by the skin. As we draw on the finer ethers, we change the blood and it reacts in a different manner. Emotions of the soul effect the blood and skin, by which one in the healing ministry can tell the state of mind of a person. We are fed from without by the state of mind for we can take on spiritual substance through the skin, but also according to the state of mind, do we draw nourishment from the food we eat. What about the person who becomes angry while eating?

The skin closes up under certain conditions and there are people that give us the "shivers" and the blood runs cold. The envelope becomes more compact, we literally open and close to people. Some people are never open and there are some from whom we withdraw, for we sense that something is not good. Consider the invention called the lie detector, which knows what is true, regardless of what one says. There are people so sensitive that by holding an article in the hand, can describe the person through whose hands this article has passed. Therefore, let us have more respect for the "hide", for it conceals and yet reveals you, protects you, yet opens you. Universal touch is a spiritual faculty. Impressions come in double action, the skin being electro-magnetic, having two layers, like plates in a battery, causes us to speak of a person's vibration. Modern slang speaks of a person "sounding off".

The skin is a gift from God, hermetically sealed and stamped with the name on the forehead, "I Am", that men may be known as sons of the Supreme. "Jehovah God made for Adam and his wife coats of skin and clothed them". Gen. 3. We can see the stamp on others, so let us have respect for the skin and use it. We receive and give through it. It filters and takes in. Cover it and you smother, such as death caused by gilding the body all over, or people badly burned die because the skin cannot breath, they die from asphyxiation.

As we realize our Sonship, the skin becomes more subtle and of a different texture, because we are breathing Divine Love, so we turn within for a pretty skin for the love of God never fails, it is sunshine from the heights of Being, far more subtle than plain sunshine, but it is the light of Spirit, "that does not shine on land or sea". But when we awake in His Likeness, we will be transformed by the renewing of the mind. The skin changes as to power and glory, there is a layer of light around everyone, which will be extended as we unfold to our Sonship. We are Children of Light, and the skin is the garment of light through which Spirit may shine and glow, for Christ in you, is the hope of this glory, the reason for it and the promise of it.

* * * * *

THOUGHT GEMS

* * * * *

"To him that overcometh, to him will I give of the hidden manna, and I will give him a white stone, and upon the stone a new name written, which no one knoweth, but he that receiveth it."

Rev. 2::17

"Neither ought you to attempt to cure the body without the soul; for the reason why the cure of many diseases is unknown to the physicians of Hellas is because they are ignorant of the whole, which ought to be studied also, for the part can never be well unless the whole is well."

Plato

"Present your bodies a living sacrifice, holy, acceptable unto God. Be not conformed to this world: but be ye transformed by the renewing of your mind."

Romans 12:: 1 : 2

THE ORDER OF THE ESSENES

212 SOUTH MANHATTAN BLVD.
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DEPARTMENT OF INSTRUCTION

Dear Friend:

Again we greet you in all love and understanding, for this instruction will reveal the part understanding plays in the regeneration. When Jesus Christ washed the feet of the Disciples He was cleansing their understanding; and you will find the "washing of regeneration and renewing of the Holy Ghost" familiar speech in the New Testament.

Regeneration means to be endowed with new life, to be filled with a zest for living that will pervade your whole way of life, and love will open new ways for manifesting this life.

Let us take the shoes of bondage off of our feet and walk joyously and freely before the Lord. Let us unbind our hands from frustration and limitation and offer them as means of carrying out the will of God in perfecting beauty, and may the joy of the Lord be your never-ending strength.

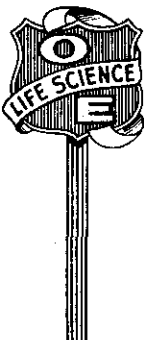
Faithfully,

THE ORDER OF THE ESSENES

Enc. 135

By

S. Hammer Davis



THE Essenes

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Instruction Headquarters - Tampa, Florida

INSTRUCTION 135

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

I WILL SING OF THE LOVING KINDNESS OF JEHOVAH
FOREVER,
WITH MY MOUTH WILL I MAKE KNOWN THY FAITHFUL-
NESS TO ALL GENERATIONS.
THOU HAST A MIGHTY ARM.
STRONG IS THY HAND AND HIGH IS THY RIGHT HAND.
RIGHTEOUSNESS AND JUSTICE ARE THE FOUNDATION
OF THY THRONE;
LOVING KINDNESS AND TRUTH GO BEFORE THY FACE.
BLESSED IS THE PEOPLE THAT KNOW THE JOYFUL
SOUND:
THY WALK, O JEHOVAH, IN THE LIGHT OF THY
COUNTEenance.

VERSES FROM PSALM 89.

THE WAY OF BEAUTY

Some schools of thought call man the reflection of God, but we think of man as a spiritual being with the very spirit of God moving in Him to will and to do God's will. As man inbreathes he will speak the word of Truth, quick and powerful. Man will know himself as the Lord and standing in conscious dominion will say, "Thus saith the Lord."

As the body does this, the mouth, the tongue, and the lips shall breathe the Heavenly music in the Divine word of healing charged with power from on High. The organs of speech compose an orchestra, the tongue modifies sound and gives it tone and the lips give fine variations to the sound. The body is the outpicturing of God, rather than a reflection. The true body is invisible, and the true breath is spirit, but God makes Himself manifest. When you look out into nature, you are instinctively drawn to the Maker. Is it any wonder primitive man worshipped the spirit of the trees, and that modern man finds delight in farming, gardening and raising fine flowers? They speak to man of God. Also we come into new respect for the body as the temple of the outer side of the will of God, and we find new meaning in statements such as: "Who shall ascend into the hill of Jehovah; and who shall stand in His holy place? He that hath clean hands and a pure heart. And hath not lifted up his soul unto falsehood." (Psalm 24::3)

He who holds himself and his body holy will find his breath touching the heights of Being and his word charged with an inner essence. Some people wonder why their affirmations and denials do not work, but there is no deific essence in them and no power because their eyes are not fixed on God and they have not breathed the breath of God; they are just parrots with nothing back of what they say. Hollow words strike and burst because the student has not been still enough to know God sufficiently for his word to accomplish and not return void. It is the breath of the Almighty that gives man understanding.

Jesus moved up and was not seen. He went back to the great Breath until his body could not be seen by carnal sense, but can be seen anytime by one who can reach up. The so-called unseeable can be seen. So we have a certain reverence for the breath, since the lungs are the lights of the body.

The omnipresent breath of God is spoken of as atmospheric air and one can observe how things such as smoke go into the air and are gone, but where do they go? The air takes it in and makes it nothing. In large smokey cities on cloudy days the air is dark and heavy because there is the curtain of the cloud to keep the smoke from disappearing. If there are poison fumes held close to the earth in this manner, people become ill from breathing it. In the Reader's Digest for February, 1949, there was a quotation from a book, "No Place to Hide", by David Bradley, in which we were especially struck

with what was said along this same line to the effect that some of the lingering poison of radio-activity is carried aloft into the stratosphere, where it can be diluted to the point of insignificance in its slow fall out. In this linking of the physical with the metaphysical, can we see that God is everywhere? We get a new respect for the knowledge and insight the ancient Bible writers had by reading Psalm 139, for beginning with verse seven - we quote: "Whither shall I go from Thy Spirit, or, whither shall I flee from thy Presence, if I ascend up into Heaven, Thou art there; if I make my bed in Sheol, behold, Thou art there." If you read further, you will see the writer knew that God is everywhere present. In the New Testament, Luke 17::20 - "The kingdom of God cometh not with observation: neither shall they say, Lo here!, or there, for lo, the Kingdom of God is within you."

When man gives himself wholly, and all his strength is centered on the One, he shall be lifted up and the two shall become one. The redemption of the body is done with the mind and heart and it finds its correspondence in the health giving outer. The lungs are the driving inspiration while we are asleep. "He that keepeth Israel, will neither slumber nor sleep." Psalm 121::4. We shall enter regeneration, not of ourselves, but by giving ourselves to the Holy Breath. The spirit in man is the light of God; it makes the hands and feet strong and able, quick and swift.

The feet, like the hands have a different office, but the thumb of the foot does not adjust as that of the hand, but in a straight line. It has much to do with keeping the balance of the body. The soles of the feet and the head are connected, which is significant in regard to the balance in the mind. The feet correspond to the power in man to move from Truth to Truth. They are linked with the love of obedience to the Divine Will and law, for, to have strong feet, one must love the good and the true for the interior controls the exterior. Love draws the outer man into obedience, so the feet have a connection with the interior. One must delight to do right. The feet are connected with the seat of wisdom. The voluntary will is in the cerebrum, so the feet are connected with the will.

To delight and to meditate on the Divine Law brings one into regeneration and it is expressed in the feet, because they signify the love one has for the law of the Divine. The right side of the body corresponds to the good or positive from which is Truth and the left side is the one through which it is exercised. The right arm is related to the will and the left arm is related to thought. The right hand as a rule is larger and more responsive, carrying out one's own will. While the left hand hesitates and gives in to the will of others.

Now the feet have a relationship to that of the hands for the left is more positive than the right. The Army moves forward on the left foot, which is correct according to spiritual law, and it is certain. But the turn from the left to the right is not so sure. If one is in

a hesitating state, you are prone to go to the left, but in a confident state, the left foot comes forward and you go to the right. If one is established in the love of obedience to the good, the spiritual forces girate from left to right, but if in doubt, we go in the opposite direction.

The balance in the body is kept by the feet and if they are out of order, there is trouble in the whole body, so we have to look in the consciousness to find if there is obedience to the Heavenly law. If we lose our love for Truth, we have fallen arches. The toes lose their flexibility through disobedience and one such lacks wisdom and discretion. A discreet person has good foot action, which is particularly noticed in a horse. Your gait is your fate, for the foot feels the ground in every step, as to the right things upon which to rest the mind. "My son keep sound wisdom and discretion, then shalt thou walk in thy way securely, and thy foot shall not stumble." (Proverbs 3::21). "How beautiful upon the mountains are the feet of him that bringeth good tidings, that publisheth peace, that bringeth good tidings of good, that publisheth salvation, that saith unto Zion, thy God reigneth." (Isaiah 52::7)

If we understand the Divine we will catch the peace that is there, for great peace have they that love Thy law. "He that walketh uprightly, walketh surely." (Prov. 10::9). There is so much in the scriptures about walking that we must conclude that the feet are important symbols to us. With the baptism of wisdom one moves from truth to truth, until he reaches the secret place, the throne room from which comes the Heavenly edict, and only such dwell in security. He makes the way straight before us and we have feet to walk in high places and to show forth the God spell or Gospel.

Isaiah and Paul announced the same thing, that is, if the outer man walks in the straight and narrow way, he lives in a higher order. The more alive and enlightened people walk on the ball of the feet, they do not pound the heels; they bound along with a quickness and a surety, never slipping, and they are quick and active, turning to the right thing instinctively. People, who are always bumping against things, often have foot trouble.

If we walk on the mountains, we enjoy the air that is rare and deep, so if we dwell in the higher consciousness, high things are revealed to us. We know there is a finer essence and a finer wisdom and we touch it according to our love and obedience to the Divine Will, which enables us to move from height to height. To say that a student walks through a subject means he has a keen mind, which made the subject easy and understandable.

Some of the frequent disorders of the feet are called corns and bunions, which denote a feeling of being thwarted and the friction of life has caused disappointment. Such a one is in love with himself rather than the Heavenly Will. Bunions also are due to a dis-

obedience to a higher law. A timid person turns the toes in and we call it "pigeon toed". A studious person has a long foot, denoting the ability to reach out and delve into things. Occasionally one is born with six toes on each foot, denoting the attempt to go beyond one's present sphere, for a larger expression tends to increase the vehicle. So one learns to bless the feet, holding them in respect and love because of that which they represent, man's free movement in Spirit.

The hands are useful members of the body and can be trained to do anything, for it is a marvel of muscle, tendon and vein, denoting the ability to grasp things. As the body is the outer reflection of the inner man, the hand is made from the desires and loves of the heart. The hand signifies one's love of service, as the heart is the organ of affection. Therefore, we often determine our likes and dislikes through the feel of the hand. The palm and the inner lining of the fingers are very sensitive and no two hands are alike. This is the reason we can have a system of finger-printing, because the lines are records of the desires and wishes in the soul of man, and the grasp on spiritual principles. Don't allow people to read your palm, unless you are willing for them to see your real, innermost self.

The hand not only indicates the love of service, but denotes the power to receive, hold and pass on ideas. The more you impart the Truth, the more you retain, and the more we receive from the higher consciousness, the more the hand indicates it by independence of muscle, even to the building of auxillary muscles often found in musical hands. The working hand of the laborer is not so sensitive, because the handling of heavy instruments thickens the skin.

The wrists enable the hand to rotate; the fore-arm and shoulder give more freedom and what one wants to do with the hand is backed up by the whole body. The inner acts through the outer; love and wisdom flow out through the hands, directed through speech, which is the organ of thought. In writing, we show what we know. The office of the hand is for service to man, one to another, for serving and ministry make a fine hand through which one can read character. There is a pleasing sensation between the hands of two in inner harmony, but the soul withdraws when it senses something it doesn't wish to feel.

There is a system of healing by the laying on of hands as Jesus sometimes used that method and gave His apostles that power. One who has taken on Christ is conscious of the power that flows out through the hands, but it is not necessary to lay on hands when we know Omnipresent Spirit, for it is the part of discretion not to touch people, when we can contact the Supreme through faith. The outer is a limited expression of Divine love and the "everlasting arms" are the supporting power of Divine Love. A knowledge of this gives good shoulders, arms and hands. Pain indicates that we are

not conscious of the supporting, protecting love of God. Do not condemn the body, because it can be redeemed and act rightly, for a strong body is necessary. A weak, unbalanced body can be taken off its feet easily. Without a perfect contact between soul and body, we are not strong enough to handle certain situations.

We spend time in prayer to be charged with Deiffic essence, with the feet on the ground and the head in the Heavens, symbolically speaking. We establish co-ordination and are willing to do the Will of God so we can have intuitive perception and instruction from Spirit.

* * * THOUGHT GEMS * * *

"Wherefore lift up your hands that hang down and the palsied knees and make straight paths for your feet, that that which is lame, be not turned out of the way, but rather be healed."

Hebrews 12:: 12-13

My understanding no longer rests upon matter or material conditions as the foundation of my being. I am Spirit, the son of the living God.

I do not believe that my life has hard places in it. Every stumbling block in my way is now removed, and the Spirit of life and love fills every seemingly hard place with its peace and joy.

THE ORDER OF THE ESSENES

P. O. BOX 10427
TAMPA 9, FLORIDA

DEPARTMENT OF INSTRUCTION

YOU

ARE REALLY

ON THE PATH - - - -

Yes, you are really on the path because you have taken the opportunity to spread the knowledge of Truth to others. By your gracious gift we are able to start someone else on their way!

This Truth we speak of is so simple that it is hard to believe that it works the miracles of healing, prosperity and success wherever it is practiced. When we realize the power that is within us (has always been within us; yet only performs these great deeds when recognized) our whole life becomes a glorious journey.

We need never leave our own hearth to enjoy this "vacation with pay", this trip on the pathway of life. Each morning when we arise we say "This is the day that the Lord hath made - - I will rejoice and be glad in it". Our eyes seem to be open for the first time to the wonders and glories of nature. In spring the grass is greener and the flowers are prettier. In summer the breezes are cooler and the sky is bluer. In winter the sun is warmer and the fireside cozier. Ah - - - You see, we almost wax poetic. Aren't you glad you came along with us? By your contribution another friend has also joined us.

Sincerely,

Dr. Alexander Haies
THE ORDER OF THE ESSENES

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THE ORDER OF THE ESSENES

████████████████████
212 SOUTH MANHATTAN BLVD.
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DEPARTMENT OF INSTRUCTION

Dear Friends:

So many interesting letters come to us here at the office that we often wish we could share with you the love and praise that fills these letters. They tell of lives made over, happiness restored, a new insight to the reality of man, and we do share this with you in our universal consciousness.

But, in all fairness, we must tell you that once in a great while someone drops out because they are not willing to meet the requirements of spirit. Such a one is looking for a magic formula that can be used to get, with never a thought of the giving of the self to God. This is the first step really, to seek the Truth with the whole heart and in this attitude we really find the Secret.

A caller in the office recently told of having taken many fine courses that seemed to lead him right up to the door of something wonderful, but did not take him in, but that in this course he was finding that truly "I Am the Door" as Jesus said, and he, the caller, had been able to enter in.

My friends, we would take you through that door if we could, but God in His Wisdom requires each to go through alone. This keeps man's holy place inviolable and is actually that which gives man his self-identity in free will. Isn't it wonderful to contemplate?

We recall that in Jesus' day many turned away because they could not bear to hear what He had to say. Read in the Sixth Chapter of John beginning with verse 66, and let us turn to Him who hath the words of eternal life and rededicate ourselves to His way of Life, for nothing else really matters.

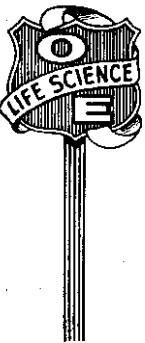
Sincerely and lovingly,

THE ORDER OF THE ESSENES

Enc. 136

By

J. Hamner Davis



THE Essenes

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INSTRUCTION 136

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

"MAKE CHANNELS FOR THE STREAMS OF LOVE,
WHERE THEY MAY BROADLY RUN
AND LOVE HAS OVERFLOWING STREAMS
TO FILL THEM EVERYONE."

"FOR WE MUST SHARE IF WE WOULD KEEP
THAT BLESSING FROM ABOVE:
CEASING TO GIVE, WE CEASE TO HAVE -
SUCH IS THE LAW OF LOVE."

Annie Rix Militz.

THE BODY OF LIGHT

"In Him was life, and the life was the light of men. All things were made through Him and without Him was not anything made that hath been made." John 1: 4-9-10.

By reading such mystical passages as the above, one's attention is called to the fact that God is the light back of this life, without which there would be no light. He was the light and man is the light. God is life, and God is love, so as in mathematics, love is life and life is love, and God is all, for things equal to the same thing are equal to each other. The sun may send its radiance to the far corners of the earth but behind the radiance is the heat that brings forth life. There is also the warmth of love in man or he could not radiate. There is life within life, there are forms passive and active. There is no inanimate because all is moving. Everything we touch is alive, and everything we partake of is filled with life, the embodiment of God.

We burn coal, back of which is vegetation and verdure, but further back the sun gave it substance, and back of the sun is God, so we are warmed by God in the winter time when we burn coal. We partake of coal heat which center drew life from God, so we are really warmed by the love of God. This same Divine Love surrounds us at all times and is also in the food we eat - for it is life in another form. So every time we eat we partake of the love and life of good, which is sometimes called the providence of God.

Every meal is a sacrament and we can see that we are really partaking of the Lord's supper and our food becomes a Holy thing. We learn that the saying of grace or blessing at the dinner table is much more than a gesture, it is our acknowledgment of the truth concerning our food. The food represents the substance of Spirit. The stomach is so complex it could be called a kitchen with many cooks, for the food we take in is presided over by the infinite intelligence which divides it into many parts, sending it into many avenues of transportation, various nutriments to various parts. The subtle food can pass to the brain from the mouth, but most of it goes through the stomach and the body is kept alive and strong.

We stoke a furnace with coal to furnish force and power to the machinery, without which the machine could not work. In the same manner we stoke the engine of being and we move because of the food we eat. The study of diatetics is good. The Lord provides, but we must keep our eye on the Divine if we would have discrimination and wisdom of selection in order not to tax our machinery. Go direct to that which is usable, but, "take no anxious thought what ye shall eat or what ye shall drink, is not the life more than the food?" Matt. 6:25.

As man progresses in Truth, there is no question of stomach trouble, for wisdom comes from looking to the heights where we feed on wisdom's way and do not overwork the chef nor clog the machinery of

Being. Consider the food and its source and we find that it is air, sunshine and water put together. Every vegetable is a crystalization of the three, which is of God who is back of the air and sunshine. We partake of the food of God in the simple and the complex, and it is taken up by the mystic bloodstream that flows through this marvelous mechanism, transporting it to the various stations. These stations appropriate those things that tend to feed the hungry parts, the substance by which they are maintained, sustained and reproduced.

Truly the body is the temple of God and everything has its source in God. "Take, eat, this is my body", says Jesus. The Divine is forever going out and returning to itself in a continuous stream of life, for God is all and in all and there is none else. Knowing this, we will not again think of our bodies in terms of separation. We take from food the life that is within life and all life is the activity of One Life. As we trace a river to its source and find it in a hill, so we trace our life stream to its source - God. All life is one life, but the essence of life is love, for God is love. Until such time as we are able to partake of life direct from God, we as yet live the life of the planet and take life indirectly. If we were in an Absolute state of being we would be lifted above the necessity that we now feel for consuming food. We see as in a mirror, darkly as yet, but when we awake in His Likeness, we shall be as He is. "The light shineth in the darkness and the darkness apprehended it not." Jno. 1:5

As we raise our consciousness the appetite changes and we partake of different food, because the organs of the body do not require coarse food, but a finer form of earth's products. "The earth is the Lords and the fulness thereof." 1 Cor. 10::26. There is food for every state of consciousness, but those of lesser development are just as precious as a saint. A dyspeptic saint has not realized the love of God and where it is located. He has not known God or His love manifest. The food is the substance of God and life is sustained by the Lord of life. We are expressions of Divine nature and sustained by it indirectly. We do not work for a living, for life is, we work that life may be expressed by means of man, in other words, we "live a making" in place of "make a living".

Everything we do and eat is of God, Divine, nature crystalized, that we may use it in our present state as we move on the path of life from sense to spirit. In a way, we are incarnating Divine nature, refining and purifying the body as we become aware of spirit. The Body becomes lighter in weight and substance and more luminous, radiant with the light of life and love. So we learn to acknowledge in all our eating the Presence of Divine love. Back of the sun is the life on which it lives, draws its power and radiates it to us, for our planet was also brought in by the same power, energy and force. We are eating the planet, the rocks, the rivers and the sea. We live on the planet and it is the manifestation of divine, refined forms, for back of it all is God, so - in Him, we live, move and have being in every sense of the word. He is the light of our light and the strength of our strength.

The brain, the instrument through which thought can play, is built of fine substance. Jesus said that He told us what He heard the Father say. When we realize that all good is Divine in source, our system will respond and we will in time know Divine Will. Jesus said we would be told when we could bear to hear it. The inventors have a light that the ordinary person cannot bear, but it is withheld from them through mercy and wisdom, because their life has not been lifted sufficiently to bear it. There are sounds and music to hear that we are not able to register. There are sights we cannot see, for we cannot bear them now.

It has long since been proven and demonstrated before the National Academy of Sciences that light is locked up inside the brain and was made to shine visibly in a dark room. Such light or radiant energy is given off by all body cells after being absorbed from sunlight. The sun thus shines again in the protoplasm of the body. When various kinds of materials, such as alcohol, poisons, drugs, etc. are put in the brain they effect the kind of light that the brain material gives off.

But as we make acknowledgment of One Being, we find ourselves lifted, as John on Patmos was, otherwise we would be hurt. There are those who are not even hurt of the second death. A dog will howl when certain music is played, because it hurts his ears, since his vehicle of expression is not yet tuned to the use of it. As we make acknowledgment and see the Allness of God, we grow in grace, for - "of His fullness we all received, and grace for grace". (Jno. 14) Not many have known that they were eating Divine Substance in food, but have said "Grace" at the table without an inner perception. But we trace back and see that all is a manifestation of the love of God, and as we see this, we become instruments of higher and finer work and as ministering spirits we help to lift the race. As we partake of food, we partake in joy, and joy aids the digestion. Even ordinary men have discovered this much. Are the children of this world wiser than children of the light? Then let us partake of our food in joy, and joy shall be our strength.

The nature hungers and thirsts for righteousness rather than food and according to the statement of Jesus Christ, such a man "shall be fed or filled". (Matt. 5:6) Enormous eaters are never satisfied because they lack the knowledge that spiritual food is locked in the outer shell of other food. It is possible to transcend paths of indirection and take of the food that Jesus mentioned when He said that He had meat to eat that the others knew not of. Jesus also said: "I am the bread of life." When we become accustomed to the bread within the bread, we will draw the direct bread from heaven and partake of the food we know not of at this time. We will take out that which a coarser man does not get, for he only lives as the animals. As a man's consciousness is raised he becomes an instrument for finer forces and becomes the recipient of the bread of Heaven direct.

Breath is sometimes translated bread, so in the root meaning they are one through which we breathe and touch the direct life principle,

drawing by induction from space, Divine Power, the Great Breath, Holy Breath, Divine Essence. Love translates bread into light and we become luminous because we are fed on the bread of heaven life. We are living souls radiant with the light of God, behind which is life. Behind the sun is warmth, and the sun feeds the other planets with itself. As we awake in spirit we will be charged with Spirit, which will illumine the mind, quicken the intellect, raise all functions to higher degrees, and we become living souls, shining lights.

Let us remember the power to heal is an outer expression of an inward grace, the radiation of Divine love in you, so do not work to gain healing power, but see yourself as God sees you, a radiant being of light and life. We need to return often to the Source as the Master did, in prayer, else we cannot shine with spirit. We will even look different, remember that when Moses became light and went down to the people they could not look at him because he had partaken of the Divine nature on the mount. If we would do good among people, we all must repair alone and partake of the substance of Deity. It is not selfish to recharge ourselves that we may minister to those who need, and that we may light the candle in others. We must have our own light burning if we would put others in contact with the source of their life. Remember that everything we do is a sacrament, for we are one with the source of life, with its strength, life and power. Our daily meals are the supper of the Lord. There is One Mind, One Being, God, who is all and beside Him there is none else. As Christ is formed in us, we will be more luminous with the activity of God. His word is a lamp unto our feet, but a lamp gives no light when the current is shut off, so we keep His words that our light may shine.

We cultivate our oneness with the Supreme that we may light the path and cause others to awaken to whom, what and where they are, brushing away all ignorance that they may be new creatures set again on their feet. God made us upright, but many are bent over. These we raise and they move on a path of light, that shines more and more to a perfect day.

Light is love. "In Him was life and the life was the light of men." In you is life that shall be the light of men.

* * * * THOUGHT GEMS * * * *

"The hearing of God's Word requires complete self-surrender. He who hears and that which is heard are identical constituents of the Eternal Word. The Eternal Father teaches that we are to be identical with Him."
Meister Eckhart

"If anyone owned the whole world and gave it up as freely as he received it, God would give it back to him and eternal life to boot."
Meister Eckhart

"The path of the righteous is as the dawning light, that shineth more and more unto the perfect day."
Proverbs 4:18

"Whether, therefore, ye eat or drink, or whatsoever ye do, do all to the glory of God."
1 Cor. 10:31

THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

Dear Friends:

This instruction will help us to definitely build a consciousness in pure Truth if we practice it as a way of discipline. Many who have tried this method of reasoning have said it was the most effective they had used, therefore we pass it on to you and practice it with you.

It is good to broaden our vision by reading, among other things, some of the lives and teachings of the greatly illumined ones, who have kept the faith down through the ages. You will observe we quote from Meister Eckhart, a medieval thinker, a German mystic, who lived in the time of Dante in Italy. Meister Eckhart, the father of German idealism, was born in 1260, a man of single intent, a great Christian, a great preacher, a man of one very great idea - the unity of the Divine and the human. The reformation can be traced back to him, for he was charged with heresy. The indwelling of the Divine in his own heart was more compelling than any Church requirement. From his teaching came some of the mystical societies, particularly the Friends of God, the Quakers.

We are glad to see modern translations of these great instructions that will be helpful to mankind as we pass into this new spiritual era and want to encourage those of you who have the time and opportunity to read them, to do so.

The next instruction will continue with the practice of self-discipline and in the meantime may God show you the bounty of His love and may you feel free.

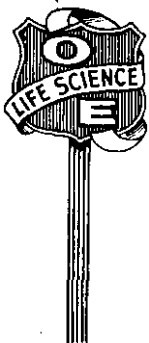
Faithfully,

THE ORDER OF THE ESSENES

Enc. 137

By

J. Hamner Davis



THE Essenes

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Instruction Headquarters - Tampa, Florida

INSTRUCTION 137

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

" I WILL PRAISE THEE, O LORD, WITH MY WHOLE
HEART; I WILL SHEW FORTH ALL THY MARVELLOUS
WORKS. I WILL BE GLAD AND REJOICE IN THEE:
I WILL SING PRAISE TO THY NAME, O THOU MOST
HIGH. WHEN MINE ENEMIES ARE TURNED BACK,
THEY SHALL FALL AND PERISH AT THY PRESENCE.
THE LORD ALSO WILL BE A REFUGE FOR THE
OPPRESSED, A REFUGE IN TIMES OF TROUBLE.
AND THEY THAT KNOW THY NAME WILL PUT THEIR
TRUST IN THEE: FOR THOU, LORD, HAST NOT
FORSAKEN THEM THAT SEEK THEE. SING PRAISES
TO THE LORD, WHICH DWELLETH IN ZION; DECLARE
AMONG THE PEOPLE HIS DOINGS."

From Psalm 9

SELF-DISCIPLINE

Any student who has sincerely followed the course of Instructions in this Order must surely realize by this time that the whole idea is redemption of man, or freedom through understanding, that one may stand alone in full dominion and power in his own God right. But in this knowledge of individuality the student more fully understands in just what manner he is really one in the whole or universal consciousness. This completed state of consciousness is Christ, the Real Self of every man.

We find in the Scriptures of the Old Testament that holy men of the School of the Prophets often stepped forth as the champions of truth and defenders of light, who severely reproached the people for their sins and vices, and severely warned the false teachers who led the people astray and misinterpreted the laws of the Lord. But the people seldom heeded them, and many of the prophets fell victims and martyrs for the vengeance of the priests, the scribes and the fury of the people. This came from the fact that the priests and scribes had contrived to attribute to the Holy Scriptures the meaning and implication that was most convenient to their material advantage and managed to hold the people under fear and domination. Selfishness is an enormous question for consideration in the mind of every student, generally coming under the heading of examining one's self for motives.

By the time that Jesus Christ and His great predecessor, John, stepped forth among the people, the Jewish people were separated into several religious sects, each with its different views on religion, but there was always among them a certain class by whom the name of the Lord Jehovah was worshipped in truth and purity. In the time of the Judges this Order or Brotherhood was known as the Nazarenes and in the time of the Kings it was called the School of the Prophets. The members of this holy union had the design to love and worship God in purity of heart, and to the best of their ability work on their own perfection; and with all their might to further the happiness and peace of their fellow men.

In the time of the Maccabees, this interesting Brotherhood appears under the name of "Hasidees", later - "Assidees", that is "the holy", "the pious", and afterwards, in the time of St. John the Baptist, and the great Master, Jesus the Christ, under the name of "Esseers" or "Essenes", that is, the "children of peace". This is mentioned on the front of Instruction 120.

It is not any wonder that the scriptures of the New Testament do not directly mention this important and significant Brotherhood, as it is said they lived separated from the world, as a defined Order, and admitted no one that had not undergone a term of trial for three years, and sworn not to disclose for any outsiders what took place in their meetings. This Order had a great influence on the culture and enlightening of the age and the ages that were to come.

If the student will consult a good Bible dictionary you will see that the other two sects among the Jews in the time of Jesus were the Pharisees and Sadducees. The Pharisees arose prior to the period of the Maccabees when there was a tendency on the part of the Jews to adopt Grecian customs. They believed in the doctrine of the resurrection and immortality of the soul and conformed to the law externally. While many of them were sincere men of highest character, such as Gamaliel, the teacher of Paul, and Paul himself (prior to his conversion), many were hypocritical and self-righteous, denounced by both John the Baptist and Jesus. The Sadducees opposed the Pharisees and rejected their doctrine and also opposed Jesus Christ. They were founded about 300 B. C. by Zadoc, the high priest in the reign of David. Jesus denounced both sects as recorded in Matt. 23:13 - calling them fools and blind for they shut up the Kingdom, yet, there were some sincere men in both sects.

This short resume is for the purpose of again reminding the student of the importance each one plays in the "overall" picture, who is willing to devote his life to purity of living and peace. In this way only can one be considered a real Essene, and in the last few lessons we have been meditating on the harmony of all things that we may dismiss any belief in separation from our minds, in regard to the body. Once more we bring the body into the Kingdom consciousness as the expression of Spirit and soul. Whatever the soul sees and accepts as true becomes impressed in the body, therefore we make every effort to know and speak the absolute Truth as GOD WORKS ONLY IN TRUTH.

In these next lessons we shall systematically assemble our Truths along a certain line of reasoning and daily practice them with the idea of purifying the consciousness. Jesus had the words of eternal life, for He said, "My words are life to all that find them and health to all their flesh." We want our words to have that same power, so we consider the Power that lies back of the word causing it to be effective. John says the word was God (Jno 1) and Paul says, "The word of God is living and active." (Hebrews 4:12) So the effective word must be far more than a mental word spoken, but must stem from the "pure Lamb of God that taketh away the sin of the world", and be understood by the speaker of the word.

It is not easy to face our life and know that it is the result of our own idea of God, the Good, because we habitually blame some one or some thing for our lacks and limitations. So one may start by saying, "I am manifesting my own idea of God." "The good I am seeking is my God", then we wonder just what kind of an idea we have of God, and what does our God do for us? Is God my health and my strength, is anything too hard for Him? Is God my support, do I believe as the prophets Isaiah and Jeremiah, "Bread shall be given him, his water shall be sure?" Is God my defense and protection? Life is meant to be sustained by the science of God, not by material ways as separated from God. The world believes in working hard but the system of living by material efforts is wrong. "Turn unto me, for why will

ye die saith the Spirit." (Ezekiel 33:11) Death is the reward of hard effort to live by material actions. Life is meant to be sustained by the science of God, not matter.

God is spirit. This opens the reasoning on the word God, for God is the name for that intelligence, which, out of its own substance bestowed on us the intelligence we have. Intelligence is mind, thus we see that by studying God, we are beginning the study of Mind. Mind is life, support, defense. The more we study and progress, the more confident we become that it is "By the words from the mouth of God that we are to live." (Dent. 8:3) Jesus reiterated this same truth. God gives freely from His Mind words that make alive, for it is bread. "If a man shall eat of this bread, He shall never die." As nearly as possible we will take the absolute meanings of the words of Jesus Christ, then we may say that our life needs only the true word of God to keep it forever. It is not profitable to say we need no material support, but we need the word of God. The Word of God is Truth. Christ is Truth.

God works only in Truth, so God works as Christ, who is the Truth. True words have the power of God and the power of God is freedom. Remember that Jesus said, the Truth frees, from what? Sin, sickness and death, and thousands have been healed by true words concerning God. There is one lesson that strikes the key of each one and by speaking over and over the words which that lesson explains, your own healing fire will be kindled.

The first lesson for each is to find out what your mind is seeking, yearning for, mourning for, and name it - or recognize it. Can you do this? This ability will set you on the right track. What does the whole world seek? The world is seeking its good and this is the foundation of all thought. Why do we breathe, or why do we do anything at all? Everything moves and waits for its good, and the good which we want governs everything we do. The good draws everything to itself, therefore, the good which we are seeking is our God. Speaking the word "good" brings us into nearer relation with our God, for we understand it better.

The Bible says, God created. The good we seek creates us, pushes or pulls us and shapes our lives. To acknowledge honestly that my good is my God sets the mind to a key that is normal. The veil that has been over our faces could be the false statements that we have spoken concerning our good. This is the veil that Jesus rent. We may say, "I am seeking my good, therefore I am seeking my God." Is that not the reason why Gods have changed through the ages, because man unfolds his idea of good or God?

John speaks of the white stone upon which a new name will be written. The word is Good, the name of what you want the deepest word we have. As we acknowledge the fact that the good we are seeking must be our God, because it pulls and pushes us all the time to come nearer to it, we are obliged to find ourselves better and better satisfied.

This is a simple Truth that a small child can use. Our unspoken sentences concerning the things we do not like, are another way of saying, "there is good for me, and I ought to have it." Everyone has this feeling or conviction, even the thief and the drunkard.

GOD, THE OMNIPOTENT GOOD, WORKS THROUGH THE WORD OF TRUTH. If we continue to use such a statement, God will be found working for you and through you with Almighty Power. We can do great good by speaking the Truth, others will find satisfaction the instant we speak what their unspoken instinct is feeling. He may not say so, but he would be better off if he would, for the moment anyone speaks out the Truth of his life, he has spoken the Omnipotent Principle. Singing, rejoicing, and praising are great releasers for one who feels any sense of bondage. The feeling that there is good for us, and we ought to have it, is an unconscious, indestructible and omnipotent truth. This is hidden in the stillness of the mind of man, but is coming forth as people are learning to seek in the stillness for good. All shall be satisfied. "As for me, I shall behold Thy face in righteousness; I shall be satisfied when I awake with beholding Thy form." (Psalm 17::15)

Malichi 3::10 - "Bring ye the whole tithe into the store house, that there may be food in my house, and prove me now herewith, saith Jehovah of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it." Proverbs 3::6 - "In all thy ways acknowledge Him and He will direct thy paths." This means to admit we are seeking our good. The tithe means a dedicated life. Then let us tell what our good is. It is free life from burdens and obstructions; so, out of the word Good, name a good that is good for you and to you, such as free life as the lily displays. What we speak for one, we use for all and even nature will respond, for there is no opposition to Truth when we speak it. Suppose you name it free health. Nothing wants its health interfered with, it wants unlimited health. We have a bond of unity with the whole in this and others catch a new breath of health. The good you are seeking is your God, and God is free health, such a statement can bring instant healing, for mind unconsciously gropes for it and you supply it. It is better to speak your own, but others may do so - and thus teach us to open our own doors. Free life causes us to feel the breath of new life flowing through us, for man is really a breath being. The Divine Breath is more subtle than thought itself, and therefore can control the tone and manner of thought. When that breath is infused into the mind, the shadow of the body - cast by thought - will become correspondingly harmonious, and the expression will be immediate. Not only the face, but every cell of the body changes its expression when the mind is re-animating; for the Spirit, sensed with the consciousness, is felt immediately as new life.

Therefore, the theme of this lesson is: God works in Truth. Tell the Truth and the Omnipotent God is moving. This is our song of rejoicing.

* * * THOUGHT GEMS * * *

"One good does not contradict another, as our Lord says: "every Kingdom divided against itself is brought to desolation", and - "He that is not with me is against me; and he that gathereth not with me, scattereth abroad." This is a sure sign: when one good clashes with another, or perhaps, a greater good clashes with a lesser, one of them is not from God. Good builds up and does not destroy. God always gives His best to everybody."

Meister Eckhart

"Enough if every age produce two or three critics of the esoteric class, with here and there a reader to understand them."

DeQuincey

"Great God I ask thee for no meaner pelf
Than that I may not disappoint myself,
That in my action I may soar as high
As I can now discern with this clear eye."

Henry David Thoreau

THE ORDER OF THE ESSENES

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212 SOUTH MANHATTAN BLVD.
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TAMPA 9, FLORIDA

DEPARTMENT OF INSTRUCTION

Dear Friends:

If perchance a lesson contains a repetition of something in a former lesson, look upon it in all kindness - and let the repetition do its perfect work. We have been taught that it is the repetition of the same idea in mind that establishes a new groove in the brain which, by law, blooms forth in our lives. A branch that bears no fruit is soon cut off. As new ideas are presented to us we find ourselves continually pruning and trimming our own tree of life, that we may bear fresh fruit with an abundant harvest. The life of the spirit is certainly active in consciousness, but not restless.

We would like to have letters telling us what you have really gained through your study, not a long thesis - but short and to the point. And neither are we asking you for a resume of the lessons - but tell of the growth in your own life. Through these reports we propose to establish a firmer and more permanent bond between us.

We will welcome any gifts made to the department of personal counselling that we may keep this fast growing department of our Order up to date and in order. When one writes for help we would like to get the answer off immediately rather than wait for time and opportunity because of the pressure of other work. We are amazed and glad of the big response to our willingness to serve in this manner.

The Spirit of Truth goes before each of you, making plain the way.

Faithfully,

THE ORDER OF THE ESSENES

Enc. 138

By

J. Hamner Davis



THE Essenes

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Instruction Headquarters - Tampa, Florida

INSTRUCTION 138

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

GOD IS OUR REFUGE AND STRENGTH,

A VERY PRESENT HELP IN TROUBLE.

THEREFORE, WILL WE NOT FEAR, THOUGH THE EARTH DO CHANGE,
AND THOUGH THE MOUNTAINS BE SHAKEN INTO THE HEART OF THE
SEAS:

THOUGH THE WATERS THEREOF ROAR AND BE TROUBLED,

THOUGH THE MOUNTAINS TREMBLE WITH THE SWELLING THEREOF.

THERE IS A RIVER, THE STREAMS WHEREOF MAKE GLAD THE CITY
OF GOD,

THE HOLY PLACE OF THE TABERNACLES OF THE MOST HIGH,

GOD IS IN THE MIDST OF HER, SHE SHALL NOT BE MOVED:

GOD WILL HELP HER AND THAT RIGHT EARLY.

BE STILL, AND KNOW THAT I AM GOD.

From Psalm 46

OMNIPRESENT IDEA

The irresistible name of God is Good, and it is an idea in everything - everywhere, therefore we speak an omnipresent idea when we say: "I seek my good; my good is my God. My God is my free life, and my free health." It is well to name your good, for your ability to name your good, along with this way of reasoning, causes you to uncover higher ideas of good, as the perfection of man comes forth from within man. The idea of perfection would be wholeness, not half measures, not separation into two parts, or opposite poles, but oneness.

Christ is the idea of perfect man, therefore we call for our idea through this name as Jesus revealed it to us. Christ is Truth, and truth is unchangeable good, therefore the calling of the Christ within stirs or quickens the good to come forth. We honor Jesus Christ because He was a completed unit of Good, or in other words - He became God.

Good is to each whatever he names it. If one is tired and wants strength, we name our good as strength, and tap the unlimited that is folded up in us, feeling free and strong at once. When people want help, by calling for the thing they are seeking they are enabled to feel it consciously as their minds shine with ours, who are knowing the Truth with them. To do this for one another is in no way depleting, but strengthening to us all. Among the names of good there is one that satisfies each, but not always the same one - for each is seeking satisfaction, or the pressing out of good.

In the state of world sleep, on this side of the veil, the best at which we arrived, up to the time of the teaching of Truth, was that the problem of life was to live and think so as to get satisfaction. But now we know, since Jesus rent this veil, that we do not come to get, but we bring good to the world because we are free spirit. The sciences of man have not started near enough to the foundation idea to obtain this end because they have dealt with half-truths. There are people who rebel at the mention of God because of false teaching; they are bruised by trouble and disappointment that they were taught were sent by God. Good could not send anything but good. God does not even see evil. "To the pure all things are pure." (Titus 1:15)
"He that hath a bountiful eye shall be blessed." (Proverbs 22:0)
"Jehovah thou that art of purer eyes than to behold evil." (Heb. 1:13)

However, all people seem to agree that they ought to have their good. The principle point of Truth is that satisfaction comes through mind. Mind speaking truth, or thinking it consciously can bring that which all the world is seeking. No material process can do it, so we find ourselves in the midst of re-education and the world is upset in the process. Let us think about God as our support. Good is the foundation and no other foundation have we than that which is laid in Christ. As Christ is the Truth, we are speaking the Truth when we say - God is our support. We are still carrying the theme that GOD WORKS IN TRUTH.

Is it true to say that man depends upon any kind of work for his support? For work is not the freedom we are seeking. Work is part of the veil and apparently necessary for us under the Law. The Truth we are seeking

frees us from the Law, then we find ourselves in great activity of some kind in a way that is fulfilling and harmonious. One who knows the Truth sees the fallacy of games of chance, neither does one feel called upon to defend the Truth, it is its own defense. Some do not find work for they do not speak the Truth, but a lie, and good does not work in a lie. Tell the Truth and good will work for us. Have faith in good.

We fool ourselves by not admitting the purpose of life even by saying we only want money to help others. This comes from the old teaching of a false humility, but in the new revelation we tell the honest truth - which is that we are seeking unlimited good. God is the idea of unlimited supply which is in every man, and is uncovered by knowing and speaking the good. Say often - MY GOOD IS MY UNLIMITED SUPPORT, MY UNFAILING SUPPORT. Very soon unusual ways of plenty will show up for you and new provisions will be made. This will not be guess work - for it is reasoned out from the foundation of all things, and we can bank on it. Jesus taught us the doctrine would bring a hundredfold, and Moses also taught it, "Fear ye not, stand still, and see the salvation of Jehovah which he will work for you today. Jehovah will fight for you and you shall hold your peace." (Exodus 14::13) The Bible becomes more valuable and more interesting to us as we study it in the light of eternal Truth.

It seems a pity that the Christians are not better off than the worldly man and it must be because we do not truly apply the teaching of Christ. Let us purpose in our hearts to do the thing we have claimed, so others will come to value it also as the true way of life. A Christian has to tell the Truth of God. A Christian is never anxious. God careth for us, so we say that "My support is my Good, my Good is my God, thus God is my support." Such a statement stirs all the universe to bring your good to pass before you; therefore, think of the unlimited, universal good and consciously recognize it. Jesus seemed to convey the idea that we might have tribulations while we make the change from the old way to the new, for it is recorded in John 16::33 - "In the world ye have tribulation; but be of good cheer, I have overcome the world." This implies that things are sure to come out right with us if we put our trust in the good. Tribulations are oppositions, or the feelings we have when we first set forth during the time that the mind still goes in and out. More and more we see that everything is mental. Sometimes one loses interest in old business, so much so that it drops to pieces or leaves you, but if you can stand you will be bountifully supplied - unless you believe something else like being on Government relief, as an example.

To help us to know the direction from which the supply will come, it is well to add to our statement that God is Intelligence, then we will come to know where it is and will never lose sight of the rich provision of good again. GOD IS GOOD, GOD IS SUBSTANCE, GOD IS SPIRIT. Therefore, supplies come from spirit - they are spirit, and we practice this.

Let us apply this same type of reasoning to the fact that God, the Good, is our defense and our protection. The very movement of our bodies is protective. We can take time to name the good as our defense and it strikes a chord that the unconscious mind agrees with, and fears are quieted, they leave - for we overcome evil with good. The fear of evil is the only evil. The fear of death is the cause of death. God is life, and God is our defense. As we continue to speak the Truth this very process reveals ever more understanding because we said in the preceding instruction that the name of God or Good is stored in us as concealed energy. Telling the exact truth about good is an irresistible energy to bring good to pass. You can see why the teaching is, that it is better to "be" than to "do".

Some of our half truths accepted disease and other things as being good for us, sent to teach us a lesson, and it probably did, but it is an unnecessary waste. God is Truth which is a healing principle, and not a sickening principle, so we cannot say that sickness is good. God is Good and God is health, so where is the sickness? Jesus brought tidings of good, he said that "every good tree bringeth forth good fruit." Also - "The good man out of the good treasure of his heart bringeth forth good." "Mary hath chosen the good part." Jesus went about doing good. "And we know that to them that love God, all things work together for good." (Rom 8::28).

We cannot call evil good, this is a subtle point. All is good, there is no evil to the true student. We have love as the highest name of good because it is the harmonizing force of the universe, it is a fundamental principle of life. Love, peace and joy are the three spiritual medicines. When we speak love, we are stirring the very power of the Universe. When man is not expressing loving kindness he is not being himself. The effects of the non-activity of love are resentment, resistance, the holding of grudges and the criticism of others. So it is well to say that God is unbounded, unlimited love.

The four primary attributes of being are - life, love, substance and intelligence, therefore, they are equal to each other. When we speak of one, the others also are active in us; this is why love has a healing quality. One cannot heal who sits in judgment on others. The wonders of love have never yet been told, because we see in a mirror darkly. Jesus taught us that it fulfilled all the old law, but we have been slow to accept it. Love is defense, surrounded by real omnipresent love, no harm can come to anyone. What protected Daniel in the lion's den? There are modern illustrations of the same type or protection. The love that comes to us through any one person is only the sign of love. Love that is God is eternal and infinite, in it - one is free.

Let us begin to declare now the fulfillment of our former expectations of good, and not keep wondering how and when. Labor alone won't do it, but the method of Jesus Christ will do it. If our expectations are of God and all Good is omnipresent, all we need do to release it is, to declare it in faith. It is here NOW, today. We desire instantaneous results. Can you even imagine what a sweet free life is?

What is the elixir of life that the ancient alchemists sought? Alchemy is spiritual chemistry, they spoke of salt, sulphur and mercury, which we know represent substance, love and life, the intelligent combination of which is the four-fold man.

The name of Om was an ancient word for God used by some even today, but it means good beyond good. For beyond our ideas of good is the Infinite, awaiting our words.

It is always suggested we have a special time to make our statement of Being, for it makes one a great thinker. The mind of good will think through you, the universal mind, not the lower psychic mind. You will become one with your words and you will be able to say as Jesus did - "I and the Father are one." You are your own Father, and you will forget that there is even a possibility of disease or death, for you will be naming God, and in His name we shall do all things. "If a man keep these sayings he shall live forever."

* * * THOUGHT GEMS * * *
(To be committed to memory)

He that shutteth his eyes from looking upon evil, he shall dwell on high, his place of defense shall be the munitions of rocks; his bread shall be given him; his waters shall be sure.

Isaiah 33:16

Let not your heart be troubled; believe in God, believe also in me.

John 14:1

He hath shewed thee, O man, what is good; and what doth the Lord require of thee, but to do justly, and to love mercy (kindness) and to walk humbly with thy God?

Micah 6:8

The superior man is watchful over himself when he is alone.

Confucius

THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

Dear Friends,

We are pleased with your response to our last Instruction letter and can see that we are attaining a group consciousness in conformity to the Principle of Eternal Truth. You will find that your faithfulness to this integrity point will set you apart from the ways of the world, in that you will be so trustworthy in all ways that you will be known for that quality.

We are taught, the outer affairs are the symbols of the unseen consciousness. By these lessons you can see how one becomes free from all belief in limitation or lack. You can make your own application of modern science, by realizing that man is truly a Being of Light in Essence and will become so in fact by the purification of consciousness.

All advanced work goes on within man. Right now you are a spiritual being, eternally alive.

Faithfully,

ORDER OF THE ESSENES

J. Hammer Davis

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INSTRUCTION # 139 Assuring to the Acceptable and Accepted
HEALTH, HAPPINESS AND SUCCESS.

MEET EVERY SUGGESTION OF EVIL WITH TRUTH, EVERY
DOUBT, EVERY DISTURBANCE, EVERY FALSE BELIEF.
SUBSTITUTE FOR THEM SOME WORD OF TRUTH. LET US
EAT THE WORDS OF JESUS CHRIST, GIVING OURSELVES
TO PRAYERS OF LOVE AND WISDOM. LET US KEEP
CLOSE TO THE SPIRIT, SO THAT THIS MORTAL SHALL
PUT ON IMMORTALITY, THIS CORRUPTIBLE SHALL PUT
ON INCORRUPTION. OFTEN SPEAK TO THE SPIRIT.

" THE RENEWAL OF THE BODY"

By ANNIE RIX MILITZ

UNLIMITED GOOD

Good is the name of God and the good that is for you is your God. You even wish for your good, thus you are governed by your good. Having accepted this as true, a question arises in nearly everyone in regard to all this we see and call the not-good or evil, if you please. If evil is a false appearance we do not fear the term, but make an effort to understand it. It does not satisfy a persons mind to tell them that evil is not real for they are accustomed to believe that it is real. It requires much meditation to come into the understanding of the lesson which now follows.

Some schools have termed it the denials of Science but do not be intrigued by that word denial, for one can become interested in the false by too much attention given thru denials. A denial is a movement in mind. We think of the true pair of opposites as being God and God in action, rather than good and evil. It stands to reason that by thinking on that which is true, we are able to see at once what things are not true. We have admitted the conviction that every body has that good is our Divine right and inheritance now and always has been.

Then the question arises regarding this good, that we do not seem to have it. This is a feeling of absence isn't it? And this is a universal feeling common to all. This is known as a conviction of absence and the whole problem of lack has come about because we have continually voiced the conviction of absence. We say aloud, our good is absent. Try to convince some one of the fact that their good is present and they will have any number of answers to combat you. If we understand this we can quickly see the reason why we have not had our good. John said that without the word, nothing is made. We have made nothing, because we have kept silent regarding the good as being present. Therefore let us conclude that the silence of the mind in regard to good is accountable for all the appearance of that which is not good. Let us remember the Scripture says in symbols that the Spirit moved on the face of the waters and said; "Let there be light". Do you understand it?

The moment the idea, that has lain so silently within the mind, is uttered it begins to tell great things in respect to itself. Jesus Christ is the complete idea which accounts for the reason that the use of His name will bring all light. For Christ is Light. This is the stone of Revelation 2:17 "To him that overcometh, to him will I give of the hidden manna, and I will give him a white stone, and upon the stone, a new name written which no one knoweth, save he that receiveth it". Light and hope come to the mind. Did you ever listen to a conversation all on the dark side until you were out of patience? This is a gloom caused by the silence as to the good.

Metaphysics teaches that if you tell the truth about your good, it will appear in your life. If you apply this you will see exactly how it works. Just lay this paper down and right now, this moment as you read, tell the truth about your good. Go ahead, try it! It works just as by repetition of the multiplication table you see that it is means of quick counting. If you only use it in a parrot fashion, you are a long time seeing this. This is the reason we make the highest statements we know of and give them a chance to work in our minds and affairs as a kind of yeast. The little leaven that leavens the whole lump of dough. (Matt. 13:33).

Divine Mind is orderly, and this same order is in us. As a race we are not talking about the good, it is not considered interesting enough. But between us and our good is the idea of the absence of good. It is a great gulf of nothing, only a belief of separation. In Luke 16:26 there is an interesting reference to a great gulf fixed inbetween good and evil, but we believe it is fixed only by man's failure to yield himself to his good, his God, in other words.

Therefore, the second movement of the mind, puts away the idea that interferences with the substance of what you are seeking. You put away the absence idea, the very first time you speak of your idea of good. Is there any absence of it really? Is it fixed? Do you hide it and never express it? Then how do you know what manner of light might break over you if you described your good? Why don't we, are we ashamed or what type of false feeling is it that causes us to keep quiet about it?

We deal with universal mind when we tell that in our highest ideal of good there is no evil, which is the same as saying that in our idea of good there is no absence. The good we are all seeking is our substance. It must be substantially present to us or else it is illusion, or deludes us. So the metaphysicians of all ages have made two great denials; first, there is no evil; second; there is no matter. All the greatest teachers have seen this from ages past unto the present and it has taken great courage to proclaim it. Today we go a little further and say that matter is that appearance which is the result of our steady silence as to what and where our good is. You may say "our" or "my" good, for each one is the unit of his own life and all his conditions swing around himself.

Demonstration is the process of making visible our ideas. If our idea is true we are free. Some one will say "I need to make a demonstration of health". They must see that everything in life, whether good or bad is the individuals demonstration, and because this is a fact they can demonstrate something good thru' the use of the same innate laws by which they have made that which they do not like. This is the wonderful provision

of a merciful and loving God. All we need do therefore is to describe what and where our good is, and be steadfast in it, and it has to surely come to pass for that is the law of creation in Divine order.

Did not Jesus say, the truth would set us free? Then let us tell the truth, which becomes known to us after we become His disciples and it is this: "In my idea, of good, there is no mixture of evil" and this brings you straight to the realization that all matter is delusion, built by the belief in the absence of good, which is evil. Jesus said, that if any man would come after Him, he must deny himself while dealing with the world. He knew the relation of bodily spoken truth to the redemption of man from the conditions of matter. "If a man eat of the bread which I will give him he will never die". "The flesh profiteth nothing". "The words I speak unto you, they are life". The second lesson of His life was denial to all claims of mortality, and it is also the second lesson in the life of every student of His way, for we must all come to know that man is immortal, free Spirit.

The highest word we know how to express is good, but in our progressing realization there are other words we use to express that which we seek. For instance First Cause, as a foundation to watch, and we will soon know the causes of many things, good, bad and indifferent. Buddha spent his years finding the causes of evil, that he might destroy it. We have done similar things and the evil thrives upon the power that we give it.

Try the word satisfaction in the mind and it will tell you what will satisfy everybody. As we study causes for our enlightenment we understand the cause of anarchy. Religion has taught that we all owe so much to God, in fact everything. Then we have a sneaky, guilty feeling that we are not able to pay Him, what we owe, and this, in turn, breeds rebellion at the existing order. It is not surprising, because the truth in man will not accept this untruth even though religion has taught it. What is the truth about it? The good owes itself to us. If the truth makes free, and we are not free, the Truth has not been told. The truth that good belongs to us is greater than the idea that we must give our time, our labor, our life, and all we are to the good, and never satisfy it. Good is satisfaction. Good asks nothing but to receive its substance. This rests and comforts the people, releases from strain and stress. God is life. The word satisfaction is a great word, but not as great as the word good, for good is the universal name of God. Satisfaction is not the universal name of God.

In all science we deal first with general principles, applicable to all alike, then later we deal in the particular and individual. Thus we hit upon the foundation rock of our convictions: "The Good that is for me, is my God". The denial of matter was not fully understood at first by those who made the denials. They granted that it was the imagination of the mind, but did not seem to catch just what the imagination was. To persistently deny matter will dissolve material conditions. It will cause a swelling to disappear. But whatever of matter seems most real to us, is the first to disappear when we deny matter. If money is something we look upon as matter, in denying matter, our money is apt to disappear. This applies to our friends also, if we hold on to their bodies of flesh as an idol. Such is the power of an idea held as truth. The denial of matter is the same as if you said that if your omnipresent idea of God is, that God is Spirit. Thus your God is Spirit.

Your idea of God must not be burdened with the transient and unreliable and matter is both. Sometimes the mind feels that good is near and again far off. So, matter which is the representation of the idea of absence, sometimes brings darkness and loss, and other times something pleasing. There is nothing sure about it. The regularity of the seasons results from the periodic habit that the all race mind has along this very line. Sometimes a person is on a mental strain of feeling that they have never had anything they want. They feel neglected, unloved, and burdened nearly all the time. They represent the cold, barren, northern regions, and it works out that way. If they knew there is no absence of good, the cold region would disappear. Drought is brought about in the same way.

If we make the statement that in my idea of good there is no absence of good, it follows that in my mind there is no evil. Then the statement that there is no delay in my idea of the way good comes to me, compels us to see that there is no matter, for matter is all the hindrance we know. Spirit is free, untrammelled, unhindered, irresistible. Matter is the opposite. Therefore, to help ourselves we say, "In my idea of good there is no mixture of evil, therefore there is no evil." Can we abide in this? Do we dare? Try writing it out every day, to enlarge and increase your idea of good, and it will pin you to the Truth and there is power in Truth. All the sacred books of the earth, tell that God is Truth, and that Truth is God.

Through our reasoning together we have arrived at a bold second denial: there is no matter, all is spirit. If the mind sets up an interesting you can deny that as well. This statement will handle all your affairs on a new basis, for anytime

you refuse to believe a statement, you are making a denial. It is a movement in mind. If you have trouble with the form, remember that matter is crystalized spirit, or spirit in a slower rate of activity. Spirit is the substance where even the stones seem to be. If the early metaphysicians had left off the word matter, they would have demonstrated life better than they have. For if life is spirit, never absent, why speak of no life? There was a subtle agreement with absence. Yet the statement: there is no substance in matter has accomplished some good healing. If the condition is so strong that it has claimed to be something with an intelligence of its own, opposed to spirit, then the statement is applicable. One who believes that disease is real and need healing, needs to make such a statement.

Reason well on these things and we shall continue in the next instruction for there are 5 regular denials we want to understand.

GEMS

"I shall make my highest ideal my pattern for living. God is all. There is none else".

"The Lord is in the midst of me. I shall not see evil anymore. I shall think only thoughts of eternal Truth".

"Be not overcome of evil, but overcome evil with good."

Romans 12:21

"Abhor that which is evil; cleave to that which is good".

Romans 12:9

THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

Dear Friends:

The instructions in the beginning of the course of Life Science explained the mind, its uses and its operations. It told how to get what you want and many were able to do exactly that. As we have grown in understanding we realize the mind must be fed on living substance if there is to be a true satisfaction that establishes peace in place of restlessness.

Hence the present lessons are designed to establish a whole new man with an entirely different state of consciousness, and many have expressed their appreciation of their content and purpose. You will not find them especially entertaining to the intellect but rather to the heart.

Dr. Hamilton Holt, ex-President of Rollins College, said, in his retiring speech to the trustees; "Seek Truth wherever it is; follow Truth wherever Truth may lead; teach Truth and nothing but the Truth." Can you wonder that the college achieved great prominence under the direction of one who stood fearlessly for the Truth?

So, my friends, do we also attempt to stand for the highest Truth that we have yet discerned and not be drawn again into the old net.

Your words of appreciation and your gracious gifts have carried us this far and are continuing to build a firmer foundation for the continuance of our instructions.

We send our blessing of peace to each of you. Peace, be still!

Sincerely,

THE ORDER OF THE ESSENES

By

J. Hamner Davis

Enc. 140



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INSTRUCTION #140 Assuring to the Acceptable and Accepted
HEALTH, HAPPINESS AND SUCCESS.

A PSALM OF LIFE

TELL ME NOT IN MOURNFUL NUMBERS
LIFE IS BUT AN EMPTY DREAM!
FOR THE SOUL IS DEAD THAT SLUMBERS
AND THINGS ARE NOT WHAT THEY SEEM
LIFE IS REAL! LIFE IS EARNEST!
AND THE GRAVE IS NOT ITS GOAL;
DUST THOU ART, TO DUST RETURNETH,
WAS NOT SPOKEN OF THE SOUL.

EHNRY WADSWORTH LONGFELLOW.

THE VEIL OF MATTER

Matter is both transient and unreliable, for it is the representation of the idea of absence therefore our idea of God. All Good must not be burdened with it. Our first two denials in Spiritual Science as given in the former instructions are: There is no evil and there is no matter.

The third denial is this: There is no absence of life, substance or intelligence in my idea of Good. If we speak this often enough, it will not be long until we feel it, and the spirit of man will fall free from entanglements around, regardless of what others are doing. We will be free from delusions. We were once taught that to be helpful one must be able to put himself in the other's place. This was for the purpose of arousing emotional sympathy, thinking thereby to gain understanding, and it was a false teaching even though a sincere one. We know today that the one who can remain detached from a situation can be the most help, as emotion clouds the reason as well as the eyes with the belief that evil is real. Truly the belief in evil is the veil in the temple that has been rent by Jesus, that we may all see the truth. Herein lies the significance of the healing of the blind man when told to wash the clay from his eyes.

In a detached state one can feel supremely real, can even view our own affairs in a dispassionate manner, and hold dominion over them. Reality is the strength of the free spirit which refuses to be mixed with evil, as the only cause of evil is the idea of absence. This all the evil there is, a name only, that we have given to a false idea. The true idea is the Omnipresence of God, but as ideas make conditions the idea of absence finally made a host of phantoms called evil. One can say that there is no apartness, no separation, and that makes a vacuum around you into which all good must come to fill you with delight. If God is Omnipresent, where is the evil anyway? No where, and there is no apartness, no separation, and this reasoning will change your life.

Old conditions slip away when they have no foundation. This makes the understanding of the subconscious mind so necessary, for it is full of the Truth, new conditions just naturally and lawfully show forth in the life, for there is no foundation left for evil. Healing is done in this manner, for instance man has believed in the absence of sight and the loss of sight, so many have had poor eyesight. Sight is a quality of perception in Divine Mind, so in a raised belief, eyes are restored, the awakened mind perceives, the clay drops away and the eyes are clear and shining.

Likewise, we can say there is no absence of Intelligence, in reality there is no ignorance, for we live in Divine Mind. God is all knowledge, so man can be rich with the Intelligence of God, can rest in the all knowing mind and know all things. Even where the so called idiot or mental case of any kind is, there also is the Mind of God.

We do not want to intimate that there is matter and it is empty, for this tangles some until they cannot heal. They believe in matter so strongly, that the very mention of it makes it seem present, yet the denial is correct. We refer therefore to say "there is no absence of life, substance, or intelligence in Omnipresent Good. Nearly every one at some time has felt

lonely, or apart from their good, and at such a time, a positive stand will route the feeling. With the truth, we do indeed set ourselves free from negation, but that means we are more than just Truth students, rather "I Am the Truth".

The fourth protest we make against the claims of matter is to deny that sensation is a physical or material experience. Sensation is a faculty of the soul, it is a mental process, and since all is omnipresent good, so is sensation in its right relation. It is sight, hearing, tasting, smelling, touching. God is our sight and it cannot be lost, the same applies to each faculty. As the faculties are avenues of the soul thru which the soul feels out a situation or receives reports from the outer, they are to be raised and extended rather than killed out and lost. One wants to be sensitive to Spirit. The main idea in denying sensation was to get rid of the Sensation of pain or hateful sensation. If life had been all joy, no one would have thought of denying pain. Anyway pain is a warning that something is amiss, and better than denying sensation in pain, is to state the high truth, that there is nothing to hate and we will never be faced with pain or grief. If good is never absent, then the sensation of good is never absent. "In seeking God, if haply they might feel after Him and find Him, though He is not far from each one of us, for in Him we live and move and have our being; as certain even of your own poets have said". (Acts 17:27)

The race mind is exactly like our own minds when it comes to willingness to make all the protests of metaphysics. It is quite ready to see that good reasoning will bring happiness, if wrong reasoning brings misery. We falsely claim unhappiness until we have it, which is insidious. Our attitude should be to look fearlessly at all things, not afraid to read anything but to remain poised above it.

The fifth regular denial is "There is no Sin, Sickness or Death": Where? In God, of course. Where is God? Everywhere. This removes the sin that we have built by our belief in the absence of Goodness in people. If the idea of the undivided wholeness of people is real to our minds, we shall see less sickness. We shall be utterly free from seeing death in any form or circumstances, if we know that in omnipresent life there is no death. If we are not free it is because we have some special prejudice of mind to get rid of. Thus we reason, to understand, that our freedom may become established. If one is sick or poor it is because there is a strong idea that certain good is absent. Let us accept the most complete idea of good that we can imagine. Job made this mighty statement: "Thou knowest that I am not wicked, for they hands fashioned me." This healed him and restored his good. Paul and Peter both told us that there is a reason for the hope that is in us.

In the 21st chapter of Revelation, John describes the temple, naming the foundation stones. He gives Jasper as first, which is the diamond irresistible in beauty and brightness of purity. The Sapphire means peace and wisdom. These are stones of character. Following this out our reaction toward a thing may be worse than the thing toward which we re-act,

so by giving up our habits we may be set free from poverty and sickness, As a child of God, we cannot be hurt, nor can we give hurt; we cannot be offended nor resentful. We are not envious, jealous, penurious, not discouraged. Neither praise nor blame makes any difference.

Besides the five denials there are two particular denials that correspond to the sentiments and moral senses. These last two relate to the individual disposition and will, the others are general to all the race. The five that belong to the race could be used faithfully and not bring to pass the right state of mind, although they delight the mind, soul, and spirit. The ancient philosophers were good as far as they could see, but they had their special prejudices. It is just as necessary to be rid of prejudice, as it is to be rid of the belief in matter. Jesus Christ caught the whole doctrine, and this is the reason Christianity surpasses philosophy, even though it encompasses it. Jesus Christ had no prejudices, he condemned no one. He had a loving Father and all things were easy for Him.

Man does not become spiritual because of what he does not do. He becomes spiritual by the degree of spirit he brings into expression. Spirituality increases with the more complete and ever expanding radiation of man's soul into transforming action. Spirituality is the result of the expression of spirit, therefore we study spiritual things.

There were two schools of thought in Elisha's time. Many a student of the highest theology even to the five denials of metaphysics, has failed to drink of the healing waters of the science of Christ, because his moral sentiments were subject to what he believed to be his physical senses. We cannot let any moral any moral chord lie dormant. If one is careless about paying debts, there is no harmony. If one treats other people's property roughly, one lacks honor. If we do things which inconvenience others, our sentiment of justice is not salted. If one complains, he lacks appreciation. Many bloody deeds have been done in the name of Christ, which contained no Kindness, justice or mercy. One has only to read of all the religious wars, all the persecution and domination that has been done in the name of religion, to know that regardless of their claims, Christ had nothing to do with it, for He is lovingly kind.

Let us each, as students of life science dig out our special claim that we may be free from it. You will probably be able to see how, because of it, certain types of experience have occurred over and over again in our lives. We can illustrate this. I have in mind a woman who came for counselling in regard to a cruel husband. After hearing her life story we could see where as a child she was given the belief in cruel treatment to the extent that she had continued to draw to herself unfair treatment from every one with whom she was associated. As a tiny child in a foreign country she had been mistreated by a step mother, becoming timid and fearful and all unconsciously she expected unfairness, so she received it from her husband, her son, and later on in business deals. She was a woman of good education and many fine qualities but when she discerned the source of her troubles she was able to work out of it. The husband left home when he could no longer mistreat her, the son went away and married, and she became

established in a business of her own. She is known to us today and this is a true story, only one of many hundreds we could cite over the years of spiritual ministry.

People of high science sometime yield to trivial temptation, and it may be a subtle claim to the absence of good. A habit of running people down will run the body down into disease. We must speak of all people from the standpoint of God in them, instead of their appearance to us, which has a tinge of self-righteousness.

Assembling your five denials you have this:

1. In God - there is no evil.
2. In God - there is no matter.
3. In God - there is no absence of life, substance or intelligence in my idea of God.
4. In God - there is nothing to hate.
5. In God - there is no sin, sickness or death.

**** GEM THOUGHTS****

"The Lord shall give thee understanding
in all things."

Timothy 2::7

"The holy time is quiet as a nun breathless
with adoration."

Wordsworth

"Take my yoke upon you and learn of me; for I
am meek and lowly in heart; and ye shall find
rest unto your souls. For my yoke is easy
and my burden is light."

Matthew 11::29

THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

Dear Friends:

Pure Greek philosophy taught that the Logos, or the Word, was the Reason emanating from primeval Mind, by which the Cosmos was created. This philosophy is restated in the Gospel of John, and the purpose of this Gospel is to set forth the Divinity of our Lord as the basis of faith, and to meet the spiritual needs, not of a particular class, Jew, Roman or Greek, but of all men, and hence it is called the spiritual Gospel.

The Eternal Word was incarnated in Jesus, came to life in Jesus. The cosmic character is Christlike and in Him is life. John writes in 17:3 - "And this is life eternal, that they might know thee the only true God, and Jesus Christ, whom thou has sent." This spiritual Gospel has unusual power to bring its readers to the supreme value of Christianity. Christ adds life to our study of the science of Mind. Most of the world lives in a state of what might be called practical atheism, but we believe there is a demand made upon us by the Opinion back of the Universe. We belong to God and the more we live for God, the freer we become. Responsibility may be the word that hits home, for it is our ability and our necessity to respond to a higher call, to express God.

The men who established this country were wise, astute, political philosophers and they laid a foundation which teaches that man is a free individual, and can, with the help of God, hew out his own destiny. It is a peril to our liberty to thoughtlessly agree to the erasing of the God-centered philosophy which has always undergirded this country. Let us insist upon the maintenance of the principles of the Christian religion, each under his own choice, as to church or faith.

As we know the Truth together we are a vital part of this new Christ age, and we can be assured of this in our hearts, and rejoice one with another.

Faithfully,

THE ORDER OF THE ESSENES

By

J. Hammer Davis

Enc. 141



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Instruction Headquarters - Tampa, Florida

INSTRUCTION 141

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

TRUST IN JEHOVAH, AND DO GOOD;
DWELL IN THE LAND, AND FEED ON HIS FAITHFULNESS.
DELIGHT THYSELF ALSO IN JEHOVAH;
AND HE WILL GIVE THEE THE DESIRES OF THY HEART.
COMMIT THY WAYS UNTO JEHOVAH;
TRUST ALSO IN HIM, AND HE WILL BRING IT TO PASS.
AND HE WILL MAKE THY RIGHTEOUSNESS TO GO FORTH AS THE LIGHT,
AND THY JUSTICE AS THE NOONDAY.
REST IN JEHOVAH AND WAIT PATIENTLY FOR HIM:
FRET NOT THYSELF BECAUSE OF HIM WHO PROSPERETH IN THE WAY,
BECAUSE OF THE MAN WHO BRINGETH WICKED DEVICES TO PASS.
CEASE FROM ANGER, AND FORSAKE WRATH:
FRET NOT THYSELF, IT TENDETH ONLY TO EVIL DOING.
FOR EVIL DOERS SHALL BE CUT OFF:
BUT THOSE THAT WAIT FOR JEHOVAH, THEY SHALL INHERIT THE LAND.

PSALM 37; 3-10.

REMOVING THE VEIL

Man is wise and happy according to his ability to appreciate the good. Every insight to higher good raises the character. Yet, we find it is possible to cling to misery, while apparently observing happiness. Sometimes in the heart there lies an old disappointment, some grief over the lot in life which might have been different. Every bit of disappointment is a bit of death, for our appointment is with God, the Good. This is where denial comes in, for it cleanses and eliminates these old hidden beliefs. We have seen that between the mind and its rightful possessions, is the claim of darkness or negation, standing as though it were something, while all the time it is nothing and we call it a veil of matter.

We have assumed that this nothing is something between us and our good. It is the valley of the shadow of the apparent reality of misery, but it is only a shadow in Truth. Strange to say, this shadow is just as apt to be one of our virtues as one of our vices. If we feel a sort of contempt for people who do not know all the Truth we think we know, this is a false pride, and part of the consciousness of the Pharisees, who prayed in public that they might be known for their much learning. Or, could God take pride in never speaking or acting from impulse? To take pride in our virtue is a shadow, therefore we eliminate the pride in our virtues from our character. Paul says that though we fulfill many laws, even giving the body to be burned, and have not charity, we are tinkling symbols. It is well to act with discretion, but it is sounding brass to pride ourselves in it.

Suppose we are proud of the fact that we pay our bills promptly, the pride hides the virtue. We might find a lesson in this to release our harsh judgments. As we become more kind and understanding, we pass the shadow that stands between our mind and its satisfaction. This satisfaction is present, yet with a distance of a personal trait between. These traits "in between", we have named, ideas of absence, and we call our protests against them, denials. We resolve to let go of our own habits of thinking that have come from our belief in the absence of our particular good.

Prosperity is the acknowledgment, consciously or unconsciously of the Presence of God. The prosperous man has eliminated from his consciousness some idea which the one seemingly not prosperous is holding unto with tenacity. This accounts for some rich people, who, to all appearances do not deserve to be rich. Even a liar can be rich, and even heal in some instances, but they will get their hardships in some other way than the absence of abilities. The law always works.

We have spoken of the seven thicknesses of the claims of negation standing between every mind and the security of its good, of which five belong to us in common. When you have melted them down, you are the master that you were when you were first created in Divine Mind. In this melting process we are taught to put a statement of a great truth in the place of the denial, and this bold insistence of that which is true in reality is called affirmation. Throughout this whole

course of instructions you have been given many powerful affirmations, and statements of Truth.

All science has these affirmations and denials also, for you subtract that which is not wanted from that which is wanted. Sometimes there is as much wisdom in negation as there is in the affirmation. For the five denials we have five affirmations, which we call wise virgins, because they are simple and reasonable. Your two especial ones are not virgins, for they prove to be the strength and wisdom of your own life in its unique relation to all life. You might say this is your life work, to understand why you are where you are. If you are not happy with your place in life, these instructions are showing you what you can do about it, and only you can do it, with the help of God.

The first affirmation is: "Good is everywhere present. My good is life, truth, love, substance and intelligence. Omniscient; Omnipotent; Omnipresent."

There is no use to make the affirmations until we have made the denials, for we are only releasing power into a dirty channel. Could this be the meaning of the teaching of Jesus in Matthew 9:16 where he says - "And no man putteth a piece of undressed cloth upon an old garment; for that which should fill it up taketh from the garment, and a worse rent is made. Neither do men put new wine into old wine skins else the skins burst and the wine is spilled; and the skins perish; but they put new wine into fresh wine skins, and both are preserved." When the consciousness is clean, we do not have to continue to make denials for we have moved out of the necessity for them, but there may come times when you will use them. You will judge rightly at such times. Your two especial traits will disappear also as you come into harmony with the whole.

The inconsistency of Christians has hurt our CAUSE. When the right denials are made, our affirmations will be effective. Are we not promised that in My Name, ye shall ask what ye will? But we are required to abide in the Word, and the Word abide in us, before this can take place. So our minds build the firmament of our daily lives. Steam doesn't move the engine until the valve is open. So, also, the Truth, which is the energy of the mind and the moving, activating force of your being, waits to move through the clear way made by scientific protests. Prepare ye the way of the Lord!

Let your light shine, do not hide it under a bushel. Did you ever use an oil lamp? It is good for us to reason out why we are free, to map our course accordingly, to bring our lives out as we perceive they could be. We affirm our true nature, and steadfastly hold on to our affirmations.

Many religions have talked of a Word, which contains all things. The Lost Word, it is called. But the ears have to be attuned to hear it, and apparently few have heard. So, Jesus said to use His Name and we

would come into the quality of His mind. As we consciously feel the Divine nature filling our being, we will feel a delight in our substance, and the world will not be able to account for it. This comes only when we have given a free passage for God Mind to think and speak through us. "Delight thyself in Jehovah, and He will give thee the desires of thy heart." Psalm 37:

We have spoken of the wall or veil that represents our belief in the absence of Good. It is also called a veil of flesh, or dark river. We think water always represents consciousness, the river Jordan was significant in the life of Jesus. And what about the imaginary river Styx? We are always crossing rivers of difficulty, symbolically speaking, or we may be drinking the waters of eternal life. Our personal denials are as important as the general doctrine. David asked to be cleansed from secret faults. We do not think we are selfish, but mostly we do live for the self, and not the Great Self, which is you also, the Christ Self. Let us say; "in Spirit, I am not selfish, so I let Spirit direct my life." It will not be long before our lives will be consistent with our mighty affirmations.

If you are interested and have the time, read the lives of the great philosophers, and see how each added a new light to the one that had gone before. Pythagoras saw that sensation is mental, that the soul is an emanation of the universal soul, and partakes of the Divine nature, thus becoming self moving principle. This was 570 years before Jesus Christ. In 500, Anaxagoras said that matter is the result of ideas, and Mind was all. Plato said that evil is a way of believing and not omnipotent, which revealed to him that God is goodness. A denial and affirmation seem to always match each other. Jesus sent messengers forth in pairs, one positive and the other negative and receptive. The receptive ones keep the impulsive ones balanced, which is also true in business relationships.

Jesus seemed to use both methods for He said: "Call no man on earth your Father, for, one is your Father, even God." "Come unto me all ye that labor and are heavy laden and I will give you rest." His negations were toward seeming realities, but he called flesh nothingness, therefore He must have been speaking for the sake of those round about Him, as He did on other occasions. Jesus called our belief in the absence of good, Satan. Your Bible dictionary gives one definition of Satan as being the god of this world, seeking to enslave men to serve him. To us this is the mortal mind, carnal mind or the mind of the race in general. This is the mind that believes in two powers. This is the phase of the mind that we are now training to become one with the Christ Self, the true man that God made, the only man in reality.

The belief in absence take many ways to exhibit itself, it takes the form of being grateful that one is more blessed than another. Now, there is no point where this is true, for we do not deal in comparisons of lack. In truth no one knows more than another, as all are partakers of Divine Mind in equal potency and might. If people cling to us, it is because they have not learned to appreciate themselves, so our part

is to release them into union with their own Divine nature. The fact that we like to be leaned on is an insidious thing, for it satisfies a sense of personal power. It inflates the ego, so, a student watches that he does not lean on others or encourage others to lean on him. Our own Emerson prophesied that future teaching would be freedom, self-companionship, and self-strengthening. This is discovery, for one's own nature is complete. If we learn to stand alone, then the more perfect companionship comes our way. In this state there is no complaining nor self pity. "Thy Maker is thy husband, Jehovah of hosts is his name." Iss. 54; 5.

Successful people in any line, have been positive in their nature. High resolves made in intense feeling have been like oak trees, and this accounts for those who have come into prominence from lowly beginnings in the world's viewpoint. Euripedes, a fruit dealer in Greece, became the friend of Socrates. Virgil was a baker's son. Many illustrations can be given and are given as success stories in current literature, but they all show what one would call demonstrations of high thinking. So, a young man's ideals wait for demonstration on the heights of affirmations. They are known as the hilltops of delight, -"How beautiful on the mountains are the feet of him that bringeth good tidings, that publisheth peace, that bringeth good tidings of good." Iss. 52:7.

There is no storm that can shake your name through the ages if your affirmations are lofty enough concerning the dealings of your God with you. "Good is everywhere present. My good is life, truth, love, substance and intelligence. Omnipotent, Omniscient, Omnipresent."

* * * * *

THOUGHT GEMS

"Blessed are the pure in heart, for they shall see God."
Matt. 5:8

"Who shall ascend into the hill of Jehovah? And who shall stand in His holy place? He that hath clean hands, and a pure heart."
Psalm 24:3

"This above all, to thine own self be true, and it must follow, as the night the day, thou canst not then be false to any man."
Shakespeare.

"Be not like a stream that brawls loud with shallow water falls, But in quiet self-control link together soul and soul."
Longfellow.

THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

Dear Friends:

You will notice that the front page of this instruction is one version of the thirteenth chapter of First Corinthians, which reminds us to suggest that you read Henry Drummond's famous essay on Love, "The Greatest Thing in the World". In our Christian training we have all been taught by Jesus. Christ that love fulfills all things, but which one of us has the kind of love that He is talking about?

We can easily spend a short period of time every day letting Divine love fill our whole consciousness that it might show forth in all our ways. No one has ever had too much love. We find in our healing ministry that all some people long for and need is just to be assured that some one loves them. People feel unloved and lonely, so let us be so full of it that people will feel it every time they come into our atmosphere.

You who are studying with us have read that we are all one in Divine Mind, and that gives you a broader understanding of the admonition to "love thy neighbor as thyself". Let us think about this seriously in connection with this instruction, and we will all feel closer together than ever before, for we are all one family under heaven, and we all have the same name for we all have the same Father-Mother God.

We send you a blessing of love in recognition of your faithfulness and co-operation, and may the peace of Jesus Christ abide with you.

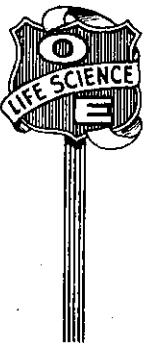
Lovingly,

THE ORDER OF THE ESSENES

By

S. Hamner Davis

Enc. 142



THE Essenes

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INSTRUCTION 142

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

LOVE

IS VERY PATIENT,
VERY KIND,
KNOWS NO JEALOUSY,
MAKES NO PARADE,
GIVES ITSELF NO AIRS,
IS NEVER RUDE,
NEVER SELFISH,
NEVER IRRITATED,
NEVER RESENTFUL,
IS NEVER GLAD WHEN OTHERS
GO WRONG,
IS GLADDENED BY GOODNESS,
ALWAYS SLOW TO EXPOSE,
ALWAYS EAGER TO BELIEVE
THE BEST,
ALWAYS HOPEFUL;
NEVER FAILS.

1 CORINTHIANS 13.
MOFFAT TRANSLATION

HEIGHTS OF AFFIRMATIONS

The Truth teaches that you may take any position you like and hold to it until it makes your life demonstrate it. It is not necessary to change your affirmation. Many illustrations are given showing the significance of this in the line of support. One person said that the principle she took to hold in her mind, was that the yoke of Jesus Christ is easy and His burden is light, which released her supply to her in greater freedom than ever before. The supreme plan is that each shall attend to his own soul. In place of speaking of the salvation of the soul it is better to speak of the exhibition of ones divine nature. The soul does not need saving, but it does need to be made visible in all of its purity, which shows quickly when given the least bit of opportunity. Our steadfast resolve to be on the side of good, will bring good to us. Our health, prosperity and happiness plainly come into visibility.

As we are making statements that contain the substance of all there is, many have found it a good plan to set aside certain times to instruct the mind to touch the mountain peaks of the most noble thoughts. Your own two affirmations which will lift you out of bondage must be spoken by you. If your life is turbulent, speak of peace, if you seem to fail in your undertakings, tell how your God is able to do all things. The purpose in our hearts is what counts the most in our application of these instructions.

Let us reason together concerning the first affirmation, which is: My good is my God. My God is Life, Truth, Love, Substance, Intelligence, Omnipresent, Omnipotent, Omniscient. Why do we each say "my good"? Because we are each the unit around which our good swings. If we are right, entirely right, in our relation to our good, and we can explain how we secure our good, we are in a position to tell the world how to attain its good.

Consider this much: "My good is my God". Do we understand that every move we make is to get some good for ourselves? We feel deeply that good is for us, so we do our best to get it. It makes the good our governor, therefore it is our God. We can choose whether we make our God the most High Principle Jesus Christ taught, or the incidents and happenings of our every day life. The ancients knew the significance of the law that says "Thou shalt have no other Gods before me." Whatever draws us is our God. That is the reason some have arrived at a statement - "I am my own God". They thought it best to be self-governed, than to be governed by appetite for food, for praise, or a search for home or health, or hope for friends.

When you think awhile you will realize that man has always worshipped his idea of God at any given stage of unfoldment. It is perfectly safe to say: "My good is my God", for then it is our privilege to say what our good is, to name it. If we are displeased with our conditions in life, we are not talking of life itself, for we believe life is God, therefore we take a statement touching the free, fine elixir of the universe and say: "Life is good, good is God, thus life is God." Could this be displeasing?

It is natural for the mind to love Truth, but what is the Truth to us? We discern that the old understanding is not in accord with the new, when they taught that God was angry, and that Jesus came to be a scape-goat. Such as this showed a belief in a God that acted like a man. Yet we do not doubt that God is freedom, and that He is the intelligence in all things. If this is true, when it is spoken, it leads on to other truth. We seek absolute truth, which makes our God, Truth. That which we seek governs us, as we have already said.

Jesus Christ said: "I am the Truth, I am the Life." He had come into conscious awareness of universal truth and life. We feel an uplifting strength, when we acknowledge that God is life, and God is truth. This does not come to a man who says that his good is his beer, or his gambling. The face and form show what the thought proclaims as your good. Whatever we have sought after, that was our acknowledged good. Conscious thought according to a high truth, mark the face and form with a new light. Too often we have occupied the mind exclusively on the flesh pots of Egypt, what we shall eat, drink and wear, until the mind is dark. Whereas, if we fill our thinking minds with the subjects we call Divine Principles, we feel the glow from "On High" shining either suddenly or slowly over and through the mind.

As we continue to name our good, sometime we say it is love. We do not mean a love that clutches for friends, food, home, money or animals, nor the hold they have on us; but we mean the free, fine life of delight, that streams with kindness, mercy, gentleness and entrancing beauty, through the universe, and draws with its irresistible kindness all things and all people to feel its love. "I drew them with bonds of love and they knew not that I healed them." Hosea 11:3. We never know the full meaning of love, as long as we seek it outside of ourselves, nor as long as we think there is some power that operates against us. It is nameless to us as long as we believe our good is absent, or while we think we are inferior, that we have loss or that we suffer. The Most High Good is life, truth, love and to name it thus is uplifting. The most high good is higher than any good we have yet realized.

Even beyond our highest words is the love that draws the universe, and keeps all things seeking it, until the mind reaches the great plane of unreality, and strikes it with the all powerful, NO. "Jehovah appeared of old unto me saying: "yea, I have loved thee with an everlasting love; therefore with loving kindness have I drawn thee." Jeremiah 31:3.

It is the true and eternal substance that woos us with its everlasting love, and to lay hold upon our good is to be satisfied. Then there will never be any feeling that, that which we love and are satisfied with, will leave us or fail us or disappoint us. God is love, love is good. God is eternal, eternal love is Good-God. Let us remember to name our love as eternal. It is by the use of the right word toward all things that they show their real character and do not hide from us. The delight we have felt is only a foretaste of the real love that is the substance of life, which has been hidden only because we thought our good was absent.

Let us reason together concerning the word freedom. The world's great thinkers have discerned that there seems to be a great dark shadow system hiding us from the good we are seeking. If the Good is our eternal God, then this shadow is a mental one only on our part. Then the only word that suits the case is freedom. We are seeking freedom from bondage to our own claims of ignorance and incompetency.

We are released to the degree that we claim our freedom, and we lay hold of some new good each moment. Study the Bible, for freedom Christ set us free, free from the law of sin and of death, but we have not believed it. The Truth makes us free and the Son makes us free, and we are free indeed. As the consciousness rises, you will first notice your freedom from disease. Your disposition will change, and you will soon be more prosperous. The things that use to hurt you have no power. This is the only way to change that is worthy to be called the easy yoke and the light burden, which is promised us.

Some may think we are talking nonsense, because it is not like the worldly ways of doing, but many have stumbled on this process without knowing that it is of the Christ. Others have found they did not have to be sick, so they are never sick. If you find it hard to train your mind, try writing it down, for with application one can attain exactly what they wish, for we are entirely built up and moved by our thoughts as the former lessons have brought out. Sometimes we are not aware of our progress, because we do not make comparisons. What was hard at first becomes so easy and natural that one is apt to think they are not progressing, while all the time you have become the thing itself that you were striving for, just accept it. Let us not enjoy the striving more than the thing we strive for. Recall the lessons on training the subconscious and you will understand how you have become that which you desire with your whole heart.

Our full statement under consideration is: God is life, truth, love, substance, intelligence, omnipresence, omnipotence, omniscience. The evil seems present, and the good may seem to fail us easily, but let us study the quality of substance, for Presence which endures is substance. That which we take hold of and keep is the kind of good we would have. God is substance, and as God is good, our good is substance. Our good is substantial presence. This is especially good for people who believe their good is absent. In this word of substance there is no poverty, no loss, no lack, no want in this word, therefore our good is near as substance.

This realization will bring us into the consciousness of universal friends, for nothing is out of the reach of the power of these statements, and they bear fruit like any seed does. Do not judge by others, for no one knows the place in consciousness of the other. Light can come in the twinkling of an eye, and it does, when we are ready. Some are quicker at one thing than another, and all is easier if we continually praise God that the way of the spirit is easy and successful through us. You can say, "I will to do that which ought to be done by me." There is a self supporting power in the Holy Spirit,

which, unhindered leads straight to your substantial support. People may say you are lucky, fortunate, or born rich, but it is the fruit of your highway as you have thought on a high plane of provision. Many openly say they do not ask for much nor do they want much, and they are in financial straits most of the time and they don't like it. But can you see that by their statements they have created such a condition? Let us ask this: "What do I believe my God does?"

Support is substance. Skill in action is substance, for it brings it to birth. Consider what we mean by the term 'skilled labor'. In Papini's "Life of Christ", he speaks of the fact that the trade Jesus followed was one of the four oldest and most sacred of men's occupations. To transform into the useful is the way of salvation. It is the outer of the inner, an example of being transformed by the renewing of the mind. There is always a balance. Give glad joyous praise every night, before going to sleep, to the most high good, that the Holy Spirit fills your thoughts with ardor and your affairs with splendid achievement. To be utterly satisfied, one has to be satisfied in mind. Multiply your souls delight in the knowledge that God is the very substance of the things you want, by a number of degrees more than you want. "Delight thyself in Him and he will give you the desires of your heart." Psalm 37:4.

* * * THOUGHT GEMS * * *

"All is of God that is, and is to be; And God is good, let this suffice us still; resting in childlike trust upon his will."

Whittier.

"Religion is a life, or it is nothing. Theology is another thing, another matter, and creeds and views have their adherents and advocates, but religion is the knowledge of the soul, of its capabilities, its powers and methods of unfoldment. Religion is a life, not a ceremony."

Lillian Whiting.

THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

Dear Friends:

We feel encouraged by the many good letters you have so graciously written in regard to the present series of spiritual instructions. All great spiritual people have found that words are inadequate when it comes to describing the Infinite, or God, who is spirit. Yet, through their written words they have given others something to ponder over. In our pondering or wondering, we, too, become aware of something higher or greater than ourselves. We develop an extension of consciousness and become that of which we are aware. In symbolic language, "we enlarge our tents" until they become the very canopy of heaven.

We have suggested the reading of the lives and writings of those who have preceded us, but there are also many in our own time who have great illumination. One such is a Quaker, Gerald Heard, about whom it was written; "His call is that man shall at once begin to develop saintliness enough to handle the raving psychosis of mass hate". (Dr. Graham C. Hunter, in *The Christian Century*.)

In his book "The Creed of Christ" which is an interpretation of the Lord's Prayer, Mr. Heard gives this definition of God, quoting from page 52; "The supreme characteristic whereby the soul in awe recognizes the presence of its Source and Goal, of nature's beginning, continuance and end, is Being, Actuality, Reality, so intense, so overwhelming, so comprehensive, so searchingly, incessantly immanent, so incomprehensibly transcendent, that we can only conceive of Him as the timeless, illimitable Light, in which for an instant spins the dim speck of the entire temporal universe".

This book is published by Harper and Brothers in New York, and the publisher says; "This book, written by one of the ablest minds of our generation, offers the opportunity to start the quest for the happiness that is found only above personal and temporal limitations. It will prove suggestive and helpful to readers willing to undertake the great adventure toward the meaning of life." Some of you have asked for lists of books along spiritual lines, so we are glad to recommend to you these that are far above the average.

The present instruction, No. 143, continues with the method that we have found most effective in establishing the larger consciousness. We send it forth in the name of the Power of God to reveal it to you.

Sincerely,

THE ORDER OF THE ESSENES

By

S. Hammer Davis

Enc. 143



THE Essenes

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Instruction Headquarters - Tampa, Florida

INSTRUCTION 143

Assuring to the Acceptable and Accepted
HEALTH, HAPPINESS AND SUCCESS

HONOR AND TRUTH AND MANHOOD
THESE ARE THE THINGS THAT STAND
THOUGH THE SNEER AND JIBE OF THE CYNIC TRIBE
ARE ALOUD THRU' THE WIDTH OF THE LAND.

BUT A LIE, WHATEVER THE GUISE IT WEARS,
IS A LIE, AS IT WAS OF YORE,
AND A TRUTH THAT HAS LASTED A MILLION YEARS,
IS GOOD FOR A MILLION MORE.

DIVINE INTELLIGENCE

It is through the intelligence that man becomes acquainted with his good, and through this process man reasons out his salvation, and comes to understand his highest good. God is intelligence, therefore another name for the good is intelligence. If we believe that God is substance, and if we have intelligence, we have that which enables us to lay hold of substance, and to work wisely so as to be clothed and fed and housed and healed. It is never necessary to take it from someone else, for each can have his own in abundant measure, or according to his consciousness. The people of higher intelligence have the highest manifestation of good, IF THEY WANT IT. Poverty can pass completely out of consciousness, and has, for many people.

The only process is to know God, Good. To know is to perceive directly, to recognize as distinct from something else. There is a significant saying from Deuteronomy 23:23 - "That which has gone out of thy lips observe and do." Not doing this brings one into debt. Jesus said that the Pharisees say, and do not; and again, apart from Me, ye can do nothing. To know God is to be God-like. To know good is to be good. Each one lives his own consciousness. The student will find it very interesting to look in the dictionary and in the Thesaurus for definitions of the words, know, life, and eternal; and you might also look in your Bible concordance.

The more we know that mind is God, universally present, and the only intelligence that is operating through the universe, the easier it becomes for us to know and perform in and of ourselves. God is intelligence, and the more we claim it the more it comes in to us and the more we are aware of it. All knowledge is already potentially in us. Each becomes wise on some special line, or on several lines at once. In Christ, God is a quickening spirit.

As we describe the Most High Good as Omniscience, and Omnipotence, the mind enlarges to encompass a larger sphere of action. The brain is not all in use as yet. Meditate on the eternal, changeless Principle and try not to be entangled in too many words, because what you are, is greater than your words. While words are used to approach Good, remember that in Spirit there are no words. Spirit speaks to spirit, and mind speaks to mind. Two people can speak the same thing when neither has said a word. Read the 19th Psalm.

To feel that God is your substance and life is greater than to feel that the words you say are God, for each is his own understanding of God. When one is a real student there is no place for personal feelings, but one weighs and considers all that is taught in a detached manner. To use a statement which says "I am my own understanding of God" brings us face to face with ourselves, and we understand that that which we have is good as far as it goes. Now this understanding we have is the mind of God, which increases in consciousness as you continue to identify yourself with it. Therefore we are ever on the alert that we do not state that which we know is not true in the highest sense. For instance, we do not say, "I am not smart", because

God is not like that, so we use the second affirmation; "in God I live and move and have my being." I live in my own understanding of God for I cannot live anywhere else. We have been hiding from the Lord God, but we cannot play hide and seek any longer, for that is a childish game. Such studies as these cause a person to grow up.

To live in a statement such as "I am my own understanding of God", or "All that God is, I am", balances the denial, "there is no matter". Understanding is not material, but spiritual, and man is spiritual. The substance that we show is in ratio to our understanding, in fact that is all the substance anything has, for spirit is the only substance. The substance you long for is spirit, for God is Spirit. All is good and there is no separation.

The third affirmation in this lesson is; "I am spirit, mind, wisdom, strength, wholeness." If we have called our good spirit, then we are spirit, and that is what we shed abroad. "In His presence there is fullness of joy". Whose presence? Yours, if you let the spirit be yourself. Spirit calls to spirit and in this we can lay off all pretense. If you are one with God in Mind, you think and speak the thoughts of God in wisdom. How else does God speak, but as the understanding of His creation. If we believe there is no loss of mind, nor any weakness, and our thoughts flow clear and strong, we will shed abroad the mind of God, which will accomplish wonderful things. You can readily see why a student is spoken of as being set apart, there is no other way. Truth students cannot hide from themselves, "To thine own self be true." "All power is given unto you." "Death and life are in the power of the tongue." Proverb 18:21. The world has covered itself with pain and poverty by the wrong thoughts, so by right ones it will uncover that which has only been hidden.

Our fourth affirmation is: "God works through me to will and to do that which ought to be done by me." Our understanding does it, for we have all that we understand God to be. We are free to speak what we please, and have made that which we now experience by our understanding of God. My understanding makes my world according to itself. Let us value and appreciate the understanding which we have and love it into fullness. By loving it we are loving God, and Jesus said to love God with all your mind, soul, heart and strength. God saw the light that it was good, and we do also.

The fifth affirmation matches the fifth denial; "I am governed by the law of God and cannot fear sin, sickness or death." This is the reasoning that arises from the very first foundation sentence, which stated the one power, one presence and one mind. The mind that occupies all things says there is good. This conviction is understandable, thus all powerful. The good is, and the good is God, therefore God is. There is one idea everywhere that God is good. In reasoning thus we see that the denials of science are made for the purpose of rejecting the appearance against good. These appearances are the negative of good and we meet them with reality, or we say we meet the claim of absence with the truth of presence.

All mankind has set out to overcome evil, even to the extent of calling the wars, holy wars, but they have only set up one evil to overcome

another. The Jesus Christ way is different, for it is a way of peace and lets good will be done by the action of the mind and spirit. Again we refer you to Gandhi as the great man of peace and he proved it. This fifth affirmation is the same as saying, "I govern my world by my understanding of God, without sin, sickness or death." I understand God, therefore I love God. If this is true and we accept it, and are able to see how it is possible to get along without sin, sickness or death, it is our privilege to say so. Let us get the realization that we are governed by our understanding of good, then we can see that the life any one of us is demonstrating at this very moment represents our understanding of God. It is all the God we have accepted.

If we know the unreality of sin, there is no cause to fear it, grieve about it nor give it any importance. If we do not fear it we are able to speak about it if we want to, but we do not talk about it and thereby give it importance, because it is nothing. This applies to death also. There are other affirmations easy to believe, such as the ancient prophets spoke. David discerned that to be with God was strengthening, for he had an understanding of God as strength. As we progress or unfold in consciousness we, too, will begin to feel our transcendent nature, and to know that all power is given unto us to use, and we cannot help but use our divine wisdom and power. We cannot help understanding Christ, for it will be our divine natural self, and we will have His mind. We will know that is meant by the saying: "Let this mind be in you that was also in Christ Jesus."

We have learned not to criticise things just because we do not yet understand them, but to be open-minded and wait on the light to break in our own minds. We use this same method toward one of younger understanding, waiting for them to come up higher. Our nature is God, and our possessions are power, wisdom and substance. But between us and the things we would like to have is the claim of the absence thereof. Proclaim the right of way and down falls every evil. Try it and prove your divinity. "Prove me now, herewith, saith Jehovah of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it." Mal. 3:10.

By uniting with our power we are married to God, our Good. We are identified with our understanding. Jesus Christ was one with the Father. Do you know what is meant by the spiritual marriage, which was explained in an earlier instruction? How often the Bible speaks of marriage. It was at a marriage feast that Jesus performed His first miracle. Let us consider what constitutes an idolatrous marriage. Jacob served seven years for Leah, and seven more for Rachel.

If we have really practiced these lessons as we go, we need not bother about denials anymore, but be sure to set apart a time to affirm our Divine relationship to good, God, and press steadily forward, forgetting that which lies behind.

In summing up the more recent lessons, we find that we have made the statements of the foundation principle, and secondly we have rejected

whatever contradicts those propositions. Our third step was to rally every idea that confirms them, and our fourth step tells our relation to them and wherefore our lot in life is as it is, and may become what we please. As we use our lofty words we feel more powerful and wiser, our affairs and our duties both seem to increase, but so gradually that we do not think about it at the time. "Well done thy good and faithful servant, thou hast been faithful over a few things, I will set thee over many things; enter thou into the joy of thy Lord." Matt. 25:21. This is the way of the promise to a Christian, and it is higher than the ways that preceeded it. For instance the Brahmins attained great power and wisdom by meditation on their name for good which was, OM, but in other ways they agreed with separations. We, in our own time, are careful not to agree with certain racial beliefs that are contrary to Christ.

There is always one perfect way to meet every situation to adjust it rightly, to see it come out well, and at once, if we can accept it. We will see this way if we keep our eyes and mind fixed on the science, so that only good is present. If we are not able to do this we have not touched the key note to our own power. Of course we can never do it if we sit in self righteous judgment on others. This is where an orderly mind comes in, for order is heaven's first law. If we seek the kingdom first, the first law of the kingdom is manifest, and all things are added. Read of the kingdom in Matt. 6:33. Before this the Psalmist caught a glimpse of the necessity of order, "Now consider this, ye that forget God, lest I tear you in pieces and there be none to deliver; Who so offereth the sacrifice of thanksgiving glorifieth me; and to him that ordereth his way aright, will I show the salvation of God."

* * * * *
THOUGHT GEMS
* * * * *

"This above all,
To thine own self be true, and it must follow as the night
the day, thou canst not be false to any man."

Shakespeare.

"We do ourselves wrong, and too meanly estimate the holiness
above us, when we deem that any act or enjoyment good in
itself, is not good to do religiously."

Hawthorne.

"With my mind's eye I see more and more the reality of the
true ideas ever existing in Divine Principle."

"My faith grows greater day by day because it is planted in
Truth, and through it all the mountains of mortal error are
moved into the sea of nothingness."

Charles Fillmore.

THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

Dear Friends:

Blessings and greetings to all of you from all of us who have the privilege of knowing you through the written word, for your letters are an inspiration and encouragement to us. Let us again mention your gifts, which are most welcome and gratefully received because we are convinced this is one way of lifting the consciousness of a great number of people. There is one spirit, but many avenues of expression.

The number of this lesson brings to mind that it is told in the Bible that there are to be 144,000 saved, and the literal interpretation of this is a doctrine in a Church. Since we agree with Paul that the Gospel must be spiritually interpreted, we know that forty is a number used to denote a time of fulfillment. There are references to forty days in the wilderness, forty days of feasting and many others, which you can read for yourself. Even if one does believe it literally, it is well to remember that it represents a time of waiting for more understanding, and that the zero denotes unlimited possibilities. Therefore in this, our one hundred and forty-fourth lesson, may we be among those who have received an awakening as to the nature of the fourfold man and his unlimited possibilities.

With the foregoing in mind, we quote from Paul's letter to the Ephesians 3:17; "That Christ may dwell in your hearts through faith; to the end that ye, being rooted and grounded in love, may be strong to apprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ which passeth knowledge, that ye may be filled with all the fulness of God." You will notice that he gives the four dimensions, and the way to know them and become God-like. We leave this for your consideration.

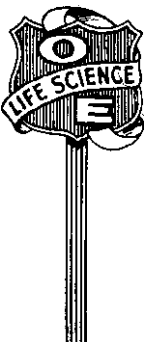
Faithfully,

THE ORDER OF THE ESSENES

By

J. Hamner Davis

Enc. 144



THE Essenes

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INSTRUCTION #144

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

TRUTH IS WITHIN OURSELVES;
IT TAKES NO RISE FROM OUTWARD THINGS
WHAT'ERE YOU MAY BELIEVE.

THERE IS AN INMOST CENTER IN US ALL,
WHERE TRUTH ABIDES IN FULNESS;
AND AROUND, WALL UPON WALL,
THE GROSS FLESH HEMS IT IN -
THIS PERFECT CLEAR PERCEPTION
WHICH IS TRUTH.

A BAFFLING AND PERVERTING CARNAL MESH BINDS IT,
AND MAKES ALL ERROR: AND TO KNOW
RATHER CONSISTS IN OPENING OUT A WAY
WHENCE THE IMPRISONED SPLENDOR MAY ESCAPE,
THANK IN EFFECTING ENTRY FOR A LIGHT
SUPPOSED TO BE WITHOUT.

ROBERT BROWNING

IMPRISONED SPLENDOR

THE WORD OF FAITH

A deeper knowledge of any subject requires a certain amount of adjustment to new ways of thinking and living, and ordering our lives to the more perfect pattern. In the very beginning of the Bible we find creation laid on an orderly pattern, for it says to let there be a firmament in the midst of the waters, which is interpreted to mean, let there be a firm place in mind, or in consciousness. This firm place is faith to the Christian. One notices all around that there are correct processes, in the following of which we bring out a finished article. While we still may get cloth from wool and cotton and silk, we also can get it from stardust, gas, coal, oil, salt and air, and we call them synthetic materials. We use and accept these materials without a thought to the fact that we believe a thing can be done before we can see it. We have the same confidence in our life conditions when our affirmations are working.

Paul was keen to notice the action of Christian ideas, that sometime they were exulting and at other times depressed, and he called it a great fight of affliction. Turn to Hebrews the tenth chapter, begin with the thirty-second verse and read on into the eleventh chapter about faith, and you will feel a new kinship to all those early men who struggled to live by faith. The same thing is given us today in poetry and song. The one who shows firmness in the midst of surging miseries, solidifies a firm character, or makes a substance of the mind. Faith in the success of Good where evil seems to be, will act as a ship that will carry you over troubled waters. Students memorize many promises from the Bible and then forget to use them. We can certainly rely on them, as they are the eternal unchangeable Truth through out all generations, and our forefathers were not ignorant. Timothy says: "Great is the mystery of Godliness". (1 Timothy 3:16)

Many of us have noticed that some people seem to have all things work out right for them. If we are certain that no matter what happens, it has no power to hurt, soon nothing will happen that is not entirely harmonious. Nothing else can come into your life because there is nothing in you that recognizes evil. Now this means much more than just bearing things cheerfully, it means a deep knowing that you are not disturbed. Two Bible stories illustrate this. Daniel in the lion's den and the three Hebrew children in the fiery furnace; ancient fables that are always true to the meaning.

What is one to have faith in? In God, said Jesus. Then we are to have faith in whatever God means to us. God is

life, therefore we have faith in life, even though death seems to be present. If we have faith enough, life will win. The Good concerning the truth will act any way, but we must be sure of it. We speak boldly that the patient will live. You may go out of the sick room and tell the Truth, the Truth about God is God. God is Omnipotent, and where God is, there cannot be sickness. This will strike the life key of the patient and he will live, for everyone has a life key.

Tell the Truth about the goodness of anyone who annoys you even if it is a member of your own family, and no matter what they may do, it will have no power to hurt. It is not really profitable to be able to tell what causes trouble, for God is all, and sickness is nothing. Be firm and have no other idea but that which is true. Why should anything interest us but the Truth? Christ is Truth, and the Truth about God is Christ, therefore it is truly in His name and thru' His power that we are healed.

We have already had two lessons on Faith and the substance of faith, so it is not necessary to repeat them here, but we especially want to remember that Jesus Christ is the mediator of a new covenant, an easy yoke and a light burden. He did not praise hardship or suffering, but He praised faith and freedom. Let us not say we are willing to "do without our good," for we are not called on to do that. Spirit never asks us to do without our good but is always ready to give us more good than we are ready to receive. We are not honoring God by having just a little bit of His abundant substance at our disposal. Jesus said, "I came not to do my own will, but the will of Him who sent me". Our own will says "believe with the world," but God's will says, "believe in Me."

Let us study what is meant by the word of faith, for "the word of God is living and active" (Hebrew 4:12). Jesus only had to speak the word and many were healed. The discipline that enables us to use the truths that we study consists first, in deeply thinking over them; second, speaking them; third, writing them; and in this way they are established unto us that we may live by them. Writing helps very much to clear your thoughts to your own satisfaction. Healing is the work of Truth wrought by faith. That which we have faith in radiates from us in all that we do. To speak the Truth helps the speaker at the same time it helps the one spoken to. There is always one cord in every mind that is capable of responding promptly in the cure of the one ill. It is when this cord is not struck that people continue in the old sickness.

Certain religious beliefs make sickness, astonishing as it seems, but you only have to read on the subject of early religions to see the many terrible things done in the name of religion, such as throwing the babies in the mouth of the God Moloch to be burned alive. That is what they believed their God required of them.

Belief in Satan, or fire or brimstone, punishments, inheritance, can be the whole mental cause of illness. Thoughts that move in the mind make the body, just as the waters moving upon the land change and form the land. The first statement in the Bible concerning creation shows this. "Let the waters be gathered together in one place and let the dry land appear." The body is the shadow on the screen of visibility, cast by the mind as to what it sees itself to be. "According to thy faith be it done unto thee". This is a law, for everything acts under the same Divine law. All the outer world is a symbol of Divine Mind at work.

The great minds of the world that study matter, do it mainly to find out what lies behind it, as the inner significance is the important thing. The symbols themselves have no value apart from their divine meanings. We do not overthrow, but fulfill all things. The fifth step in mental action, or our fifth step in Life Science, is a question of believing that power operates thru' all things, and that it can be understood by us. Then if we do believe this we are on the "spot". Do we believe it is worth our while to give all our mind and all our strength, and all our life to finding out how to deal with it?

What is the doctrine of Jesus Christ but to take no anxious thought, be not anxious, or be not too interested? He would have us know all things and have all things without struggle. It lies within our choice how far we will undertake to follow Christ. The choice sets our mind to the key note, and this is the note we strike when we meet people, for they feel our mental tone or note. If they have thought along the same line they respond to us, but if differently, they feel opposed to us. But the Christ will break down the opposition quietly and kindly if we let it, and this is healing. Our conviction that evil is not real, causes evil to falter in their feelings. Words along the nature of our faith, make our faith a working principle, for they are the channel that enables the waters of consciousness to flow forth. This is an outlet to faith, however, silent words are as potent as the spoken, so must be left to your feeling at the time of choice.

A small faith can be built to a large one by persistent practice in using ideas absolutely true. Jesus said: "By thy word thou art justified, and by thy word thou art condemned. If a man keep my sayings he shall never see death." Even our light words if used habitually will take effect. So we guard our hearts thoughts and watch our tongues. Fear brings a thing to us, for there is a subtle connection between the thoughts and affairs. Therefore, we handle the least bit of fear at the time it comes to mind, by putting in the new belief. We do not believe we have to suffer because of the old belief. The changing of events by thoughts is called works. If the faith is good, one does not have to handle many conditions especially as they take care of themselves. All we need to do is to keep the eye single, and God will bring it to pass, in other words. Others will feel better from just being in our presence, because we know that right where we are is the presence of God.

The fifth statement is like the fourth, showing how we make or unmake our happiness in the world of phenomena. The real world is not changed by our words, for it is changeless, so all our faith and reasoning is to open our eyes to the real world. This will release us from the phenomenal world of chance and change and unhappiness. The fifth statement is:

AS DIVINE MIND, WHICH I AM, I PREACH THE GOSPEL, HEAL THE SICK, CAST OUT EVIL AND RAISE THE DEAD. I WORK THE WORKS OF GOD, WHO WORKS THRU' ME TO WILL AND TO DO THAT WHICH OUGHT TO BE DONE BY ME, ACCORDING TO THE DOCTRINE OF JESUS CHRIST. THE WORDS THAT I SPEAK UNTO YOU, IT IS NOT I THAT SPEAK, BUT THE FATHER THAT DWELLETH IN ME, HE DOETH THE WORKS.

Such a statement shows us that we do not have anything to do, but we have to be in touch with the real world. The highest working power is the power to see that we have nothing to do. Herein is the mystery for not everyone understands such a statement. This demonstrates in many unexpected ways. If the real self can remain undisturbed, and say so, in the midst of hard straits, something will show forth for peace, though it may show in a way we did not outline or expect. As we come to know that all is spirit, and that spirit does the work, our environment will be right. We cannot fail if we remain true to the lofty principle. We will see thru' the veil and the veil is the flesh according to Paul.

Man was not made to fail or be burdened. The fifth step seems to take away our management of things, making it a great lesson in meekness, as it touches more nearly that word of Jesus

Christ: "Not my will, but thine be done". We are willing to submit to the law of our words. We are willing to give up old words to let the word of God be spoken in us and thru' us. Does the Holy Spirit know everything? Is it in us? Then we know it can be trusted to bring about more than we have yet been conscious of. John let it think and speak thru' him on the Isle of Patmos. Time, people and events are passing before us as we move toward the Holy City.

What does preaching the Gospel mean? Does it mean a psychology lecture? No, it means telling the world of the spiritual kingdom, speaking from the Absolute standpoint. If we tell of healing the sick it does not mean that people are ever really sick, but that we have been able to see them more nearly as they are in reality. We see the Holy Spirit in them, rather than tempers and passions. When we say that as Divine Mind we heal the sick, it is the same as saying that we see health all the time.

There is only one Mind, the source of all thoughts, and we think the first thoughts of that Mind when we think according to Jesus Christ. The name is all inclusive for it is the perfect idea, therefore we try to keep some of the words of Truth running in the mind continuously, as they will lead the mind out into events. Praise God that good is everywhere. If we are involved in thinking on problems, we are not carrying a healing presence, but the first note of the doctrine of Jesus Christ carries healing.

There comes a time when we appreciate how closely related our thoughts are to our world, and that matter is not real and enduring. If we speak of riches as being the possession of material things, and then reason why we should have riches, we are talking of nothing. Riches are the presence of the Holy Spirit in us, which is solid reasoning and will demonstrate in good symbols. The saints whose faces shine have not been thinking of shining faces but of God as Light. Early saints asked to be married to God, and they healed us as a result, which is the action of the Divine will. If we think God's will is that we be perfected thru' suffering, we will have suffering, which accounts for the miserable conditions of some religious people. It is strange that so many have ignored the Jesus Christ idea of God in their own minds, but have accepted the teaching of other men about God, and have believed the most startling things. An unstable mind suffers, but it is still no part of God's plan, it is our own state. God is the life principle and if we go contrary to it, we get off the track. Fearless confidence is the easiest way,

and this was written long ago. If we are married to God, all things we ask for are ours, but Jesus would not have us ask for death or anything that is not of Him, for His words are life.

This is a point where we leave some of the religious ideas. We do not believe in evil. Only prosperity, safety, health and joy can come to us. Faith is the point of contact between God and man.

***** GEM THOUGHTS *****

"Mind is able to demonstrate, embody substantiate as much as it has boldness to command. Mind is soul, spirit or neither; mortal or immortal, heaven or hell, according to its own decree, or "Let it be done."

"Mind senses and experiences all that it names. Mind lives by and on its own faith. Mind as the ruling principle has as good judgement as its will and meekness do agree."

"Mind is self increasing, self strengthening, self-informing. Its understanding is its divine Self, or Divine Being, which needeth not that any man should teach it."

EMMA CURTIS HOPKINS

"A word fitly spoken is like apples of gold in a network of silver."

PROVERBS 24:11

THE ORDER OF THE ESSENES

████████████████████
212 SOUTH MANHATTAN BLVD.
OR P. O. BOX 10427
TAMPA 9, FLORIDA

DEPARTMENT OF INSTRUCTION

Dear Friends:

We are not trying to make healers out of you but as we have pointed out, health is one of the results of a spiritual life, and all the following instructions will mention it often. Therefore we are giving statements that you may find helpful in maintaining your attitude towards others. The front page has only half of the poem by Frank Whitney, who was the editor and writer of the Unity Daily Word while he lived. While you are memorizing this half we will see that the last two verses are on the next instruction.

In a class on self discipline we found it good training to enter the class and make a statement aloud, such as "The Good I am seeking is my God". Then the ones already assembled answered an appropriate statement, such as, "Our God is our life". The statement always tied in with the lesson of the evening. As the class was large, we all received a great blessing from this procedure.

I want to suggest in this letter that if you have any extra time for reading you will enjoy a book by Manly Hall, "How to Understand your Bible". I will quote an interesting bit to be found on page 35, so you will see it is a profound book; "In the formula of Pythagoras unity alone is perfect wisdom, for where ever there is division, desire is born. Desire is only possible under a concept of diversity, for possessions is one of the first of the illusions. Desire leads to an innumerable array of other evils, and is itself rooted in ignorance, which in turn, is man's inability to perceive the sovereign oneness of all things". This is very interesting in relation to your instruction, for it is written in a different set of terms, giving us another viewpoint.

We do truly thank you for all your love and blessings that come to us in so many ways, and we like to see each of you as you really are in Spirit, a being of light, of radiant glory and of power.

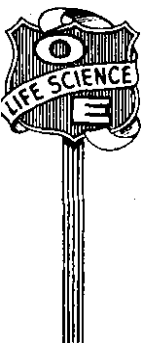
Sincerely,

THE ORDER OF THE ESSENES

By

S. Hamner Davis

Enc. 145



THE **Essenes**

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Essenes Instruction Headquarters -
Tampa, Florida

INSTRUCTION #145 Assuring to the Acceptable and
Accepted HEALTH, HAPPINESS AND
SUCCESS.

I BEHOLD THE CHRIST IN YOU,
HERE THE LIFE OF GOD I SEE;
I CAN SEE A GREAT PEACE, TOO,
I CAN SEE YOU WHOLE AND FREE.

I BEHOLD THE CHRIST IN YOU.
I CAN SEE THIS AS YOU WALK;
I SEE THIS IN ALL YOU DO,
I CAN SEE THIS AS YOU TALK.

FRANK B. WHITNEY

THE FATHER DOETH THE WORKS

The student will find that when one begins to practice the doctrine set forth in these instructions, he is set apart from the ways of the rest of the world, even the world of the professing Christian, to some extent, for we believe that only good can come to us. Let us remember the statement made in a former lesson, that faith is the point of contact between God and man. If faith is the substance, then we have just as much substance as we have faith in the good. We have the use of all faith, but we control our destiny only in so far as we use it, and not run with the "herd". When the disciples cried to Jesus; "Lord, increase our faith", He said unto them; "Why are ye fearful?" "Fear is having faith in evil. Be not faithless, but believing." Abraham signified an early type of faith.

If this great confidence were not something we could easily secure, Christ's orders would make the Christian way just as hard as some early preachers have made it. Jesus never called His way hard, even the healing of the sick was easy, because He knew what He was about, and He knew His oneness with the Father. No healer can take pride in accomplishing so much, for all things are possible to them that believe. Every real Christian should be able to heal by Divine right. Christ is the real healer. Any pride would be false and vainglorious.

Not only did the disciples get strong, but those to whom they preached were strong also, and for several hundred years great healing was accomplished by all Christians. Why did it cease? Because it came to be a sign of power in Spirit and sometime people not high in Church office could heal better than the high officers, which aroused jealousy. Jealousy is not a healing quality, so they stopped the healing ministry, first in the high Church dignitaries, through feeling jealous, then in the layman, through forbidden to heal. Our purpose is to become a Christian in every sense of the word and healing follows after. If your very presence is healing, who is to say it isn't? The power is free and healing is free, for it is the work of faith. Faith always works, or it isn't faith.

Let us not attempt to judge whether one is ready for a type of teaching or not, for who knows, and the one making such a remark is displaying a belief in bondage and limitation. True faith is every where present or it doesn't exist at all. True faith gives freedom to all exactly as God gives. You can tell when you have true faith, by the pleasure you take in seeing others successful and prosperous in their own ways.

It is human nature, but no Christ nature, to wish to compel others to do as we think they ought to do. It is Divine to see that their own way is their true way. There are people who as friends mentally re-arrange other peoples lives all the time, unconsciously making hard conditions for themselves. If an employer has a hard time, he never suspects that he is a slaveholder on a small scale, and the bondage is retroactive.

When we realize that God acts only through freedom, we release our fears, suspicions and false beliefs in regard to people, but remain strong and wise, poised and centered in the Christ Mind. One who is mournful, complaining, full of disappointment, is not able to behold good health, for there is a blot between, or a dark screen, and it stops some energy of spirit from being free. Each one must tell the Spirit how free it may be, but it never acts through accusation. In Luke 3:14 when the soldiers asked what they must do, He said unto them, " Extort from no man by violence, neither accuse anyone wrongfully, and be content with your wages." That is far different from the labor situation today, but the army is different, and these were soldiers inquiring.

One may think the healing power acts through one thing and some-one else may think differently, when all the time it is operating through that one who has confidence in the good as health.

God acts through confidence in Good, for that is one form of freedom. God acts through our toleration for doctors, for toleration for the rights of others is a sign of confidence in good. Any act, thought or feeling which evidences confidence in Good, will have the power of Good acting through it at once. So, finally we come to place our confidence in the law of the good itself instead of secondary things. "God is my refuge and my strength, a very present help in trouble, therefore will we not fear, though the earth do change." Psalm 46.

If we are disappointed in our leaders and teachers, it is a sign we are disappointed with our poor judgement. We have no right to expect others to live beyond their understanding. The one who feels there is a work to do is the one to do it. If you think crime is increasing in the world, then that is a signal for you to cure the crime of the world in the thoughts of your own mind. Another point is for us not to put good off to the future, for it is true NOW. The disciple Peter never believed in waiting for anything, and he was called impulsive until he was trained in understanding. Peter represents faith, so we will do well to put the word NOW in all our statements of faith, for the Truth is NOW.

Students sometimes wonder why things in the outer world do not

change immediately, forgetting that the change has to come within, first. Often people want to be healed for selfish reasons. The world of appearance represents the unconscious mind of the world, the result of former conscious thinking, just as the body is the register of past thoughts consciously thought. The body is the machinery of the mind, therefore the body of the world of appearance is the machinery of the mind of the majority of the race, the race mind. There is only one sub-conscious mind, or race mind.

The body responds quickly, when set to the conscious tone of our true words. What is called a chronic case is set to positive and determined errors, which are not easily re-leased all at once, no matter how sincere and earnest one is. New bodies and affairs have to be made, as we give up the past.

At first we have to do more than just speak the word of Truth once or twice, we have to feel it before we can be sure our unconscious mind is shaped toward the Truth, then it will soon come to light. This is another way of saving, to renew the body by the renewal of the mind set to the Truth of Christ. Any part of the body can be rebuilt, teeth, bones and hair if the consciousness is high enough. The winds and the waves obeyed the voice of Jesus. Take for example the simple cup of coffee, has it power to keep you awake? If so, who gives it that power, and unless we can take command over a thing as simple as that how can we expect to do the greater things? What we think concerning things is what they become to us.

It is much easier to live according to truth when we understand the reasons why scientific statements are true. The body is spirit, and the coffee is spirit, and all it can do is to bring pleasure and sweetness, for all is good. There was a way in which early scientists said that matter could not hurt spirit and they got fairly good results, but we can see that, that way implies a separation again, and we do not believe this is the highest and easiest way to accomplish healing. If one says the body is nothing at all, one is apt to lose the body. All is spirit and the manifestation of spirit, therefore all is good. We have only one body and it is spirit, and only so far as we realize spirit is there an substance to our thinking, and only to this extent are all things real. This is the whole of truth teaching and every realization of spirit brings our bodies out from their unconscious machinery into their glorious reality and freedom.

Jesus could manage matter in any form instantly. The disciples could do it all but save themselves from persecution. We are

learning to take the conscious teachings and train ourselves until our machine like bodies spring to as quick intelligence as our consciousness itself. People were astonished when they first found out there is intelligence in the feet as well as the brain, for all is spirit with divine intelligence. By thinking of material things as real we have brought about our bodies with troubles and pain, which disappear, when we know the nothingness of them.

We are told that we use only one fifth of the brain, so let us expand the consciousness to occupy the vehicle already prepared, for there are two more senses to be fully developed.

Do we understand how we can change our entire life conditions? If you can get the red blood to cover your face in a blush from a thought, you can also straighten crooked bones. In the highest thought we can see the body glorified as Jesus was transfigured, but all do not see it. It is the real body that every one has all the time. Read the account in your Bible, for Peter, James and John were given a glimpse of His true body, but He was not changed, they just saw Him for a while as He truly was all the time. Let us open our eyes, that we also may see.

When we can see clearly, our bodies will lose their denseness, but for convenience sake they will appear to others as they see them. Now do we understand that healing is incidental to the knowing of Truth? Healing follows the truth, for there is healing power in the Truth, whether we ask to be healed or not.

The fifth word of the truth of life will cause our thoughts to go out to their works with obedient kindness. Now that we see the importance of speaking the word of Faith, let us turn our attention to the power that lies behind this word, for it is the secret of all things. It has been called the lost word, because it comes from the secret place, to which we lost the key while we were investigating the world of materiality which we had made. This is a form of curiosity or acquisitiveness, which comes under the head of the Judas phase of consciousness, which has always betrayed the Christ consciousness in each one who listened to it.

You have probably read of the living examples of those who have had the upward mind, and the ability of such a one to lift the burden of others. We spoke of the meaning of the two in agreement, when the inner and the outer are in agreement, there is the Christ. Some of us have known such people, but we have also known those who look upon the dark side of everything, they are not able to make light of disease, so they are not healers, but workers with disease instead of with God. Their system is the shadow system, it is truly "the valley of the shadow of death."

There is an inner light about some people that wins their way

anywhere, for it is the spirit of their own high Lord with whom they commune. Who is the Lord that goes before you and makes plain the way? No matter how many years you have in the world, it is never too late to begin, for the beginning is the point of redemption. To do this requires a systematic mode of reasoning. "Acquaint now thyself with Him and be at peace".

***** GEM THOUGHTS *****

"Leaving the past behind me, I go forward this day with God as my partner."

"Since God fills all, there is no place for anything adverse to God. There is no place in God's presence for sin, sickness, nor death, and that Presence fills it."

"I accept the Omnipresence without any reserve. This means that I am resolved to see in every place, time, circumstance and condition only the one Presence."

Fannie B. James

"All creation is replenishment in space, a new manifestation of eternally existing principles.

Confucian Metaphysics

THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

Dear Friends:

You will see in this instruction another view point on helping others, and we want you to understand that we are not contradicting the early studies, but coming into a higher state of consciousness. Many students in the beginning have said they wanted to learn of the truth in order to help others, which is most worthy as far as it goes, but we do not want to stop there. We heard a missionary from China say that the world may need Christ, but not to forget that Christ needs the world, and that Christ was in the world before we were. He remarked that Christ was already in China before the missionaries took him there. No one can say they brought Christ to others, but that they have opened the eyes of others to see the Christ that is already there.

The life of the spirit is the continuation of our evolution; it is our continued growth in awareness, understanding and grasp of reality. This evolution is carried on in consciousness, but being done consciously. We must ourselves deliberately develop ourselves. This next step in our evolution is the kingdom of heaven state, here and now.

In thanking you for your co-operation we surround you daily with our love that you may be encompassed with the idea of universal unity, for in Him we are all one.

In His Name and Ministry,

S. Hamner Davis

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THE Essenes

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INSTRUCTION #146 Assuring to the Acceptable and Accepted
HEALTH, HAPPINESS AND SUCCESS.

I BEHOLD GOD'S LOVE EXPRESSED,
I CAN SEE YOU FILLED WITH POWER;
I CAN SEE YOU EVER BLESSED,
SEE CHRIST IN YOU HOUR BY HOUR.

I BEHOLD THE CHRIST IN YOU,
I CAN SEE THAT PERFECT ONE;
LED BY GOD IN ALL YOU DO,
I CAN SEE GOD'S WORK IS DONE.

FRANK B. WHITNEY

THE SECRET OF THE LORD

Let us remind ourselves that we are not studying for the sake of others, or for the impression we might make upon others, or to get anything other than the growth of our own Christ awareness. We believe that the potency of the twelve Divine ideas are the best approach we have as yet come into in the line of reasoning. These ideas so quicken the mind that a fine discrimination is developed, not that we see evil, but that we may more clearly define the complete good. It makes the judgement quick and accurate, and at the same time we are entirely undisturbed by that which does not measure up to our standard. We are not hurt nor angry, for a denial makes a thing harmless instantly.

The fifth step showed the law of the word, how the speech and thought must show forth the faith one has established, and now we proceed from this point. Many great ones have spoken of the unreality of evil, including Emerson, but he believed in having to overcome. He believed that, to whom the Gods gave many advantages, they also gave mighty tasks, and he said it so powerfully that he had just that. What kind of a way are we making before us? The way of Jesus Christ is easy, walk ye in it. In John 14, Thomas asked; "How know we the way?", and the answer was; "I am the way and the truth and the life, no one cometh unto the Father but by me." We are overloaded, trying to keep pace with our own words.

It is the law of the word that carries quick and irresistible action. This is why we, who know better, never tell people what is wrong with them, but rather praise them for the good qualities. In Exodus 34, Moses told his people to keep all the word of the covenant they made with God, and they would be prospered in all their undertakings. Make the covenant first then keep the words thereof and the result is prosperity, which Jesus called the Kingdom of heaven.

When creation was finished it is recorded that God saw that it was good. Good only sees good, and as God is Mind, Mind sees only good; nothing hurts, nothing offends. This is the power of the covenant kept with good. Whatever we covenant with, we get. Isaiah told us there would come a day when all the refuge of lies would be broken, and no one need strive for his prosperity in the new kingdom. There comes a moment when the full power of the word comes surging through us, but only when the little self is entirely out of the way, and the spirit is at work, for it is by my spirit saith the Lord. Although the power comes through the word, the Kingdom of God is not in the word but in

the power. We do not really feel that all is good until we get this lesson with its full meaning.

The word is not worth much until this power comes, but it is a pathway and we must keep the path clear, and we call this the life of discipline. The great interpreter of the Bhagavad Gita says; "the powers of Deity are beyond description and enumeration, yet both are needed for the benefit of the devoted."

Hosea said; "take with you words and return unto the Lord.". Some say words are useless, which is partially true if we are under the tyranny of words, for we can use so many that we hide the meaning. But the right words enabled the devoted to come into their demonstration of power. Jesus used them for the sake of those standing by. As we acknowledge that every bit of good is of God, or the presence in your life of the Holy Spirit, you will bring greater good, for the acknowledgement has a freeing power, and alters your relation to the good in appearance, not in reality. Everyone has much to be thankful for.

There is a special gift in each one, that can be stirred up, and the best way we know to do it is to repeat the twelve statements of science, which will open the way to express the gift, and every thing will yield to the gift, because it is of God, the good. Jesus who had the gift at its highest power, always gave thanks. Read the account of the healing of Lazarus as an example. The power of God is exhibited only over the highway of righteousness.

If I am, what must I be? If I am is God, then that of me which is not God, is not the I am of me, therefore unreal. As flesh I am nothing, but as spirit, I am substance. This being true, I must believe in myself. I must have faith in my own truth, and I must be the word of truth or my words are nothing. By the utterance of this reasoning the power of God is expressed. It is by the word of the Lord that the heavens were formed and all the hosts of them. This is prosperity, when we speak the word in power.

The character which thinks strongly in the right way will feel a pleasure in life entirely unknown to one whose ideas are not true. God looks into the universe and sees himself as man. Every one can learn this. There is an illustration given of men lost in the desert, and all were complaining of their terrible thirst except one man. He kept his mind on living water, and when he had the urge to dig for it he did and found a fine spring which took care of them all. Many remarkable illustrations have come

from world war two, of the power of spirit to save those who knew how to call on Him in time of trouble. Read the account of the disciples, who had fished all night and caught nothing, until Jesus came and told them to cast their nets on the "right side".

Understanding is clear seeing of how works are performed. So God sees all things in the universe as things He understands how to use for His own glory and satisfaction. It is all good in His eyes. Swedenborg said that the angels see only our good, and it is to this good that the study of Divine Mind leads us. The sight of our mind is the girth of our powers. Seeing good, we are powerful, but the instant we see evil, we are paralyzed, for the darkness of our mind is come.

This study is not a new way to be rich nor a new way to be healed, for the soul is careless of money and bodily conditions, although it shines over these with beneficent prosperity to them. The doctrine of the soul is that while knowing all things, and doing all things, it is identified with nothing, for it is absolutely free. To the soul there are no works to be done. Yet all works are done by the presence of the soul. The soul is the Divine I of each one, and when it is prominent, there is a radiation of power from the mind and character. The mind that best causes the soul to shed abroad its power is the mind that is absorbed in the study of principle. The motive behind our study is what counts, for the intent of the heart is all that God sees. If we look at the spirit it will give us its substance, and this is the meekness of spirit, that while knowing it does no works, it knidly overshines the operations we call works.

The ancient teachings of Buddhism teach to stand aside and let the spirit within fight for us, yet few seem to be able to do this. He, who best stands aside for the soul to do his work, while yet he does all, is the most powerful in overcoming and outdoing natural defects, and unkind destiny. Nothing but good can come to you. We do not fast to become spiritual, but because we are spiritual, and we speak true words for the same reason, for if we were not already spirit, how could we say so? One may appear to become more and more spiritual, but the real truth is that one shows forth more of the true nature. For instance we do not claim our health to become healthy, but because, I am health in reality, and we are stating the truth.

Pure truth touches the mystery of life and death, time and eternity, spirit and matter. The pure truth is independent in spirit, and if we use it as a premise, the native energy of pure spirit will be aroused and express itself. Of course we will see

mighty changes, but that is to be expected, for that is what we want. No one needs to be cured of drinking, stealing, swearing. Laugh when one swears, for it breaks the results that might take place. All are free to do as they please, so, if we, who know can really feel this, it takes off the burden of our heavy suppositions, and one feels free to quit bad habits. This is more the way of the spirit than to think one needs reforming. This is strong metaphysics. Healing can be temporarily brought about by a strong will overpowering a weaker one, which is more a spirit of antagonism and overcoming evil. It is more like pure spirit to effect a cure by being in the spirit, where there is nothing to be cured. "My spirit shall not strive". Gen 6:3.

The holy spirit contains and has all, as it is the movement of good only, and we do not have to beg or strive to make it work, for it is ever actively present. We can consciously stand in it, and regardless of the circumstances, if we are faithful, great miracles can be accomplished. Right where we are at any moment is the place to work miracles. There is nothing in the Scriptures about running away from the duties that lie nearest at hand. "Stand thou in thy lot to the end of thy days, stand and see the salvation." What is your lot in life?

At each purer realization, the world takes a different turn in our feelings, showing the best to us step by step. "The day spring from on High shall visit us, because of the tender mercy of our God, to shine upon them that sit in darkness and the shadow of death, and to guide our feet in the way of peace." Jesus called Himself the bright morning star in Revelation 22. Therefore when the light of pure truth strikes through our minds in pure glory, we shall see Him as He is, and the world as it is. This state of mind is the kingdom of heaven, according to Jesus, and it is near at hand, but somehow it became a mystery how to enter or see it. Many methods have been tried and systems have failed, in fact many that have found it, never seemed to have any particular system. Stephen saw it as he died. Jesus was aware of it all the time, and even one touch of it has the power to change a person for life. Moses took the children of Israel through the wilderness with a partial understanding of it, for the shoes that never wore out symbolize the enduring kingdom.

The new man in Christ Jesus will have a new world. Intellect and matter call this idealism, but rather, it is transcendentalism, and the practice of it is spiritual vitality, health, and provision, unhindered and unlimited.

There is a quickening secret to the teachings of Jesus that few

have touched as yet. He ascended and descended at will, and he appeared many times, so it is worth while to obey His directions where ever we find them recorded.

The sixth step deals with the secret and it's message is all about the quickening power of spirit in understanding. We want the understanding that makes and keeps alive, which is more than the understanding of music or any art, although these are called the manna in the wilderness. But these all die and only the echo of their work lives on. So what they have is not the true secret of the Lord, it lasts only a season, but the true bread that Jesus gives bestows life to those who eat it. "Abide in me". "Keep my words". "The Holy Spirit will come in my name."

Sometime try speaking the name of Jesus Christ over and over, because it brings us closer into His mind and secret. It is not in order that we may understand His secret that we speak, but because as spirit we already understand. It is the truth of spirit we speak, for spirit works only in truth. Let us acknowledge only our Christ nature at all times, and not two natures. This will put us in the ranks of the spiritual, fearless, satisfied and powerful. No study brings this forth except the study of fearless spirit. Other men and women on the streets of restlessness are spirit also, in truth they are walking secrets of the splendor of God.

***** GEM THOUGHTS *****

"They shall not hurt nor destroy in all my holy mountain;
For the earth shall be full of knowledge of Jehovah, as
the waters cover the sea."

Is. 11:9

"Behold, I have given you authority to tread upon serpents
and scorpions, and over all the power of the enemy, and no-
thing shall in any wise hurt you. Nevertheless in this, re-
joice not that the spirits are subject unto you, but rejoice
that your names are written in heaven."

Luke 10:19

"Do nothing intelligently and profoundly. Spiritual virtue
is not in superficial laziness, but rather in a perfectly
enlightened inward tranquility that can come only with the
mastery of all external forces and circumstances."

Manly Hall

THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

Dear friends:

We expect many of you to experience healing in every department of your life and as we study together you will understand what we mean when we say that no man heals another, but it comes from your consciousness of health. However, we are glad to pray with you over any particular problem, for there is strength in numbers.

We have quoted on the front page of this instruction from a pamphlet, "The Power of the Name", by H. B. Jeffery, a great healer and teacher.

We would like to continue a little more on the subject of the Name. Since every name when spoken, vibrates throughout our whole body, then this Name when spoken, shall move every cell and atom of our being, and set them to a rhythmic movement in harmony with itself.

A repetition of any name serves to fix it in the mind, so also will our repetition of the everlasting one establish the vibratory action of the Name as a moving force in the body. And if that Name be much dwelt on, the power of it shall become the major force within us -- until we shall no longer hold the Name, but the Name shall possess and sustain us.

Thus do we become imbued by it; thus are we absorbed in it; -- baptized into the name of Jesus Christ. And only as we become baptized into it shall we know its mighty power and significance. Some have said to repeat it nine times, pausing between every three, like this; Jesus Christ, Jesus Christ, Jesus Christ ---- Jesus Christ, Jesus Christ, Jesus Christ ---- Jesus Christ, Jesus Christ, Jesus Christ. This is to be done reverently and in meditative mood, thinking into the meaning as long as you can effortlessly do so.

With praise upon our lips and in our hearts, we send our blessings.

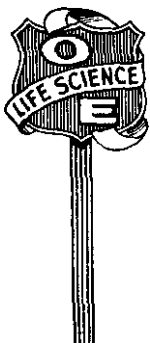
In His Name,

THE ORDER OF THE ESSENES

Enc. 147

By

S. Hamner Davis



THE Essenes

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INSTRUCTION #147 Assuring to the Acceptable & Accepted
HEALTH, HAPPINESS AND SUCCESS.

HIDDEN IN THE NAME OF JESUS CHRIST IS
THE SECRET OF ALL POWER IN HEAVEN AND
ON EARTH; AND TO HIM WHO WILL ENTER INTO
THAT NAME, IT WILL BE GIVEN HIM TO KNOW
THE MYSTERIES OF HEAVEN. HOW SHALL WE
ENTER INTO THE NAME? BY INTENDING OUR
MIND TOWARD IT; BY REPEATEDLY SPEAKING
IT; AND BY MEDITATING UPON IT.

H. B. Jeffery

THE SPRING OF LIFE

The first chapter in Genesis gives us the order of creation as compelled by the First Cause; but we want to remember that the first chapter is creation in Mind, the realm of Divine ideas. The seventh statement is: "Let the earth bring forth." What can mind bring forth except thoughts? Moses is speaking of Divine Mind in man, and because we have not acknowledged it as the only mind, we have hidden it almost entirely. Therefore we will try to let it bring forth, for as soon as we uncover it, it shows its action in making fresh life in everybody and everything we meet, and in this way the original health and strength, provision and protection are made visible. This action is showing more clearly all the time, that which is already worked out in spirit.

Even healing is not healing, for Divine Mind needs no healing, but we make statements for appearances. As God is free, so mind is free. When we say, "Let God", we mean to get our false beliefs out of the way, in order that we may see spirit. The more of spirit we see the more perfectly we see things. All things are waiting to be looked upon by us as they really are. Did you ever notice that the friend who praises you the most, is the one you think understands you the best? Mostly the soul is generous and good, for everyone likes to feel they are good, so the ones who see us as good please us the most. Some do not understand this doctrine, how we can call evil, good.

Moses and Jesus tell us the same thing, to let Spirit tell of herself, and certainly there will be no mention made of evil. So we can conclude that to the extent that we see evil, we are just that far from seeing spiritual truth. Can you see that if God the good is Omnipresent, that which is not good is not really present, except in our minds? Nothing really exists outside ourselves, for we feel that which we realize, if God, then we feel God within ourselves. We have power over and with our realizations, so we train our realizations first, and deal with the world that enfolds us secondly.

If you analyze the instructions you will see that there are six lessons devoted to God in the soul, the true self, and these last six are devoted to our relations to the world. Many religions, one way or another, have taught that "As a man thinketh in his heart, so is he." "By thy words thou art justified." What do we mean when in times of stress we exclaim, "Let me get hold of myself"? Our thoughts and words are the breath of our minds. There are those who breathe out cruelty, pestilence and poverty. There are words which exhilarate the mind, just as there are airs that exhilarate

the body. People can breathe the spirit of gloom until they are spoken of as gloomy ones and their faces look tragic. One can breathe the vital breath of health deliberately.

There is an elixir in the words of Truth, and as we keep them going continually, they change the life and powers. Everyone is a miracle worker by inherent right, so give your true self a chance to do all your thinking and speaking. "Hear and your soul shall live". Do only those things which you see the Father doing. "In the morning sow thy seed and in the evening withhold not thy hand, for thou knoweth not what a day may bring forth." "Be not weary in well doing, for in due season ye shall reap, if ye faint not."

Is it true that God has ever afflicted anyone? If we say so, we are breathing dis-ease. If we say we are unhappy, we shut up the breath of joy which is the river of life. We have choice in the matter, so tell words of truth to the world and they bring their fruit. Tell the way of the spirit so often that you bring her close and into visibility. If you seem to be sick, nothing has happened to the real you, but you have caught some of the world's false beliefs in your thoughts. Like a net of fish, we take out those we cannot eat and throw them back into the water. It could be as simple as believing that disease comes from some material cause, which is not true, for all is in thought first, so we deal with thought first and externals afterwards.

There is nothing to be gained by telling some one in evident pain that they do not have it, unless they too, are in the truth. It is better to withhold the words, and silently know the truth, for if we truly know it, and the person has asked for help, he will be set free. Praise is the quickest way to start the healing power flowing, never accusation. The accusing mind never heals, for love heals. Is it the cheerful doctor or the doleful one that gets results? Cheerfulness is electrifying. Too much denying can keep the condition before one, until the patient catches fear instead of healing. Perfect love takes away fear, and you will find that any good word that bubbles over from a consciousness well established in irresistible health and vigor, has a healing quality attached to it. Laughter has a miraculous effect to dissolve inharmony, and can change the groove of a patients mind.

Let us take a simple illustration of a belief that can make one sick, such as, sitting in a draft. You might move out of the draft in order to be comfortable, but at the same time make the change in the mind, and some day the mind will be so clear in regard to it that you will not notice or believe there is such a thing as a draft. We do not attempt to make a show of ourselves, nor fly in the face

of false statements to prove what the personal man knows, for it may be false pride, and not real faith. Agree with God while facing the adversary. It is fear that makes certain conditions anyway, therefore see if you have any certain fear peculiar to you, then take it up, face it, and dissolve it once for all. Hold dominion and do not let anyone into your consciousness through fear. Your thoughts can push their veil down and leave the Holy Spirit of them free to do you great good. People are to us what we believe them to be.

Much of material misfortune can be traced to dread or fear of the influence or opposition of people that becomes the way we have prepared before us. Jesus said, "I am the way". Lead your own free life in mind and hurts fall harmlessly around you. Even the memory of old hurts can be blown away as chaff before wind. You can rise out of the reach of harm in any way and hurts are "remembered no more." Is. 65:17. There are ways of thinking about your environment that makes you a harp in the fingers of love, and your silent mind will be so enchanting, that bruised people will feel well, and the sound of your voice will be a blessed thing. Do not worry about what you will speak, for your feet will be shod with the preparation of the gospel, which is praise and thanksgiving, which bring about freedom.

In this science we will not need to keep going over the past ages of thought. We are inclined to look through the files of thoughts which have run through minds of men, to see what made them famous. We wonder what idea they held to enable them to work wonders. But if we remember that it was God working in and through them, and go to the same God and get healing knowledge, we will know the secret. The method of healing is not important, but the fact of healing is important. The method will not work unless there is power behind it. It is not always possible to tell how we heal, for human language can not describe it, but Jesus said; "I am the way," and that accounts for it as nearly as anything can. The more we follow God the less of material help for healing is needed, for all health is of God, and this knowledge lifts us into it more and more.

The more spiritual we feel, the closer we feel to God, and the more certain is the cure and the more permanent. The change in mind and heart cures more than one limitation, bad habits are dropped, tastes change, also friends and environment. When we can depend on God, we have no fear. Let us remember that it is not the plain word, but the Divine word that heals, because words can be used faithfully and no cure is affected. This has lead students to talk of having faith in words to heal, and if this is true, it is faith that heals, and the words are nothing by themselves. Looking more closely we

see that healing is brought about by having faith in health, for God is the health of His people. The good healer has his mind fixed on God, and the good comes right through the appearance of evil, by the mind being fixed on it. All the healers words about health, just express his feelings as nearly as possible. The more perfect his word, the more real the health of the patient becomes. While words are being spoken, the spirit comes in on the highway of Good and touches the sick.

There is a secret spring to the healing practice that can hardly be taught, but this science by its reasoning will keep touching it. We may not have perfected our course, because every time a scientist goes down under old age, grief, or poverty, we see that we have not beaten our own particular adversary, which was explained in another instruction. We are still exploring the healing science. Paul said that we seek the country we came from. We give all the information we can, and there are new discoveries being made in the secrets of the Lord. The secret wealth of this country lay hidden, though not lost, until explorers found it. Jesus proved His words, and we must also prove ours. But remember Jesus did not condemn any other form of healing, but said that all good would last. If we use His healing words, they must be charged with the same spirit He felt, or they accomplish nothing. How shall we get this spirit and how shall we use it? "Whence cometh understanding?" Paul said by letting the same mind be in you that was also in Christ Jesus. Let there be light!

What do we know about the Christ Mind? It thinketh no evil, is not puffed up, is not angry, is not vain, is not critical, is full of praise. This very last point is one of success. If a successful healer becomes vain or proud, he can not heal effectively. Therefore we are truly required to lay down the life for that of another. A vain or proud mind does not praise others or God. But ours is a way of praise, so continue to praise God daily until the secret of healing is revealed. It is an open secret, for it is the inheritance of all alike. Man has a right to be free from the false beliefs of others. Take this statement for your freedom; "I, as spirit, do not accuse the world or myself of evil, for all is good in living demonstration before me". You will heal people before they come to you, and after a while you will never see any sick people. Cheerfulness is part of praise, and cheerfulness raised to ecstasy is instantaneous healing.

***** GEM THOUGHTS *****

"Lord, teach me to know thee and to know myself."

St. Augustine.

Gem Thoughts continued:

"My God, Here I am, make me according to thy heart."

By Brother Lawrence

"The Lord thy God in the midst of thee is mighty, He will save, He will rejoice over thee with joy; He will rest in His love, He will joy over Thee with singing.

By Zephania 3:17

"The words that I speak unto you, it is not I that speak, but the Father that dwelleth in me, He doeth the works." "I am meek and lowly of heart. As spirit, which I am, I can preach the Gospel, I can heal the sick, I can raise the dead. I now work the works of God."

"I do not accuse the world or myself of foolishness or ignorance. The wisdom of Jesus Christ reigns in all mankind supreme. All is God."

By Emma Curtis Hopkins

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DEPARTMENT OF INSTRUCTION

Dear Friends:

As we have quoted on the front page of this instruction from the prophet Malichi, we hope you will take more reading from your Bible for your deep consideration. The Bible represents the highest instruction that came to men as mankind passed from one state of consciousness to another and generally it was accomplished through great struggle under the old covenant. But always there was the concept of the eternal, changeless Lord, which concept kept changing and raising mankind.

We are the people of the new covenant, which is now being fulfilled, and the more we recognize this fact, the more understanding we have in regard to the changes that are taking place. Jeremiah perceived this new covenant when he wrote in chapter 31:31 "Behold the days come saith the Lord, that I will make a new covenant with the house of Israel, and with the house of Judah. I will put my law in their inward parts, and write in their hearts; and will be their God, and they shall be my people, and I will remember their sin no more."

I hope you will be interested enough to read in both Galatians and Hebrews what Paul has to say on this very subject and make your own personal application in regard to the position of freedom that is now open to the whole world. Reading in your own various Church publications, you will rejoice at the trend toward interfaith co-operation among many of the denominations, and the attempt to bring about unbroken fellowship in the world. Let us rejoice in this with such strength and faith that those peoples who are still holding to the right to dominate through either religion or state politics, will feel the true Christ freedom as we know it under the new covenant that Christ himself established. In this all barriers will give way, and the Kingdom will be established.

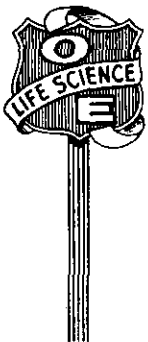
May the light of Christ lead you, and the love of God infold you.

In His Name,

J. Hamner Davis

Instructor.

Enc. 148



THE Essenes

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INSTRUCTION #148 Assuring to the Acceptable and Accepted
HEALTH, HAPPINESS AND SUCCESS.

"BEHOLD, I WILL SEND MY MESSENGER, AND HE SHALL PREPARE THE WAY BEFORE ME; AND THE LORD WHOM YE SEEK, SHALL SUDDENLY COME TO HIS TEMPLE, EVEN THE MESSENGER OF THE COVENANT, WHOM YE DELIGHT IN; BEHOLD, HE SHALL COME, SAITH THE LORD OF HOSTS.

BUT WHO MAY ABIDE THE DAY OF HIS COMING, AND WHO SHALL STAND WHEN HE APPEARETH? FOR HE IS LIKE A REFINER'S FIRE, AND LIKE FULLERS' SOPE."

MALACHI 3:1

"FOR I AM THE LORD, I CHANGE NOT".

MALACHI 3:6

THE VEIL OF THE TEMPLE

"The veil of the temple was rent in the midst" Luke 23:45. Instructions 140 and 141 were on the subject of the veil of matter and how to remove it. Now we have come to the veil of the temple, and this time we want to see within this veil, or beyond it. In Hebrew 6:19, Paul said: "To lay hold of the hope set before us, which we have as an anchor of the soul, a hope both sure and steadfast, and entering into that which is within the veil; Whither as a forerunner, Jesus entered for us, having become a high Priest forever, after the Order of Melchizedek. Lo, a new and living way, through the veil, that is to say His flesh."

After due consideration of such a proclamation we see that it is a living way on a higher plane of consciousness than most of the world is aware of at present, but when we know that Melchizedek is King of righteousness and Prince of peace, then we know that peace is a requirement for the new state. This peace is poise and power so established that nothing has the power to disturb it. The student will find much of interest if he will consult the Bible Concordance and see the many references to the result of true righteousness, "for the righteous shall shine forth as the sun in the kingdom of their Father". Matt. 13:43. Thus we have two keys to the Kingdom with in the veil, peace and righteousness.

The key note of this instruction is; BE NOT DECEIVED. Who deceives us? What deceives us? The world of appearances is the answer, and as matter makes up all appearances, matter becomes the only deceiver. How is matter formulated? By thoughts concerning a God who never existed. In a former lesson we said that belief in absence is the only separation. The life of Job is the symbolical story of everyman, and we find Job holding onto his good until it manifested right in the face of his friends who believed in a God of punishment, and that Job was wrong. Job proved that he was not as they thought, therefore it was entirely their imagination, and their vain imaginings brought the results upon them and Job was freed into his concept of God. He was richer than ever before.

Thus it is with all of us. We look upon others with the color of our own ideas, and make them out something different from what they really are. What we see in others is first in us, our own type of mind. When we receive the punishment we have meted out to others let us not be astonished nor grieved. This explains the affliction of the so-called good and righteous people, for often they spend their days seeing the faults of mankind more than any other class of people. They are martyrs to their own beliefs. These are the ones who lead the great crusades for various things. As students of life science we have learned the value of praise, let us practice it. Praise God that Good is everywhere.

Be not deceived either in man or God, for in truth both are good, no matter what the appearance may be, and we are learning to see good in all. All is spirit, then I am spirit. Spirit cannot be in poverty, nor burdened, nor sick, neither can I. These are nothing to spirit, therefore nothing to me, so I am not deceived by them. This is the only way we know to work with the mind to bring our new combinations. This is the religion that teaches us to praise spirit for all the good that comes to us, and that the evil is from our own false belief in something that is not true at all.

In all change we do not work to change the form, we work with the spirit and the form is changed thereby. There is a law of setting aside appearances by truth, so in learning truth we become masters of the law. If one talks of attaining a masters degree, this is it. Moses said the same thing in symbolical language. "Let there be light in the firmament". Do not let your imagination run away with you but live by principle for reasoning based on pure principle is like sunlight to the mind and life. We soon learn the meaning of things, and we know exactly what to do. God guides our life. All the Old Bible becomes a treasure beyond our former knowledge.

As imaginations and fears arise, let them alone and they will disappear by recognizing them for what they are, for they deal with evil, matter, death, sickness, poverty, old age, pain, failure and other race bondage. They do not exist in truth as truth is not a mixture. This is why you do not have to try to make your truth work, for you know it and speak it and it is its own working principle.

When a form changes by means of our truth, we have written a record in it. Many a case of healing is accomplished more quickly, if sometimes we write out our treatments and read them over and over, for it brings inspiration. You will be surprised how much the mind expands and how many new realizations come to you by your own light. Truly we are living epistles, not on tablets of stone but hearts of flesh. There is nothing more gratifying to a teacher than to see the radiance of the minds of the students breaking forth. When they seize the truth for themselves, love it and reason out each item of their lives by it, and see that nothing else compares with it, they become the true light in the firmament. When many such are established, the new heaven and the new earth appear. There will be no need for any moon nor sun in any material heaven.

When we love our reasoning we are in the light, but when we listen

to the opinions of men we strike darkness at once. By this we see that our intellect is our light in a way. If intellect believes God is far away, then our good will be far away. The student can expand this to numerous meanings. Let there be light means; let reasoning based on truth be your light of the sun. Let your imaginations stand right where your right reasoning put them. Eternal reasoning is eternal day.

Night with its stars symbolizes the rest that mind takes at certain stages of its reasonings. There are halting places in mental action, when we think, speak and do nothing. There are many symbols of these places. The Sabbath is one, a place between childhood and youth, between middle and old age are others which will cease when we understand them as symbols. We have seen a sick body change to a robust one and a beautiful one, but that is not the ultimate, for we do not yet see the fullest. There is a mighty difference between what we now see, and the reality of all things. "Eye hath not seen nor ear heard, neither hath it entered into the heart of man, what God hath prepared for them that love Him". We can see and hear however when we love Him with all that we are.

Love opens us to new sights and sounds. To love is to see God in all which process eliminates evil. Great minds have told of how limited they feel their knowledge to be, but this is not the case of one who knows the light of reasoning based on the first principle that God is wisdom and understanding in them, and in all things, informing them of high truth. Therefore, if one tells of his ignorance, he is only telling of his vain imaginations. "The Lord will not hold him guiltless, who taketh His name in vain."

This lesson tells us to let truth be your words, truth of spirit and truth of matter. It is true that matter is ignorant, it knows nothing, and we are not matter. We are spirit, and the truth about it is different. Reason it out well, for people have gotten mixed up with old delusions. Looking forward to old age is getting crystallized into the future. Or they think of a history in matter, which is crystallized into the past, whereas this lesson is about the light and freedom.

You cannot bottle up the light, it spreads itself. If you hide it under a bushel, it burns the bushel and makes a greater light than ever, for it cannot be quenched. The light of reasoning is the same way, especially when it is based upon the truth that there is one God, above all, through all and in all. This cannot be spoken without shedding its light through the succeeding statements of science.

Once it is set streaming through the mind, we must think and speak, write and live the doctrine. The doctrine is a fire, an unquenchable light. A symbol can be put out, but the truth is eternal, and along the way somewhere, you get on fire with the Holy Spirit, so that you live the doctrine. If you do not catch it the first time along the path, try going over the statements again and again, for the race is not always to the swift. Come and let us reason together. The righteous shall shine like the sun. Be not deceived.

Some of our former mistakes have been very strange. In looking into great doctrines, and seeing their differences, we remained silent concerning the truth, but much exercised over the effects of truth, which were called laws. For instance, if one, becoming spiritually minded lost his taste for certain kinds of food, it was claimed that all men should abstain from those foods. This is mistaking an effect for a cause. They tried to prove that fasting from food would make people spiritual, which it never did, because material actions are not the cause of Spirit. The truth says according to the way of spirit in man will his outer actions be. This is true of the use of words. We speak certain ones after we become spiritual. We gave you the idea of using the name Jesus Christ. Speaking the words do not make us become spiritual, do not confuse the effect with the cause. Suffering is not given us to call more and more attention to the physical body, but to call our attention to God. Those who fast are exercised over their bodies and are as materially minded as gluttons. The same applies if you beat, freeze or abuse the body in any way, for in a sense such are more materially occupied than people who please their bodies and are free from pain.

There is nothing in great truths to call our attention to material things. Words should be given forth as the utterance of the spirit of life within us. All point to the spirit and go forth from the spirit, and in a mysterious way they attend to the externals, so, we obey Jesus and take no anxious thought about these things.

*****GEM THOUGHTS*****

"Thou hast made us for Thyself; and our hearts are restless until they rest in Thee."

St. Augustine.

"We grow to the likeness of that which we love. The practice of the Presence of God is the very life and nourishment of the soul."

Brother Lawrence.

"Oneness of mind and will within the Divine mind and will is not the future hope and aim of religion, but its very beginning and birth in the soul. To enter on the religious life is to terminate the struggle."

John Caird.

"Continue the work of liberating thy soul by making a judicious and well considered choice in all things, to the end thou mayest assure the triumph of what is best in thyself--- the triumph of the spirit."

Pythagoras.

"Yield yourselves unto God."

Romans 6:13

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DEPARTMENT OF INSTRUCTION

Dear Friends:

Through this letter we have the opportunity of encouraging one another, for with it we send our love to each of you and faith that we shall each attain the measure of His consciousness.

Have you ever read the very beautiful story, "The Other Wise Man", by Henry Van Dyke? I can recommend it right now to increase the peace of the individual. Sometimes people are dissatisfied with what they call their lot in life and want to go somewhere else to do what they feel they are capable of doing. Sometimes, this is a Divine discontent, but the real way of fulfilling this feeling is to do the best we know right where we are in praise and thanksgiving. Take time to be Holy, always.

The name of the fourth Wise Man was Artaban, and he was scheduled to leave Persia with the other three, but he found a sick man in the road, which delayed him enough to miss the caravan. This caused him to travel alone, and when he arrived in Bethlehem, the Holy family had already left for Egypt. The Roman soldiers were at that time destroying the babies, and Artaban was able to save a woman and child by using the second of his valuable gifts that he had intended to give to Jesus. The first, a ruby he had given to the sick man, when he had tarried to show him mercy.

As he wandered many years Artaban became an old man, still looking for the Lord. He found himself in Jerusalem the day of the crucifixion, and had an idea that he might buy the freedom of the Christ with the magnificent pearl. On the way, he saw a beautiful Persian girl about to be sold into slavery, and at her frantic appeal to save her, he gave the pearl in payment. He realized he had no gift left for the Lord and as he was mulling this over in his mind, the earth quake at the time of the crucifixion, caused a stone to fall with such force on his head that he was killed. But just before he died, the Lord appeared to him and said "Verily I say unto you in as much as thou hast done it unto the least of these my brethren, ye have done it unto me."

I hope you read the story and take comfort in the fact that the Lord shines through all our activities, when all things are done in the self-less attitude of the Christ.

Sincerely,

J. Hamner Davis
Instructor

Enc: 149



THE Essenes

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INSTRUCTION #149 Assuring to the Acceptable and Accepted
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"THEY THAT WAIT UPON THE LORD SHALL RENEW THEIR
STRENGTH; THEY SHALL MOUNT UP WITH WINGS AS
EAGLES; THEY SHALL RUN, AND NOT BE WEARY; AND
THEY SHALL WALK, AND NOT FAINT."

ISAIAH 40:31

"THE RIGHTEOUS SHALL FLOURISH LIKE THE PALM TREE;
HE SHALL GROW LIKE A CEDAR IN LEBANON. THOSE
THAT BE PLANTED IN THE HOUSE OF THE LORD SHALL
FLOURISH IN THE COURTS OF OUR GOD."

PSALM 92:12

(continued)

THE VEIL OF THE TEMPLE

The student will learn from these instructions that we are gradually coming to see the oneness of all things, and no longer dwelling in the two worlds, but one world: one, the manifestation of the other. We live in all planes of consciousness at once, but only aware of our choice at present. It is a well known fact there are many people aware of more than one plane at the same time, and are able to hold their balance, and more will attain this as we accept it.

Let us continue in the way of taking no anxious thought, as spoken of in the last instruction, for people get more disturbed over material things, forgetting that material things are secondary. On the other hand, one who is spiritually minded accomplishes all things in Divine order, such as being neat and clean in dress and person, as the natural, unpremeditated movement of the immaculate spirit he is thinking about. Also, he will be honorable in his dealings, not from a sense of duty, but because his mind is on high principle. Thoughts and works are lights or signs that tell where a man stands spiritually. When we are spiritual we are not trying to bring things to pass, yet they come to pass.

The lofty reasonings of science are the works of truth, but how does truth work? It is light and it shines. To let the truth shine on miracles of healing, has a cheering and enlightening effect, rather than talking of the appearances of disease. This attitude is the quickest way to be rid of abnormal appearances, which feed and grow fat on our thinking they can hurt or disturb us. It is not our burden to cure a cough, but to let the spirit tell the truth and then all is free.

Spirit never mourns over anything, for the things people mourn over are nothing to spirit. One who realizes that any evil is nothing at all has touched the second treatment of enviroing conditions. This comes from denying the seeming and affirming the real, which opens the eyes to see from a purely spiritual standpoint. There is a great power of clear sight that comes from a pure mind, this means a mind free from sense appetite or lustful passions. Lust is the desire to possess, one can even lust after learning, but it is lust that corrodes the eye. Divine intelligence never sees evil. If we learn to use our intelligence, we are able to train our minds to remain stable in the face of appearances, and not be overthrown by emotionalism. With our intelligence we do not allow ourselves to have regrets over the past, neither do we rehash or rehearse unpleasant experiences as being true. A woman upon being complimented on her happy look, immediately began to tell of how sad she really felt on the inside, thus breaking her own morale through self pity and was soon calling for help.

The Bible warns us that if we are fasting to: "anoint thy head, and wash thy face, that thou be not seen of men to fast, but of thy Father who is in secret, and thy Father who seeth in secret shall reward thee openly." Matt. 6:17-18. To see that evil is not real is the second step concerning outer conditions, for in this understanding the eyes are open to see purely from a spiritual standpoint. We mentioned lustful passions and sensual appetites, because in the desire to possess, people can become very unhappy, and unhappiness is not of the spirit. Sensual pertains to the senses, not spiritual or intellectual, but carnal, the process of indulging the senses. It includes excitement or over stimulation from outer sources. These are restless people, never satisfied, for to be carnally minded is death, says Paul. Therefore, intelligence frees us in this manner, through education and re-education. Even if we are still aware of the appearance of evil, our intelligence enables us to apply the way of spirit in meeting the appearance, which is to know the good only.

Really, this is intelligence, for that which sees evil is not intelligence, but ignorance, the lack of intelligence. The lack is the place between, which fills with the denseness that we call evil. Hence, evil has been our own product, the product of the double eye. Be not deceived by appearances. On the other hand, do we suspect that evil lies underneath good appearance? It is our pleasure to believe in good, and not think that good hides evil. If it appears good, by declaring it to be good, we are seeing all the way and clearing any hidden falsity. If we believe in deception, then we find ourselves being deceived, and put upon. But let us be strong and firm in our good. This applies to business as well as to health. We follow the rules of business because it is orderly and part of the kingdom of consciousness, not because we distrust those with whom we deal.

The question is often asked as to why a truth student takes out insurance of any kind, but this kind of a question is on the level of any other, in regard to all outer affairs. You might just as well ask, "Why do you wear clothing, when spirit is capable of keeping you warm?" We are in the midst of fulfilling all things in our different states of realization. If your business is successful, do not believe that you do not know how long it can stay that way. Good is eternal, if not in one channel, then another, so, for you, there is no failure of business.

To be a good healer, one must be too pure to behold evil, for how can we see perfection in one who asks for health, when we believe in evil? Even to be able to explain how illness came about is sometimes a form of judgement, for it is not important to explain how or why, but to lovingly release the whole situation. The faculty of judgement is often developed before the faculty of love, but the two come together eventually. We conclude that everything that looks well, is making a heroic fight to be God's good way in our eyes. Believe in the good, speak kindly of it, and praise it.

The first strength of mind is the strength to endure. His Name shall endure forever. "He that endureth to the end shall be saved." Matt. 10:22. The end of what? The material age, or the end of the material beliefs in the individual consciousness. Love endureth all things and is kind. This endurance is purity, which is long life. Some good people may seem to be frail, but live on when others more robust drop by the way. Goodness is a substance in man which endures. We get this way by never accusing anyone of uncleanness.

The second strength of mind is fearlessness, the very strength associated with youth. This comes from faith in good and the appearance of good. If our conscious thoughts and words are according to the good, we will look young and fearless and be vigorous. Children never suspect evil of that which appears good. There are numerous stories told of how trusting souls along the way have acted upon that which friends suggested, and made a fortune, when the friend intended playing a practical joke. However, we are taught not to be gullible, but wise in our own judgements. We do not want to be blown about by every wind. A truly pure mind is its own defense always. Old age comes from not refusing to be deceived. If we refuse it, there is no sting.

The character which holds its own steadily is a successful character. In teaching we are taught to hold to a point, for rambling is a bad habit, never striking a definite note. In healing the mind must be kept to its first intention, and not be diverted. The mind can be so trained that even while we chat with another, the mighty river of truth is consciously running. Even if we are called on to do many things, we can also keep the center undisturbed. Sometime, distractions seem to come to test is ability to prove the eternal truth. However, we are not being tried really, but in the process of using strength, as we function in the universe. Only those of great strength are given great responsibilities. The one who is faithful over a few things are made ruler over many, and is told, "well done, good and faithful servant."

Fretting, complaining and crying are diverting. Where there is a will there is always a way, for what is the will? Everything that happens tells you where you stand toward your premise. Being diverted is being deceived, or getting mixed. People with their minds on their work, never let anything interfere. Our activity in God comes first, regardless of the favor of the rich or great from the worldly standpoint. This is steadfastness, being true to principle. You could trace the course of the great men of the world and you would find that they all followed a high principle of action. There are many today doing the same, in order to help the world find peace.

Nothing is so satisfying as the knowledge of God, and a trained mind widens and beautifies character. Nothing so trains the mind like the continued statements of high truth. Mind is not so

quickened by any other study, for God is life, therefore the study of spirit brightens the mind as the years roll on. Healing by pure reasoning, brings an ever increasing energy.

Let the student continue to raise the standard to heal until healing can come forth after one treatment. In God, one treatment is enough, but we are not to be discouraged if this is not the case. One who feels the necessity of telling all in regard to their disease, can be allowed to do so once only, in order to clear the mind, but the one who knows is persistent to the true ideal, and knows that the distressing symptoms are nothing. Every case is of equal importance in Divine Mind, therefore the healer attends to each conscientiously, and in so doing power is increased to the healer.

Each case is a signal to think a certain way, sometimes it is startling and vehement, for often the case arrives at the time of fulfillment for some truth one has already established. One who devotes most of his time to healing becomes established to the degree, that many cases are healed suddenly. These are the fruits, and moreover, by this, we are building a new race consciousness. The mind of the whole race is being changed, for each healing effects more than one person, it travels on and on.

Let each of us practice speaking the word of power with faith in an effortless knowing, and so fulfill the law of Christ. Truly it cannot be bought or sold, as it is a free gift from the Father to all mankind. God giveth to all men liberally, and upbraideth not. Read the first chapter of the Epistle of James.

***** GEM THOUGHTS *****

"Continue the work of liberating thy soul by making a judicious and well considered choice in all things, to the end thou mayest assure the triumph of what is best in thyself--the triumph of the spirit."

Pythagoras.

"Let the wicked forsake his way, and the righteous man his thoughts, and let him return unto the Lord."

Iss. 55:7.

"A man that could look no way but downwards with a muckrake in his hand."

Bunyan's Pilgrim's Progress.

THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

Dear Friends:

Every individual Christian has a great responsibility, which is to stand in the Truth so firmly that we, as a nation of people will not lose our freedom. Let us be alive, alert, and wise in understanding the world of appearances. Certain things that people fear cannot come to pass unless the people lose their religious and moral substance of life.

The health of a nation depends upon the spiritual health of its people, otherwise we may lose all sense of responsibility for the public good. This will bring about social conflicts and disorder which might lead to totalitarian rule as a supposed remedy. In this instruction you can understand how imagining evil has caused people to look more and more to Government for too much support. This way we will lose our freedom and independence, and our best thinkers of the day are warning us in regard to it. Even though our quest is for economic justice, it must be united with an insistent concern for freedom. Let us put the substance of spirit in all our affairs and let it stand as a witness for the true way of life.

We do not suggest that you join a church, but you might think out some way in which you can unite with others to increase the substance of a responsible society, and a Church does make an effort to stand for this. There is an emerging ecumenical theology in the world today, and it is good to know and be a part of it as we establish our allegiance to the Most High. The man who understands his own nature deeply is best able to love and serve his fellow man.

"Let knowledge grow from more to more,
But more of reverence in us dwell;
That mind and soul, according well,
May make one music, as before,
But vaster."

Tennyson

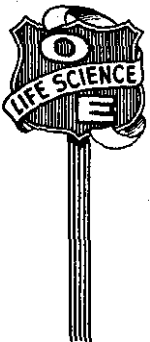
Faithfully,

THE ORDER OF THE ESSENES

By

S. Hamner Davis

Enc. 150



THE **Essenes**

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INSTRUCTION # 150 Assuring to the Acceptable and Accepted
HEALTH, HAPPINESS AND SUCCESS.

" THE WORD OF THE LORD ENDURETH FOREVER "

LAST EVE I PASSED BESIDE A BLACKSMITH'S DOOR,
AND HEARD THE ANVIL RING THE VESPER CHIME;
THEN LOOKING IN, I SAW UPON THE FLOOR
OLD HAMMERS, WORN WITH BEATING YEARS OF TIME.
"HOW MANY ANVILS HAVE YOU HAD," SAID I,
" TO WEAR AND BATTER ALL THESE HAMMERS SO?"
"JUST ONE," SAID HE, AND THEN, WITH TWINKLING EYE
"THE ANVIL WEARS THE HAMMERS OUT, YOU KNOW."
AND SO, THOUGHT I, THE ANVIL OF GOD'S WORD,
FOR AGES SKEPTIC BLOWS HAVE BEAT UPON;
YET, THOUGH THE NOISE OF FALLING BLOWS WERE HEARD,
THE ANVIL IS UNHARMED --- THE HAMMERS GONE.

Author Unknown.

RIGHTEOUS JUDGEMENT .

In the whole race there has always been the inherent knowledge that there is a relationship between holiness and health, sin and disease. The ancients in writing the Scriptures spoke of the rewards of righteousness, and told of the calamities that came to those who were not living a righteous life. We, in our day have a belief that there are occasions when righteous indignation is justified.

To forestall questions from those who have not made a study of the Bible let us point out a few of the interesting accounts of what we mean by the foregoing paragraph. You will read in I Samuel, 5 and 6 that when the Philistines carried off the Ark of the Covenant, they were afflicted with tumors until they carried it back to the Israelites. This is a symbolical way of saying that a man can not forget God and remain healthy. In Job 5;2 " For wrath killeth the foolish man and envy slayeth the silly one." Proverbs 14;30 " A sound heart is the life of the flesh; but envy, the rottenness of the bones." Also, Proverbs 16;24 " Pleasant words are as an honeycomb, sweet to the soul and health to the bones." Under the old law the sins of the fathers were visited upon the children unto the third and fourth generation and we call it heredity. But this is for the Adam man, for in Adam all die, but in Christ all are made alive. Our modern medicine has explained the relation of the soul to the body, many will accept this who will not accept the Scriptures. Knowledge has always been in the world for those who seek it.

One is our Father, God. The real or spiritual man does not suffer, and neither do we if we know the spiritual man. Jesus addressed the mortal man just enough to make him nothing, for He said, "Go, and sin no more." We no longer believe in hereditary troubles, for God, the Good does not make such a law. We, as followers of Jesus have certainly not been tarrying in Jerusalem, when we have continued to accept evil as inevitable. The command of Jesus has been ringing many years, to follow Him. Is it not strange to think in the first place that the Lord of Hosts sent calamity, and in the second place the consequences? Even the Prophet Jeremiah said that a man's word is his only burden and Jesus repeated the same idea, when he said that by our word we are either justified or condemned. Could God have given us any richer heritage than the power of the word? True words are full of power, although false words may seem to have greatness. That type of power passes as it is changeable.

Strange to say, a lie must seem to be reasonable to gain any credit, for in this way it takes on a semblance of Truth. The law of the flesh is death and it has seemed so reasonable that we have accepted it, forgetting to look to see if it corresponds to the law of life in Christ Jesus. The only claim the flesh has is that it seems to be true, while all the time man is spirit and immortal. Man is not mortal.

We can illustrate it in this manner; if some queer looking person tells a strange tale we are not apt to believe it, but if a noble looking gentleman tells the same tale, we are apt to accept it or at least give it consideration. Swindlers have masqueraded as gentlemen for this very reason, in order that what they say may seem plausible. Every steamship has notices to beware of card sharks, but people still get trimmed because they cannot believe such nice looking men can be dishonest. You can read daily accounts of similar things in the newspapers, but we speak of it in order to show that the flesh is just as plausible when it is not giving true reports that are in line with spirit.

Many have accepted sin and the devil as being real, but those who have not are studying some form of Truth. Even the stories as to why Jesus came to suffer for sin are not true. We have to rethink our religion in terms of God as the Principle of wholeness, goodness and truth. Truth about God is expressing Principle, while lies express the opposite.

The race has experienced that which it has made by its false image. This image has been formed from beliefs concerning godliness and sin. The command is "Thou shalt have no other image before me." There are great lovers of God who have made some mighty demonstrations, yet who have accepted certain things that were false and thus came down under those particular things. We know a teacher who has done this in regard to prosperity, saying that if the Lord did not want her to be rich she is willing to do without. This caused her to lose her position in the long run, as it is false humility. Who is the Lord who would ask us to be poor? Certainly not God the King of all creation, but the false man made God, the image man has set before the true God. People think they can free another by taking over the burden, and they can, but that is not the way of the true God, the God of wholeness.

By thy words thou art justified and by thy words thou art condemned. What the heart feels is often spoken on the words and sometimes we speak one thing and it carried another, that which is in the heart. It is good to continue to speak what you believe to be true until you feel it, for the sick will respond to such a one. Jesus caused the fig tree to wither to show that we can be free from reaping the false that we have sown, if we are willing to blast such mistakes out, so that they cannot bear fruit. This was an experiment in Spiritual chemistry or ancient alchemy.

We are cautioned not to remember how sick our friends look, or remember the ugly details that people feel they must tell us in confidence. Let them confess, but also let it be dissolved in the solvent of pure spirit. The ancients knew this also, for Isaiah expressed it in 43;18 "Remember ye not the former things, neither consider the things of old. Behold I will do a new thing; now it shall spring forth; shall ye not know it? I will even make a way in the wilderness and rivers in the desert."

Let us get over imagining evil, thinking about how to act if such and such calamity should come about, but spend that time in imagining good to the utmost of our ability and consciousness. Those who take up Truth at what is called "late in life" can make a new life, and many are doing it in a marvelous way. Sin is a mistaken idea of life, of who you are and what world you live in. This is the only sin anyone ever committed. One lives out the mistakes made in mind if they know no better, but Truth erases the mistakes and life is free.

The question arises as to why the Truth student does not immediately show forth all the truth that he has accepted. You may compare the imagination to a dirty window pane that has not been cleaned for years until one cannot see what lies on the other side, but, when washed, the view may be that of a beautiful garden. One of the foundation stones of the temple not built with hands is made when we acquire harmony between the thoughts and the externals. The world in which we live is the exact record of our thoughts and if we do not like the world we live in, we do not like our thoughts and that makes the discord. There are thoughts which we love greatly while we think them and they make conditions which we love, and this is harmony. There is much joy in life, therefore play the harmony of your own soul and all around will feel it. The song of the spirit is in each one, so by thinking out that song, it will break forth into the affairs. We can sing mentally until a joy of heart takes possession of us and this joy will bring new life into the affairs. Fretting brings discord and delay.

It is strange that so many religious people have as their first idea of goodness, that they must make life in some way harder for themselves and others. They literally drive themselves and members of the family with being over zealous. They reason in this way; if spirit needs no rest and is strong to do all, they are as able as spirit to do that which is harrowing to the whole family without murmuring. This is not like Jesus, who slept and ate, clothed like other people and only did differently when it pleased Him. He never asked His disciples to share the hardships, which He chose.

The yoke of Jesus is easy and His burden is light. God is rest, Do violets strain and struggle? It is not being in adjustment with Divine Mind to be thinking hard lines to travel on. Because we are spirit we do that which our own judgement prompts us to do, and lay no burdens on each other because of our ideas. If it is hard to heal, it is because we have made the mistake of believing in hardships, in hard ways of working. Jesus did not cast Himself off the pinnacle to show what He could do, neither did He heal for this reason. He moved by the dictates of spirit along lines not laid down by men or historic precedent. If we watch we will see that spirit guides us into the paths of pleasantness. Any other way is one we have chosen independent of Jesus Christ, and is the mistake upon which we move about.

We have no idea how much of the inefficiency of mankind comes about from thinking about the wrongdoing of ourselves and others. There is nothing more defeating than to feel that by some mistake in life we have not accomplished that which we might have done, and that our misfortunes all hinge on that mistake. This may seem to be true, but it is nothingness. There are no mistakes in spirit. Your family never made any mistakes in spirit, for spirit is all that is real. Facing those old troubles with the words that they are nothing, will have a marvelous effect in putting them in a new relation with you. Not that you will be hardened to bear them, but they will be dissolved.

The day of the Lord cometh silently, at a time when you think not. God is merciful and gracious and the truth acts through love, not accusation. Efficiency comes with letting the goodness of the merciful and tender spirit speak, wherever evil is apparent. It is a sign of your realization in truth, when you can make sin as unreal in your mind as matter. Spirit is the only substance, matter is no substance. If Holiness is the only presence, then sin is not present. We close this instruction with the words of John 2;3 " Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. I have no greater joy than to hear that my children walk in truth."

***** GEM THOUGHTS *****

I do not accuse the world or myself of sin; all is well.

Be still, softly still. Freely let go and freely receive that you may live without pressure. Tension comes from fear -- fear that you are not fulfilling, ever straining, doing, doing, without uniting with the Father. In Him apprehension is released, the heart is relieved of pressure.

Be loosely still -- pausing through out the day. Cease carrying yourself. Cease straining, crowding, forcing life to work for you. Let life move in you in its own course and life will sustain you, life will renew you, life will give you strength.

Freely let go in the depths of your being -- the mind content, the heart at ease. Let go from the top of your head to the soles of your feet and rest in this very moment of eternity. Joy, peace, serenity are under the surface. Softly open to receive -- trusting, trusting yourself to the Father.

From a booklet "Now, This Day."

THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

Dear Friends;

In carefully considering the quotation on the front cover of this Instruction, you will realize that this Self-confidence spoken of is actually the place of integrity. It is the seat of immovable faith. It stems from a sense of security and deeper still, it is the very spirit in man.

Self-confidence is the knowledge in man that the spirit within doeth all things and by spirit all things are accomplished, if man is willing and able to let it be done. Let what be done? The will of God, of course, which is always good and ever higher good. Man is not a puppet, subject to a power outside himself. Man is the expression of spirit, man is spirit in manifestation, made plain to the eye.

If you will read I Timothy 3:16 you will see that this quotation refers to Jesus Christ, but it also teaches that man, through Christ, has come to know himself as a glorious creation or coming forth of Spirit. This fact was not generally known until Christ made it manifest. The fulness of time has come, arrived long ago, "And of His fulness have all we received." We call your attention to Col. 2:8-9. The early Christians had a living fire of conviction that showed in their speech. We, too, must be as certain and sure in our conviction that nothing has any power to shake or disturb it.

You will enjoy reading, "The Mature Mind," by H. A. Overstreet as it sums up the condition of man at the present time in a most interesting and readable form. He brings out that any personality that is tenaciously immature is ridden with fear and hostility and is often called neurotic. These people are immature. A mark of maturity is the power to think in terms of principles and the willingness to have one's behavior measured by these principles. It is time for man to grow up and this means me and it means you!

May the Holy Spirit come to you and illumine your mind and restore your body, in all love and fellowship.

Sincerely,

J. Hamner Davis

Enc. 151



THE Essenes

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INSTRUCTION # 151 Assuring to the Acceptable and Accepted
HEALTH, HAPPINESS AND SUCCESS.

ONLY THE STERN SELF-CONFIDENT CAN HOLD
THEIR PEACE AMIDST THE CLAMOR, NOR BETRAY
THEIR CAPABILITIES; CAN SIT UNMOVED,
WITH ALL AROUND THEM TREMBLING TO HAVE TOLD
THE UTMOST OF THEIR MERITS; ONLY THEY
CAN BEAR TO LEAVE THEIR STRENGTH UNGUESSED,
UNPROVED.

HELENE MULLINS

THE UNREALITY OF EVIL

Plato taught that the whole world is a colossal system of shadows and the deepest is the belief in wrong doing. This is the valley, the valley of the shadow of death. It makes long stretches of desert and forest over the pathway of life, which in Truth is all light with the glory of goodness. It is said that elephants beat themselves to pieces over a shadow on a rock. We might say our missionaries have done the same thing over the belief in the gigantic monsters that have had the world in their grip. The process of education which is now in use by missionaries is accomplishing great good very quickly. We call your attention to Frank Laubach and his world crusade to arrive at a simple alphabet that can be taught easily to anyone. His motto is "Each one teach one." We also would call your attention to Albert Schweitzer that you may read of his great life. There are many others.

Harboring feelings of wrong actions hinders the healing of the nations. No matter how plainly we think we see selfishness, in spirit, we have no right to see it. The same is true of envy. Who has envy? If Spirit has not envy, of whom are we speaking when we talk of enviousness in ourselves or in others? If Spirit is all then we are speaking of no-body. Is it any wonder that accusation has brought great infirmity to represent it? If we call anyone malicious, revengeful or cruel, we are speaking of life, mind and spirit. This will tie us in chains so that we are not free to do anything well. It is against such that we use denials that the spirit may stand unchained to do great works for us.

Man is in the midst of learning the divine harmony between his mind and the Universal mind, from which the true world springs, that man may become one with this mind. This is illustrated in the Book of the Revelations of Jesus in chapter 22:4 "And God shall wipe away all tears from their eyes: and there shall be no more death, neither sorrow, nor crying, neither shall there be anymore pain: for the former things are passed away." It was John who said: "Behold the Lamb of God which taketh away the sin of the world." (Jno 1:29) In symbology the Lamb is the pure Spirit, and even by worldly standards the lamb is meek and never suspicious. The Lamb of God is Jesus Christ, who condemned none, loved everything and healed instantly. It was He who said "All power is given unto me in heaven and earth."

If you are feeling that you must be protecting yourself against something, examine the cause. Do you put up an umbrella against nothing? Furthermore: an umbrella is a nuisance in pleasant weather. If God is your mind and your world, what have you to fear? Fears are a burden and take effect in the blood and in the bones, but if we are convinced that there are no mistakes, we are free.

In order to behold the Lamb of God, represented by Jesus Christ, we must have the same mind that was in Him and then we shall see Him as He is. He is our protection and in Him we do not have to bother about any other protection from evil. In Him, evil does not exist. "Thou wilt keep him in perfect peace whose mind is stayed on Thee, because he trusteth in Thee." (Isaiah 26:3) This is an ancient truth. Also, "I will fear no evil, for Thy rod and Thy staff, they comfort me" is familiar to all Christians. These Truths must take on a new meaning to us, for we do not inherit sin and neither is it remembered against us. The Real man has never harmed anyone.

Socrates said that the prosperity of the wicked was one thing that troubled the good people and even today the good people do not seem to understand this situation. Some mistakes touch the body of people and some touch the affairs, and some touch both body and affairs. There is a standing joke in regard to the ulcers of high tension business men of this day. Selfishness and envy can even come out in one's children as the result of one's thoughts.

Each one has plenty to do to maintain harmony, to keep his heart and tongue, to act from his real, spiritual center instead of from the standpoint of false beliefs or vain imaginings. Truth is one, unchangeable, not two. Your imagination can take its choice, but it is much better to imagine good than it is evil.

Man naturally thinks there is something higher than himself, God, but He is not as some have imagined Him to be, such as one who sends affliction, pain and such. With our reason we are ready to give up these old beliefs and accept the God of Goodness only. The bad and the wicked are only the shadows of the substance of good. You may have noticed how a good trait often seems to throw down its opposite. For instance jealousy is the long headlight of generosity, because in some way we expect others to be as generous as we are and if they are not, we are tempted to make comparisons. But jealousy is nothing, while generosity is something, for it is God's presence. To call evil a shadow, makes the goodness come into plainer sight.

Even after we know the Truth, we sometimes forget and fall into the ways of the world, the old ways of begging God for something. To counter-act this it is suggested that we take some wine of doctrine, such as stronger and warmer ideas of life. The living creatures of thoughts that the waters of consciousness bring forth, are the people around us, our friends and our families. Let your flowing thoughts be rich in affection, love, life, joy and harmony. Our pure reasoning allows us to do this in understanding. The more enthusiasm we have for the Christ way of life, the warmer will be the love for the world, for God and the Truth. "Greater love hath no man than this, that he lay down his life for his friends" (Jno 15:13). We interpret this to mean to lay down your former life for the spiritual life. The warmer the love the more friends and joy surround you. This is called Self-confidence.

People who lack Self-confidence are those who have not warmed into confidence in their doctrine. They as often accuse themselves of sin as they do the other fellow. Some think this is permissible, but nothing alive and solid with success ever stays in the hands of people who are given to accusing themselves or others of sin. Prosperity will seem just ahead of those who believe that people are envious or jealous, revengeful or cruel. Also, health will seem to be just out of their reach and healing power will slip through their fingers. Stop accusation and the waters of the mind will gather prosperity so fast and so tangibly that you will be astonished. New healing power and new ideas will also attend you.

In High Truth we deny all sin, even that man ever fell from his God estate. As our substance, intelligence and nature are God, we are not even permitted a poor opinion of ourselves. If the spirit within rises in great strength, you will have great confidence in your mission, your work, and your power. Great victories have been brought about by looking to this inner confidence. An impressive one in the Bible is about Gideon and the heavenly host.

Your principle of life is worth believing in with all your heart and soul or it is not worth believing in at all. So, decide what you believe in and maintain it. People who ignore the sins of their neighbors the most are the best loved and become the best healers. So, make up your mind about the question of sin, settle it in your mind that you may have harmony in the externals. Old discords and inharmony will cease and new creations will spring forth. Even writers must have confidence in the light within, though they may not always fully understand what they are given to write. You have only to read the lives of the great ones in order to see this, but they believed in their inspiration. Anything worth doing is worth doing with all your might.

Jesus Christ taught the making of gold, by the making of bread. You must believe that God works in your to will and to do His good will. In this established belief, nothing can work harm for you regardless of any appearance. If you love them that love you, what reward have you? The new commandment says to love them that hate you and that despitefully use you. God is in this way working the reward in the delight right at hand. Certain ideas produce conditions. If we believe that evil is going to happen to us because of something we have done in the past for which we have not forgiven ourselves, it shows that we have no confidence in God as a good, forgiving Father. What measure ye mete shall be yours and you may not like what comes forth, but you believe that way. You recall that fear is faith in evil and your faith brings it to pass.

Let us apply these instructions to the problem of health and we find that people who lament much over anything always have liver complaint. In the words of Jeremiah; "Mine eyes do fall with tears, my bowels are troubled, my liver poured out upon the earth." Here are three maladies mentioned. Back of lamenting there must have been something to lament about and generally it is some wrong done by someone.

This never took place in God's kingdom, for spirit never laments, so there is no disease. This reasoning put mentally to a student, causes the river of Truth to flow through his dry lands washing away the history of disease and bringing out living health. The only reason to hear the history of a case is to deny it. We can scientifically deny disease for the whole race, such as hypocrisy, deception and other things that bring disease. You can tell that the world is absolutely well. In the words of Isaiah 33:24 "And the inhabitants shall not say I am sick."

The reason so much is said about bodily cure is that one who is at ease can catch ever higher Truths. Bodily health often depends on prosperity and moral integrity. As we raise our consciousness of health we can touch each separate need of a person the minute we look at him. The minute you understand the good everywhere and that you, yourself are good, everything looks different. Nothing is as bad as you formerly thought it to be. You have no idea how soon you forget evil when you have sight of the good. You step right over it as though it was a pile of weeds. Confidence in good enables us to do good work. This is formulating truth. When you see some one who seems to be selfish you can say with authority, that spirit never formulates in selfishness, or Truth never expresses in selfishness. Let this be our affirmation "I never accuse myself or my world of selfishness."

***** THOUGHT GEMS *****

"Behold the tabernacle of God is with men, and He will dwell with them and they shall be His people, and God himself shall be with them, and he their God. He that overcometh shall inherit all things; and I will be his God and he shall be my son."

" The anxious and distrustful constantly require that their companions speak their praise, Holding it as a gross discourtesy, if any disagree with them."

Helene Mullins.

THE ORDER OF THE ESSENES

212 SOUTH MANHATTAN BLVD.
OR P. O. BOX 10427
TAMPA 9, FLORIDA

DEPARTMENT OF INSTRUCTION

Dear Friends;

As we near the end of the third year in our study we feel that we have drawn more closely together in our understanding of the purpose of life. There is little more we can teach you, but the Holy Spirit can teach you all things, of this we are very sure. This assurance is as strong as a bridge and we can walk over it to the heights of Being.

The highest Truth needs to be heard only once to take hold of the heart. The world can be changed, if we believe it. Even when we are alone speaking it the universal mind of man responds. The High Truth is the perfect doctrine of prophecy, so, let us proclaim it, especially to the world that is prophesying evil. It is up to those who know the Truth to speak it and not be concerned about those who do not speak it.

The tenets of Jesus Christ invites us to grow up and not remain "babes in Christ" feeding upon milk, but to take some strong wine of doctrine. In other words to eat that meat that Jesus ate. He said, "My meat is to do the will of Him that sent me." "Say not ye, there are yet four months and then cometh the harvest? Behold I say unto you, lift up your eyes, and look on the fields; for they are white already to harvest." John 4:32 - 34 - 35.

Continually we are told to look at something very real that much of the world does not yet see. This is the Kingdom of God ever-present waiting to be acknowledged. So, together we acknowledge it in all love toward Christ who brought us this message.

Lovingly,

S. Hamner Davis

Enc. 152



THE Essenes

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INSTRUCTION 152

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

" LET KNOWLEDGE GROW FROM MORE TO MORE,
BUT MORE OF REVERENCE IN US DWELL;
THAT MIND AND SOUL, ACCORDING WELL,
MAY MAKE ONE MUSIC, AS BEFORE,
BUT VASTER. "

TENNYSON .

THE KINGDOM OF GOD EVER PRESENT

" There is a spirit in man: and the inspiration of the Almighty giveth them understanding." (Job 32:8.)

In considering this statement, the student finds that it is made to emphasize the fact that neither being old nor great necessarily makes men wise. All wisdom comes from the Spirit within, and it has nothing to do with age or the wisdom of this world. Paul found this out and told the Corinthians that the wisdom of this world is foolishness with God. In fact the third chapter of First Corinthians is devoted to explaining the manner in which the wisdom of God can always be depended upon to be correct. " Therefore let no man glory in men. For all things are yours; and ye are Christ's; and Christ is God's."

The good that comes to man is the result of having spoken or thought the Truth at some time. Most people think truly part of the time, even a grumbler has some great truth which he speaks often, which is his saving grace. While the doctrine of truth which tells of life and health and strength may not seem as tangible as a mill, it does grind out the desires of the heart in happy conditions in its own mysterious way. We have new circumstances by its mystic fingers, for it loves to feel harmony, which gives it a chance to work in and through to bring out good. Hearts have fainted for lack of love.

Sin has never been cured by punishment, for punishment increases the sin. To deny its reality is the only permanent cure. Consider the Jesus Christ method of a blameless life, free from condemnation, forgiving, gentle, unpretentious, all the time shedding a fine radiance of inner light abroad. The steady light is a help to people without any spoken words. You can balance a man's health without treating him, if your consciousness is high enough. You can clarify his ideas without speaking to him. Certainly by this time the student understands we are not referring to mental coercion, but to a state of Being. Recall at this point that the name of God is I AM THAT I AM. The title Jehovah means that which was and is to be. Verily the first and the last and everywhere present, creating mind. It has been suggested that the name Jehovah was a Phoenician origin and that it made way among the Israelites slowly to the age of Samuel and then with greater rapidity. It contains a suggestion of the Phoenician Sun-God, as well as the God of the Chaldeans, "The Intelligent Light."

This is the steady light that has always been in the world that lighteth every man. All mankind is awakening in this light on an even higher level of understanding. The purpose of these instructions is to help people to meet the so called problems of life in a true, scientific way. It is like arithmetic, we can tell from the problem or outer appearance, what truth we must speak, or apply.

If we stumble over calling sin - nothingness -- we shall be slow in demonstration. We shall not be joyous. We cannot be like God until we think as God and see as God sees. His eyes are too pure to behold iniquity, is a symbolical way of saying that God is pure spirit. Let us awake from the dreams that bind us to appearances, the deep sleep that fell upon the Adam man. There is a spirit in every man that knows the Truth. We need not harbor the memory of sin, if God knows nothing of it. Any fear can be dispelled by taking the God point of view. It is wonderful to know that you have this ability within yourself. If there is no reality in sin, then, rise to agree with the principle of Truth and love it. To attain complete harmony, sin and matter must both come into the kingdom of Oneness.

The peaceful satisfaction of your thoughts fold themselves around you in good friendships, good healing power and the reformed conduct of men. God needs no healing, therefore there is no healing to be done and no reforming to be done. What then? We tell the Truth and as the whole and perfect man steps forth, he looks on the sense plane as if he were being healed and we will speak of it as healing, but we know the Reality. Knowing there is no work to be done gives the appearance of miracles, because as the signs of the heavenly estate appear, they push the earthly estate aside. This looks like activity. It is really the rest of God. Watch the stars as an example.

If we are pledged to a Principle, it will work for us in loving kindness. There is a gift of skill in handling things with thoughts, so that they record the thoughts perfectly. The instrument must record the singing and joy of the musician. There is no healing in accusation or condemnation. Whatever we think toward a person is the treatment we are giving him, which will explain both black and white magic. Everything we do is recorded in plain sight. Your practice must tell the world what your genius can do. Genius is the result of concentrating to an idea. Let others see your good works and glorify your Father in heaven.

If we have discovered how to be joyous and grateful, to smile and praise when there has not seemed to be any reason to do it, there will come a time when we can teach others to do everything we can do. This brings the companionship for dwelling among equals. This is one of the foundation stones of character in the temple not built with hands. Everything is as good as we have been to it. It tells our ability to discard symbol and realize reality, while we are giving forth thoughts, words and writings. Things, objects and people are the records now of ways we have thought in the past, also of ways we think now. We think new and joyous thoughts in regard to people, of things, of life and presently they respond to it. It is recorded and answers back to you just as your face comes back in the mirror.

According to the foregoing, things are not unexpectedly kind, or mysteriously good, but have taken place through a definite operation of law set in motion by your own self. We play upon all the chords of appearances with the touch of one whose words endure after Him-- forever.

Jesus taught His disciples how to keep alive, but they did not understand it, so chose death. Great people today seem to get weary and not mind dying. Shall we try to apply the Truth to this extent and give up dying? All are not teachers, as Paul has said, but can show the truth by their lives.

The stones in Revelation all stand for living stones, by which is meant your living mind. As there are twelve of these stones, so are there twelve evidences of the entire consciousness. We do not want to be asleep at any one point of doctrine, every faculty must be awake and alive. This lesson is on making your work tell of your soul growth, and is the tenth stone of revelation. One lesson seems to be all, but the next takes up another statement of Truth and so on until the twelve gates of Truth are opened. Our conscious wide awake thoughts must smile and rejoice that our obedient world may be at last compelled to return our smile. These may seem slow in conquering the world, but they have Deity in all its enduring force behind them.

We have the capacity to be our best, we choose to do and be successful. Some have chosen to be rich, that is their high ambition, some choose to lead society, some to be known by their music or painting, some masterpiece of splendor. There is perfection laid out for us from the beginning, before the world ever was, the making of the Christ character, in whose glory rests ever the center of your own being, manifest in your own world. Things are plastic substance to your fingers. But the work of the Christ Mind is greater than any music, when it has proved to you that there is, in Truth, only God.

After the application of your Truth, if your business trouble is still evident, you certainly have been doubtful in your mind whether you could settle it by mental process or not. Doubt makes lameness, so refuse the lame side of the question. Keep your mind on the mark of the high calling. This applies to gifts for healing. If one is really healed they have the freedom that comes with it. Too often the matter of recompense is a stumbling block to both healer and patient. We do not accuse our gift of insufficiency, nor do we accuse ourselves. If you have ever promised yourself that you will make a gift, by all means make it, fulfill your promise to yourself, in order not to come under the sense of debt.

The land adhesions of your natural state of affairs is dissolved by the true way of thinking. It may seem long in its accomplishment, but it comes to pass that our conscious thoughts get greater and greater impulse as we think on, till our whole earth falls to pieces. Friends change marvelously. Home re-instates itself, or maybe we seem to have no home. Maybe we seem to fail. But this is the point where we are at the sepulcher in the beautiful garden of resurrection. We need not say from the looks of things " they have taken away my Lord." We must look up, up and touch God. We do not believe in material ways of thinking anymore, the old conditions made by that way must unglue for the new to come forth, it is formed from our new way of thinking.

We have many illustrations showing that we need never treat anything directly, especially that which is violent. In extremity, take the name of Jesus Christ. This does not mean that we are inhuman, and there may be a necessity to act as we pray. The point is to keep the mind steady. All acute cases are signals for saying firmly, what we do believe and what we do not believe.

Having made your statements in faith, try to lay the trouble aside and put your mind on something else so that you will get out of the way and let Spirit work. At present we think we feel the presence of spirit in some places more than others. There are prayer rooms where there is never a word spoken except those of praise and adoration. But one who is established does not let the feelings go up and down, but knows that God is ever present. If we are looking forward to peace, we must talk of peace, the Heavenly City, standing upon the stone or rock of faith, which is the sight of our good NOW. To take the mind off the trouble even for an instant allows this knowledge to come in. It makes one feel that he is a transcendent being with the power of good. This applies to all affairs.

When the storm comes nearest, the peace of the soul is also nearest. In the heart of the cyclone is the most intense peace and one turn puts us there. Look unto me! But, if we choose to be in the storm, the flower of the soul does not bloom. All the lessons of science turn to the side of joy, peace and happiness. Jesus was so firm on the side of good that He walked around among strange circumstances, unhurt. But they called him names and accused Him of many things. All this time He was the owner of the Universe and it is His doctrine that is rapidly coming forth in the world today and our part is to give it forth.

Jesus said that the Father would send the Holy Spirit, who would teach us all things and the early disciples proved this. Modern man has studied everything else and has put very little time on studying to hear the Holy Spirit through the name of Jesus Christ. This spiritual starvation has brought outer starvation into the world. Let us then continue to listen within to the instruction of the Holy Spirit and learn of Him the secrets of the Universe.

***** G E M S *****

For your comfort we direct your attention to the 37th Psalm and these selected verses:

"The Lord knoweth the days of the upright; and their inheritance shall be forever. They shall not be ashamed in the evil time; and in the days of famine they shall be satisfied. The steps of a good man are ordered by the Lord; and he delighteth in his way. Though he fall he shall not be utterly cast down; for the Lord upholdeth him with his hand. I have been young and now am old; yet have I not seen the righteous forsaken, nor his seed begging bread. Depart from evil and do good; and dwell forever more."

THE ORDER OF THE ESSENES

212 SOUTH MANHATTAN BLVD.
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DEPARTMENT OF INSTRUCTION

Dear Friends;

When we were children in Sunday School, we were taught that Moses was the meekest man, but now that we have reached the years of discretion, we realize that Moses was a strong man. Consider the great task he accomplished in leading the people of Israel across the desert to the borders of a new country. In this day of easy travel we are apt to overlook the great accomplishments of the past, which have made mankind stronger to meet the tasks of this day.

Moses lead and directed the people, but it is significant that he felt the necessity of keeping in touch with God, that he might have the needed wisdom. We learn from this that we ought never to be too busy to keep in touch with the Source of all good. This gives us fresh life and inspiration in handling affairs.

David, the Psalmist said; "I was glad when they said unto me, let us go into the house of the Lord." To keep in touch with the Father is not a duty and an obligation but a glad experience that we long for more than anything else. The soul longs for God, and as we gladly fulfill this longing we become the man we were created to be. Meekness is teachableness, a yielding to the spirit only, from whence cometh all strength.

All the troubles that come to us have come to cause us to turn our attention to the Spirit. When we turn quickly to God, we are restored if we are meek. Pain is nature's "stop and go" sign to safeguard life. Life is the most precious of our possessions. God is life. Need we say more?

Eternal life is here now and divine energy is flooding the world at all times. May each of you be aware of it with much rejoicing.

Faithfully,

S. Hamner Davis

Enc. 153



THE Essenes

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INSTRUCTION # 153 Assuring to the Acceptable and Accepted
HEALTH, HAPPINESS AND SUCCESS.

AMIDST TIMES THAT TRY MEN'S SOULS, THE MAN OF MEEKNESS IS "AS THE SHADOW OF A GREAT ROCK IN A WEARY LAND,"---"LIKE A SHELTER IN A STORM." WHEN OTHER MEN WAVER AND ARE FILLED WITH DOUBT AND FEAR, HE MAINTAINS HIS INTEGRITY, HE KEEPS SERENE AND POISED,--KNOWING HIMSELF TO BE AT ONE WITH THE HEART OF THE ETERNAL IN WHICH ABIDES THE UNCHANGING LOVE OF GOD.

From: The Fruit of the Spirit.

By: H.B. Jeffery.

THE MEEK INHERIT THE EARTH

Through agreement of Will and Judgment .

Confucius once said; " A man filled with Truth hath power over heaven and earth, gods and devils. Nothing in the universe can injure him, water and fire cannot cause him to fear." The belief that nothing can harm you is faith and faith is strength. The reason children can apply Truth is that they accept what they have been taught, while older people, including the teacher cannot always seem to do it.

This instruction deals with the experience of proving which is the stronger, your true belief, or that which believes sickness and poverty are real. Former instructions have taught the importance of taking a high claim and holding it, never admitting that evil is more powerful than good. So often people are just "trying" Truth to see "if" it works. This very attitude shows a slight belief in the power of evil. Confidence, or faith is a Life Principle and when faced with doubt, we are to stand firm. We have the help of God to enable us to do this. We have been taught how to take the name of Jesus Christ, which means more than a mental doctrine.

The fourth and the tenth stones of Revelation match, for mind will demonstrate as much Truth as it has the courage to stand by its affirmations. The tenth relates to the environments, for the world will persist in exhibiting before you what you persist in affirming the world to be. Is it in a state of confusion? All the ungluing comes from giving up old affirmations. When there is no great issue at stake we do not have to test our skill. If we prove the Truth once, we are satisfied henceforth and nothing can ever again daunt us. This stone signifies the type of mind that sees land ahead whether anyone else sees it or not. This is the deathless seed for that which we think about surely comes into the surroundings. In other words, our surroundings are often obedient to our suspicions. Your world can be changed if you believe it can. This is the perfect doctrine of prophecy.

We are tempted to say that truth sounds all right, then why not do it? We have accepted the teaching as given by Paul to the Romans, 8:2, " For the law of the Spirit of life in Christ Jesus, hath made me free from the law of sin and death." This will enable us to know what to think and to do in the time of extremity. We will persist in the good as long and as firmly as we need. Persistence is a wonderful manager, so persist, but live only one day at a time. The call is to take the position that life, health, strength, support and defense are from God. God cannot fail. Through your consciousness of health

you see health and through your consciousness of wealth, you see wealth.

In Instruction # 126 there is an axiom that is fitting in this lesson. "Judgment is as great and competent as will and meekness can agree." This state of mind is said to meet all occasions of life. A strong will wants everything to go its way. This is well if you have sufficient meekness of character to yield your point instantly when you see you are wrong. First, your mind will try to protect your will. Secondly, you will be directing your will along the right as far as you can see it. This is a process of hearing instead of closing the will and the ear which is a cause of deafness. If we come to a point when we do not know quickly what to do, it shows we have exercised our will to carry out our notions whether right or wrong. False pride makes one stick to a point after they know they are in the wrong. You will hear a friend say, "I know I ought not to do this....." but continue doing it.

We have named the foregoing unbalanced condition of mind, foolishness or ignorance. It is discouraging to see the results of bad judgment from carrying out our own will. One can bring about disease the same as health. We have been taught, in the ways of the world, that, as we get older we must not overdo. Sometimes we place such thoughts on other members of the family. What causes us to take such a premise in the first place? Who said we ought to feel our years, mortal man or spiritual man? Do we watch for grey hairs or other signs of old age? The agreement with the low or dying side is not meekness, but foolish yielding against your will, which blunts your judgment. The soul tires from the force of the will acting in worldly ways. All disappointment is selfishness, evidencing self will. We can make our judgment perfect by living up to the highest that we know.

We can give birth to the divine decision by compelling meekness to unite with our will as to strength, health and prosperity. Do things look bad in your affairs? Do you will it to be bad? No! Your will is for good but your will is not enough. Meekness means yielding, not to the hard conditions but to the spiritual doctrine, though appearances argue louder than spiritual realities. There was a time when people yielded to poverty as being sent from God. God does not send poverty, therefore the belief is untrue, the result of being tempted to judge against the will on the material side.

All weakness of body comes from yielding to appearances instead of spiritual doctrine. If anyone needs to be healed of weakness, the main spring to touch is the thought of foolishness or ignorance. Make a statement like this: "My will never fell through temptation, the doctrine of the fall of man came from believing in the reality of temptation on the material side."

If the will is set to carry a point, we have crosses to bear, for it is materiality which we, ourselves formulate. We compel what we know to be nothing to seem real, which is foolishness and harder to get rid of than ignorance. It is said that idiot children are the full bloom of the weed in the race mind of the perverted will or foolishness and ignorance. Both names are mentioned in the Bible. Proverbs 19:3, "The foolishness of man perverteth his way; and his heart fretteth against the Lord." If we have a persistent habit of detecting ignorance or stupidity in people, or even in wailing about our own stupidity, we can be sure we have a veil over our wills. Do not think that others do not know as much as you think they should, or fail to be as quick as you expected. This is a subtle accusation of ignorance and again, it is the fall of man. This is yielding to appearances. Spiritually, we have the strong power of discernment that brings the knowledge that we need.

Students can now see that the mental side of Truth is only the beginning. The faculties of the mind have to be joined to the spiritual counterpart, as we build the temple spoken of in Revelation. In the beginning God said; "Let us make man..... and let him have dominion." "The Father hath committed all judgment unto the Son." The perfect merging of the Divine will and meekness brings to light the Jesus Christ man. Jesus, the man of Nazareth, said; "Blessed are the meek for they shall inherit the earth," Matt. 5:5. If an unhappy environment persists, we can let the powerful judgment of Jesus Christ speak of the spirit of the universe. This will take down the error that hides your prosperity. Your mind must be this man having dominion. Your Christ judgement must reign supreme, and your affairs will never seem to hang heavy.

Do not let another person's discouragement pervert your judgment. You can touch the chord of his will and he will be free also. Good judgment brings out beauty. The polish of meekness is the angel of beauty "who measures the city." One of good judgment is not bound by traditions and needs not those things that others believe should be done for the sake of beauty. That which good judgment decrees is your charm.

There is one universal mind, which is the perfect intelligence from which all men in all ages have drawn their knowledge. It cannot be exhausted nor decreased. The more one uses it the more one has. The more one speaks according to his perfect judgment, the more he will have and his neighbor also. One may not always be able to explain it, but it will show up.

To refuse to call anyone ignorant or foolish will uncover your dormant chord. It leaves the strings of your soul exposed for the winds of God to blow over them and bring out the beauty of judgment that is yours from the foundation of the universe.

The words of lofty Truth are often so lightly spoken that they bear little fruit, but by the deep thought of the mind, they bear much fruit. The carelessness that binds us in captivity can not be redeemed by money, but by fidelity to the Truth. We do not want any half hearted, timid, unprofound acceptance of Life Science. Living it comes from thinking deeply, speaking sacredly, acting wisely.

When the outward life is in accord, then is judgment risen in her beauty. We are to give up any prejudices in regard to any high or low, for all must be alike when they are names and descriptions of spirit. It is not silly to refine the face by knowing I am a son or daughter of the King. Jesus said; " I am meek and lowly in heart." There are neither high nor low in Christ. To Spirit, all is God. The keys of heaven and earth are given unto perfect judgment.

Scientific statements held along in their order will bring you into spiritual consciousness. The law and the gospel must become one. When judgment is come forth you are not bound to any methods or modes, but to the way of spirit only. Buddha taught that the Self is the Lord over self. If we do not speak from the spiritual Self of us it will not act. We are arbiters of our own destiny. The spirit of Truth takes us at our own word. Spirit supposes nothing, but believeth all things, and brings its fountain of power to all words of I AM and I WILL.

The only true ignorance is the ignorance of evil. Accusations are prejudices against people which keeps the highly efficient judgment from speaking. Prejudice against any religion will act against your business judgment. Therefore, judge not! The strong man says I can and I will, the wise man says, I Know. The perfect man says, I know what to do and I am able to do it, therefore, I will do it.

***** G E M S *****

With every desire to do good the ignorant and foolish only succeed in doing harm. 'Tis knowledge crowns endeavor with success.

Jataka.

"Come unto me, all ye that labor and are heavy laden, and I will give you rest. Take my yolk upon you and learn of me; for I am meek and lowly in heart; and ye shall find rest unto your souls. For my yolk is easy and my burden is light. "

Matt.12;28

THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

Dear Friends;

With this instruction and the one to follow, we are summing up the steps we have been taking together to raise our consciousness to a higher level of understanding. If you are interested and wish to know more of the symbology of jewels and stones, you may consult your encyclopedia as well as your Bible.

It is to the Egyptian Pharoah, Akhanaton, that we give grateful appreciation for his idea of the One God. All history takes on a new meaning when we look upon it as man's struggle for the Light.

While one may not have mastered mind and heart by the end of the course, he will at least know a definite plan for action, which, if followed will bring him into the Light. May the same spirit that raised up Jesus also raise you up, and may you be bountifully blessed along the way.

Sincerely,

J. Hamner Davis

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INSTRUCTION # 154 Assuring to the Acceptable and Accepted
HEALTH, HAPPINESS AND SUCCESS.

ASPIRATION

I HOLD EVER WITHIN ME
THE VISION OF WHAT I AM
AND WHAT I AM TO BE,
FOR THAT WHICH I AM SEEKING
IS LIKEWISE SEEKING ME.
I FEEL NO ANXIETY.
I ASSURE MYSELF AND WAIT,
FOR PROGRESSION IS MY DESTINY;
PERFECTION IS MY FATE.

E.W. Shaw.

THE TWELVE STONES OF CONSCIOUSNESS. (Part I)

Each student who reads and hears and keeps the plan of revealed life will finish the book in his own life. What you live is what you write in your book. Your life is hid with Christ in God and the only WAY is written in your inward parts. "Ye are our epistle written in our hearts, known and read of all men, written not with ink, but the spirit of the living God, not in tables of stone, but in fleshy tables of the heart." II Cor. 3:2.

You, as students, have chosen the path of election and not compulsion for you have discerned that the "Perfect Man," the Christ which was in the beginning is the only enduring phase of present man. By the natural order of things, the manifest man, must become the Christ Man. Happy are you who choose to travel the path of election and surrender yourself to the inevitable. At a certain point in your life you come to your spiritual adolescence and find that the tools of the Spiritual man are Spiritual forces instead of material forms. You must learn to let go the sense of dependence upon forms before you can learn to rely upon these forces.

To know the way of God in all things and to live according to that way is to be at perfect peace. All results must follow accordingly. The Christ in Jesus said, "I am the Way," and the Christ in you is the Way of God in your life. To see and live as the "Angel of His Presence" directs is to live in absolute security. Results are the exact out picturing of the richness of the life that is Christ. We die to the old and are alive to the new life.

There is a definite pattern of unfoldment concealed in all outer instruction; because the pattern lies within. We have been given a process which will enable the student to uncover the Real. "There is a white stone upon which the new name will be written" (Rev. 2:17). Symbolically we are busy polishing this stone. We are using the stones in the foundation of the temple as given in Revelation 21, as symbols of the purifying process.

If you will read the 28th Chapter of Exodus, you will see that these stones, in the early unfoldment of mankind, were set in the breastplate of judgment that was worn by Aaron, the High Priest, when he went into the Holy of Holies. There are twelve stones signifying the Children of Israel, the sons of Jacob, the intellectual man. Twelve is a much used number in the world today. The institution of the priestly office is a great Messianic unfolding, and in Aaron, Christ is typified as the Great High Priest of the New Covenant. Jesus had twelve disciples, and we believe twelve is the number of perfect man.

Paul, in writing to the Hebrews in Chapters eight and ten says we have such a High Priest. One who is set on the right hand of the throne of the Majesty in the heavens, through whom a new covenant was made. A High Priest of the good things to come, by a greater and more perfect tabernacle not made with hands. The new covenant enables man to discern the Holy of Holies within and to know that the law is in his own heart and mind. Therefore, stones, as symbols were worn in the outer in the old times, but today are within man as living qualities, which when polished sufficiently reveal the man whom Christ has redeemed. This is the "new and living way which he hath consecrated for us, through the veil, that is to say His flesh." Hebrews 10:20.

Mind is composed of twelve qualities, which when exercised, become twelve characteristics which shine like polished jewels. They make a perfect foundation for an absolute demonstration of Jesus Christ Spirit. As given in Revelation 21: these stones are; jasper, sapphire, chalcedony, emerald, sardonyx, sardius, chrysolite, beryl, topaz, chrysoprasus, jacinth and amethyst. Some of these stones have been given more modern names and are now polished differently by the jewellers. In many Museums you can see these various jewels set in the handles of swords of the ancient chieftains. An uncut diamond is not very pretty, for there are no facets to show the brilliance. You realize we do not intend to lay too much stress upon any kind of symbol, for the symbol is not the thing itself. Even our words are symbols to convey our understanding. Understanding is formless, but it formulates. This is metaphysical, for one has no affairs and no substance except what the understanding formulates. We train our realizations first and deal with the world secondly.

The first stone in the foundation of the temple is jasper, which is the diamond and is represented by Peter, the disciple. Peter, or Petros stands for faith, the very foundation of life and the first disciple that Jesus called. The diamond is irresistible in beauty and brightness of purity. Your first instruction in discipleship told you to take the word of God and let it lie before you like a great white stone, that it may reveal the hidden meaning of God. The unconscious feeling that one should have good is indestructible. The ancient Hebrews filled their scrolls with prophecies of the day when all mankind should look to the heights for the opening of their eyes to see the glories of the true kingdom.

The second stone is the sapphire representing James, judgment. This stone stands for peace, health and liberty. This comes from reasoning your life out from an entirely different basis. Man learns that gazing upward to his Father's face is a liberating act. He forgets his calamities and is on the pathway of salvation from the causes of calamity. In other words his mountains of difficulties roll into the sea.

The third stone is chalcedony, now called the opal and is represented by Andrew the disciple who stands for strength. Authorities on precious and semi-precious stones give much more about these jewels than we can use in a brief review. Chalcedony has sometimes the colors of copper-emerald, denoting strength, while others are sky tinted, the emblem of quenchless life. Now is the time to choose the power or energy we would embody in ourselves, until the efficiency that lies in it is our efficiency. "Awake, awake, put on strength, O arm of the Lord." Isaiah 51:9. Without this stone, character is not strong, glad and fixed and secure. To wear a stone does not give us the quality of it. The aspirant must find these stones in his heart and in polishing reveal the priceless jewel.

There is upon the earth no stone quite like the ones John saw. You recall the instruction that said "the hilltops of delight are the true meanings of affirmations." The intellect at its height of human possibility explains the foibles of human life as the strength of life. This is a sort of enchantment that would cause us to forget that Jesus Christ is All. Intellect when told that love conquers death refuses to believe it because appearances do not prove it. Jesus said; "Judge not." Matt. 7:1.

The fourth stone is the emerald, which was once called the smaragd and held radiations for sharpening the memory, even to recalling our heavenly beginnings, making us mindful of "that country whence we came out," and one to which we all may return. There is an ancient legend concerning Hermes Trismegistus, the thrice greatest, the Scribe of the Gods, the Shepherd of men, who wrote the Divine Pymander, to the effect that he wrote great truths on an emerald tablet. This stone is represented by John the beloved, the disciple of love, which is significant of walking free from common law. This is the fourth foundation stone of the city of Peace, for we have great peace in the Spirit. There is no turmoil in Spirit. If there seems to be turmoil it is a sign that we have tried to believe in both good and evil at the same time. We see things in their Reality by being firm in our minds, thereby touching the original substance of all things. The firmness is faith and the substance is love.

The best ambassador for any king would be he who best understands his king's mind. There is One King of Kings and Lord of Lords, whose whole purpose toward his kingdom has ever been peace, health, wisdom, even to the greatness and wisdom of His Own Self. "Look unto me." "I am the Lord that healeth thee." The fountain does not send forth both bitter and sweet water. So, when we have pain or sickness, poverty or misfortune of any kind, we have been looking away from the High Redeemer who said, "Seek ye my face and live."

As we each of us have a work that is supremely ours and no other can accomplish this work but ourselves, so Jesus of Nazareth had his work and his work was the redemption of mankind from sin, sickness and death. He accomplished this work, leaving the universe entirely without sin, sickness and death, thus making us to walk through a redeemed world. This was His chosen work and it seems only fair to Him to acknowledge the completeness and splendor of His finished work. The only trouble is that we have not accepted this as being true now. The soul hath a strength of empire and an influential glory which it hath not entered into the heart of man to conceive.

When you rise into the highest thoughts that you can write or think or speak, you see your body as it really is, pure spiritual substance. Jesus was transfigured, but He was not really changed. Peter, James and John suddenly had their eyes opened to see Him as He is. So your eyes will be opened. So your mind will perceive things in their Reality. So your own body will show forth its hidden beauty. John called this accomplishment the Sardonyx stone of our Temple of Life.

***** G E M S *****

JESUS CHRIST IS NOW HERE RAISING ME TO HIS CONSCIOUSNESS OF FAITH IN GOD AS MY UNLIMITED SUPPLY

JESUS CHRIST IS NOW HERE RAISING ME TO HIS CONSCIOUSNESS OF DIVINE DISCERNMENT, AND I DECIDE WISELY AND WELL EVERY QUESTION AFFECTING MY AFFAIRS.

"LIFT UP YOUR HEARS, O YE GATES; AND BE YE LIFT UP, YE EVERLASTING DOORS; AND THE KING OF GLORY SHALL COME IN. WHO IS THIS KING OF GLORY? THE LORD OF HOSTS, HE IS THE KING OF GLORY." Psalm 24: 8.

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,
J. Howard Davis

A



THE ORDER OF THE ESSENES

212 SOUTH MANHATTAN BLVD.
OR P. O. BOX 10427
TAMPA 9, FLORIDA

DEPARTMENT OF INSTRUCTION

Dear Friends:

We accept the fact that the likeness of God is implanted in man, and that man develops it in a long series of personalities.

The phenomenal phase of creation is so interesting we become engrossed in its study or pleasure and the originating cause may be ignored to the point of forgetfulness. To know GOD is the important thing. In the early growth some qualities seem to come slowly, and some times to rest, while other come forward quickly.

The process of forming a soul may be compared to photography. The image on the sensitive plate cannot be seen until it has passed through a developer.

The mission of Jesus was to break down the mental structure which had been reared through ages of blind servitude to form and ritual. The Mosaic law became rigid, excluding reason and common sense. No man made law is true enough to be a permanent guide for anyone.

A statement setting forth the teachings of a Religious Doctrine is essential, but compelling clauses should be omitted. Mortal man loves to be dominated and whipped into line by rituals and masters, but Divine man oversteps such childish circumscribing and goes direct to the Father for all instruction.

As we become obedient to the Divine, ever ready to acknowledge His Holy presence in our hearts, we find we have dipped the sensitive plate of personality into the developer of Christhood. The lamp of love will burn perpetually in our hearts. Jesus found this inner flame and it so lighted His presence that it lights the path for all.

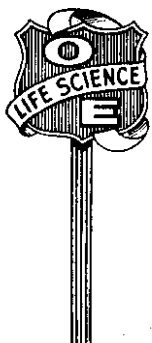
No one lives by reflection. You live by the only begotten Son of the Father within you, through which all discords drop away. We are not liberated by suppression, nor by violent overcoming, but by steadfastness. In communion in the Silence your true way of release is indicated. In communion you lay a strong inner foundation of strength, power, order, wisdom, judgment and love. These come forth gradually, raising the body, infusing the more enduring Life.

May you realize this whole new state, through Christ Jesus.

Lovingly,

S. Hamner Davis
INSTRUCTOR.

Enc. 155



THE Essenes

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INSTRUCTION # 155 Assuring to the Acceptable and Accepted
HEALTH, HAPPINESS AND SUCCESS.

" O DESCENDENT OF BHARATA! SEE WONDERS
IN NUMBERS, UNSEEN BEFORE. WITHIN MY
BODY, O GUDAKESA! SEE TODAY THE WHOLE
UNIVERSE, INCLUDING EVERYTHING MOVABLE
AND IMMOVABLE, ALL IN ONE."

Bhagavad Gita XI.

THE TWELVE STONES OF CONSCIOUSNESS (Part II)

With the Sardonyx stone of the Temple of life represented by Philip comes the POWER to see things in Reality and to speak the spiritual word. The first six disciples have to do with the Principle and the last six with the application of that Principle. The power center in the throat controls all the vibratory energies of the organism. It is the open door between the formless and the formed world of vibrations pertaining to the expression of sound.

The Sardius is the sixth stone in the foundation of the Temple of Christ character. It stands for invocation both mental and mystical. The mind is surrounded by ever-present knowledge which may be indrawn by invocation, through which we are taught new things. We invoke the Holy Spirit, the Heavenly Dove to rest in us. The Holy Spirit is the moving power of God and His Christ, therefore invocation is the greatest efficiency of prayer. It is well to consider what we are invoking in His Power. Deep desire is an invocation and sooner or later it arrives upon us. All the joy and skill of the universe are given to the Holy Spirit. We do not have to beg it to work. Every good thing that happens in our lives is a demonstration of the Presence of the Holy Spirit.

The acknowledgment of this Truth will affect us mysteriously. Not that in reality anything is altered but in appearance everything is altered. Here, in our midst abides the glory of God. There is a state of mind in which we shall see what Jesus Christ called the Kingdom of Heaven.

Among the disciples this stone is represented by Bartholomew, who stands for IMAGINATION, that faculty of mind that handles substance. Is it any wonder the instruction number 146 was called "The Secret of the Lord?" The word Bartholomew means prepared for seed.

The seventh stone, the Chrysolite, is symbolic of right communication. "The tongue of the wise is health. The lip of Truth shall be established forever. He that speaketh truth showeth forth righteousness." (Prov. 12: 17,18,19.) This stone is the beginning of the Christ character in its relations to the world, giving an elixir to the word of Truth, so that the word may change the entire life. When this stone is polished, we let the soul do all the thinking and speaking. In other words it is the ability to let the mind that was in Christ Jesus be in us.

We let the Christ Mind speak its way through us and bring good tidings of great joy. The Bible says the Christ Mind thinketh no evil, is not puffed up, is not angry, is not vain, is not critical, but is full of praise. So we make a practice of praising everybody and everything. Above all, give daily thanks that God has done such wonderful things for us in Spirit.

This brings UNDERSTANDING which is represented by the Disciple Thomas. We remember that Jesus did not hesitate to satisfy his doubting mind. The will and the understanding are very closely associated.

The eighth stone is the beryl, a stone of many colors, clear white, through yellow, to brownish, olive green or cat's eye. Being many colored it signifies the will, giving play for free will. People live a variegated life because the will is the man. God's will for us is perfection. As we see the necessity of putting Truth into every day tasks we polish this stone of character. The more truly we speak of things the more clearly the meaning stands out. The more we listen in the Silence or Secret Place, the more we understand the will of God for man. Among the disciples Matthew represents the WILL. As man exercises his will at all times in every act this faculty must be trained to persevere, to remain steadfast in the Truth.

The ninth stone is the topaz which means harmony between the thoughts and externals and is represented by James, son of Alphaeus. James stands for the faculty of ORDER. The topaz is called the laughing or joyous stone and we all know the value of joy in life. The joyous heart is a healing presence, acting to remake the body and affairs. As we sing the song of the spirit, joy breaks over all. It rolls the earthly conditions away, for it is the rest of God in which there is no work to be done. Does God work? Is not all finished in God? Yet this very saying that there is no work to be done gives us the appearance of accomplishing miracles, because as the good appears that which is not good disappears. The rolling away of earthly conditions looks like activity. This is the state of abiding satisfaction, or total harmony. Harmony means the just adaptation of parts to each other, giving unity of effect or a pleasing whole. We can compare this to an orchestra, which is a pleasing concord of simultaneous sounds, differing in pitch or quality, but all in agreement.

If we polish the ninth stone and have it established in our foundation, we are ready to set our feet onto a new land, the true earth, or symbolically, the Heavenly City. This new earth is spiritual substance and is spoken of as Chrysoprasus, a kind of quartz, a variety of chalcedony, apple green in color. We think of it in its highest form as the emerald, the stone of companionship for dwelling among equals.

If we have discovered how to be joyous and grateful while yet on earth, which seems so dark and unreliable, if we have learned to smile and praise while there is nothing seemingly to smile about or to be grateful for, there will come that moment when everything we are able to do, we can teach others to do. This is the stone of companionships, the green stone polished and shining with answering goodness.

This stone is the type of mind that can see land ahead whether anyone else sees it or not. It is truly the substance of faith. In this character we are able to look through appearances and know that we are born of God, that we go toward God and we know God. The apple green stands for fresh new earth or outward conditions among our associates and their affairs. No matter what adversities face us they are dispersed under the ministry of inward truth.

This stone is represented by Simon, the Canaanite, who stands for ZEAL. The student will recall that the twelve disciples are twelve faculties of mind each having a brain center in the body. As these faculties are raised into their spiritual counterparts the body takes on a new look, a transcendent look.

The eleventh faculty to be raised and established is JUDGMENT. Thaddaeus among the disciples stands for renunciation or elimination of all that does not add to the Christ life. There is a sense of yielding as well as one of freedom, a releasement, and is represented by the jacinth stone, or the ruby. It could signify the blood of the New Testament, concerning which Jesus said; "Drink ye all of it." The spirit of Jesus Christ is health, life and prosperity, red with the reviving as the wine He gave at the wedding feast. If we have meekness of character enough to yield a point instantly, when we see we are wrong, we are making quick and accurate judgment. Perfect judgment touches the life chords of each situation with the right word.

The ruby is the symbol of beauty and judgment which represent the proper adjustment of part to part, man to man. A good judge is more sought after than a king, for he puts man in right relation with his fellow man. Beauty is the proportion, the balance, the inimitable adjustment to the Whole. Confidence in the miracle of Jehovah; is the ruby stone among gems of character. It colors the blood with living fire. Let go for the miracle of Jehovah!

The twelfth stone is the amethyst, symbolic of the discovery of secret values. It is the symbol of health-giving indifference. God is the Great Indifferent, leaving the world to lay hold of His healing presence or to let it go. Our sun is an example of the great indifferent, caring not whether it ripens or rots the fruits and vegetables.

Judas represented by the twelfth stone is the custodian of life. He represents the unredeemed life forces. He typifies that humanity which, though it has caught the higher vision of life, still resorts to underhanded methods in order to meet it's obligations. When the Judas faculty reaches the spiritual standard of life it is known as Judah whose office is praise and thanksgiving. Praise radiates and gives glory to the latent powers of man. This is the advanced signal of hidden love, rest and home. Rest is relatedness to the Lord of effortless achievement, the rest that heals the sick and strengthens the weak.

The amethyst stone has the hues of all the stones and stands for security. Twelve works of God as Holy Spirit are all manifest in the amethyst. It is the symbol of the miracle working power of love, the stone of resurrection, of ascension, of the New Kingdom, where man is fulfilled in love. It is the love that is stronger than death and when it enters into man's love death is not possible. There is absolute security when you understand and feel this twelfth lesson.

In the final instruction, with the last polish of the lessons on your character, you will see that there is nothing whatsoever to do. Like the clear amethyst we let the Divine Mind sift its innocent light through us. "He shewed thee, O man, what is good; and what doth the Lord require of thee, but to do justly, and to love kindness and to walk humbly with thy God." (Micah 6:8)

***** G E M S *****

"THE DEITY IS ONE, BECAUSE IT IS INFINITE. IT IS TRIPLE, BECAUSE IT IS EVER MANIFESTING."

THE KABBALAH.

"THERE IS BUT ONE TEMPLE IN THE UNIVERSE, AND THAT IS THE BODY OF MAN. NOTHING IS HOLIER THAN THAT HIGH FORM. WE ARE THE MIRACLE OF MIRACLES-- THE GREAT INSCRUTABLE MYSTERY."

CARLYLE

THE ORDER OF THE ESSENES

212 SOUTH MANHATTAN BLVD.
OR P. O. BOX 10427
TAMPA 9, FLORIDA

DEPARTMENT OF INSTRUCTION

Dear Friends:

Although this is the last of the Instructions it does not mean the last of our friendship and fellowship. In fact we are more closely knit than at any time heretofore. Any of you who have come to this instruction have displayed the qualities that enable you to come into the New Kingdom, here and now. We congratulate you on your faith and your integrity for you recall that it is in the integrity point within you, that you know and see God. This point in you has been trained to a purpose and the whole purpose of life is to know God.

You know that we have our department of counsel and we shall be only too glad to hear from you, to rejoice with you and to pray with you if you request it. We can recommend to you a book by Agnes Sanford, "The Healing Light" as a guide both for those in the Church and out of the Church. She combines the sacramental way and the metaphysical way in a simple book that is true and deep.

In the unified whole we all dwell in varying degrees of comprehension. Each one lives in his own awareness of the whole. The larger our field of consciousness, the richer the life. Therefore Christ in you is your "hope of Glory", because Christ is the idea of Universal unity and harmony of all things. There is One God, over all, through all and in all. This is the eternal Truth.

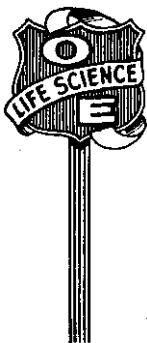
God bless each of you in the fulness of this realization, in the name and through the power of Jesus Christ, Himself.

Sincerely,

S. Hamner Davis

Director

Enc: 156



THE Essenes

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INSTRUCTION # 156 Assuring to the Acceptable and Accepted
HEALTH, HAPPINESS AND SUCCESS.

"BELOVED, LET US LOVE ONE ANOTHER;
FOR LOVE IS OF GOD, AND EVERYONE
THAT LOVETH, IS BORN OF GOD AND
KNOWETH GOD. IF WE LOVE ONE AN-
OTHER, GOD DWELLETH IN US. HEREBY
KNOW WE THAT WE DWELL IN HIM AND
HE IN US, BECAUSE HE HATH GIVEN
US OF HIS SPIRIT.

I JOHN 4 7-12-13.

LOVE, THE CROWNING GLORY.

"Owe no man anything, but to love one another; for he that loveth another, hath fulfilled the law. Love worketh no ill to his neighbor, therefore love is the fulfilling of the law."

Romans 13: 8-10.

It seems fitting that the last study of the three years course of Instruction should be on love. As love is the fulfilling of the law, one has to be free of the law by passing through the training given by the law, before one has the foundation stone of love securely laid in place. The amethyst, symbol of the miracle working power of love is the twelfth and final stone in the foundation of the temple not made with hands.

This is the stone of the resurrection, the new Kingdom, where love fills man's mind, overflows to the world, and awakens the same to shine back. The superstructure that is to be laid upon the foundation is the new Kingdom. Love is stronger than the tomb and the twelve works of God as Holy Spirit are all manifest in it. Who ever gets into the state of overflowing, unquenchable love sees no evil in anybody or anything. He receives no injury at anyone's hand, rejoices in all things, and nothing that happens can kill that love.

If things grieve you or hurt you, you have not touched this science. "In thy light, shall we see light." Psalms 36:9. Look for the loveliness in all your friends, in other words bring all the tithes into the store house. Gather all beauty into your memory. Who ever does this spills over with blessings, for there is not room enough to hold them.

With the last polish of the lessons on your character you can see there is nothing "to do." Of course if we still see evil there is something to be done. The higher way is the Way of Love, the finished Kingdom; expressed in beautiful, satisfying life everywhere we go.

It is said that mankind struggles on three circuits. In the first he appreciates the tangible and material and rejoices in them, but he finds that the flesh profiteth nothing. In the second circuit he learns the power of thought and comprehends the meaning of "take no thought." In the third circuit man contacts the transforming power of Love that transcends limitations. If you are discouraged you have not touched the resurrection stone of love that fulfills all things. We can take any condition and inspire it with the twelve lessons, for inspiration gives understanding.

If we are able to feel this Instruction we are able to rest and survey the landscape in security, but only the heart that is above condemnation feels secure from it. The axiom of this twelfth step is; "He that knows Me, transcends Me, and he is beyond the God he imagined Me to be."

The one who loves you always expects more than you know you have. When we see rich virtues in others, we are also fed, for this is the law. If we see them and complain that we do not have them, we keep them away. This is the old art of the animation of the particular from the universal, sought after by the ancients, but seldom found. It is the recognition of good that makes us good enough to show goodness. If we look for wisdom and see it we feed our wisdom. This method also applies to our prosperity. Prosperity is alive in our adversity, and by right dealings it can be brought out again. We must feed the love of prosperity within, for all things are within, the love of strength, of health, or harmony and security.

If we do not complain we can be fed and will soon be all that we see. The only legitimate don't is, don't complain. The secret of Jesus is that He never complained. Jesus said; "Behold, I have set before thee an open door, and no man can shut it." Rev. 3:8. "I in them and thou in me, that they may be made perfect in one, and that the world may know that thou hast sent me, and thou has loved them as thou hast loved me." John 18:23.

This sets aside the doctrine of limitation. If we think there is a limit the advancement will be stopped somewhere. We have seen great men rise to heights and then drop suddenly because they accepted the limit the world placed upon them. The spiritual nature of man has no doctrine of limitation and we have the power of choice. Jesus said; "God is within you, and I am within you," so you are able to have all of God or Good that you will accept or let come forth.

We have a marvelous birthright and we do not show our intelligence until we begin to lay hold of it, therefore, for the sake of the intellect, let us make a thorough analysis of that love which is the fruit of the Spirit. Let us look into the quality or peculiar power of love. It is taught that there are three kinds of love, but love in general is an impulse, a tendency of the Soul toward good. If the good toward which we are drawn appeals to our sense nature and our imagination apprehends it as agreeable, our love is sensible love. If the good is moral good, acknowledged by our reason as worthy of our esteem, our love is rational love. If the good is a supernatural good, perceived by faith, our love is Christian love.

In further analysis we find there are four elements in every kind of love. First, a sort of sympathy felt for another person because of a certain harmony existing between two people.

This harmony does not imply that both are exactly alike, but rather that one completes the other. Second, an impulse of the soul toward the beloved to draw close and enjoy his presence. The third element consists of a certain union or communion of mind and heart to share in common the goods each possesses. The fourth element is the sense of joy, of pleasure or happiness experienced in possessing the object of our love. This force unified, so love is known as the idea in Divine Mind of universal harmony.

Christian love is that love which has a principle of affection for its motive and its object. Through Christian love, rational and sensible love is raised to a higher level. The Holy Spirit or Grace acts upon charity which resides in the will and raises our consciousness of love. Faith directs our love toward the Supreme, Infinite Good, then toward our neighbor.

The God we know is the living God, who begat a Son, a perfect idea from all eternity. This idea became flesh and dwelt among us, the first born of many brethren. The Holy Spirit, the mutual love of both Father and Son comes and diffuses itself in our souls. After which men no longer appear to us as mere creatures of God, but are seen in the light of revelation as they truly are, the children of God, living temples of the Holy Spirit.

Charity adds to love a certain affection that proceeds from a high esteem for the thing loved. All charity is love. Charity causes us to love God, for His own sake, above all things. We love our neighbor for God's sake because God is in him. Jesus said the greatest commandment of all is to love the Lord thy God, with all thy heart, with a whole soul, with all strength and all might. We cannot measure this love, for we love Him with out measure. The Book of John tells us that "Perfect love banishes fear," then exhorts us to love God, because "God first loved us." John 4:19

It is possible that great beauty in the temples is first designed to hold the attention, because all beauty is of God. Many souls have learned to love God with the purest love while pondering the love He has shown us from all eternity.

Paul speaks in lyric language of the value of love. In its power to unite the soul to God and to transform it love exceeds all else. It unites the mind to God, through frequent thoughts of Him. It unites the will, through perfect submission to Divine Will, (Thy will be done...) It unites the heart by subordination of all affections to the Divine Love. It unites our energies by dedicating them all to the service of God. This is friendship, reciprocity, mutual giving of self. In this way love does its transforming work.

It is a mutual theme between friends that causes them to understand one another and become more intimately united, at one with one another. Love is productive of great joy and expansion of soul. It is the beginning of eternal life in us. This joy is followed by a profound peace and there is nothing more favorable for spiritual growth than inward peace. Hence from whatever point of view we consider love, it is the bond of affection. Love, being the gift of self; our love for God will be more perfect, the more completely we give ourselves to Him, without reservation, with a great yielding. Because we cannot make the gift of self without self-sacrifice, our love will be more perfect, the more unselfishly we practice this spirit of discipline for the love of God. This exemplifies the quality of our love for Him.

God's love for us is eternal. It is disinterested, it is generous and thoughtful. "I have loved thee with an everlasting love; therefore with loving kindness have I drawn thee." Jeremiah 31:3.

The quality of charity with regard to our neighbor is a form of God's love. "He that loveth his brother abideth in light, and there is no occasion of stumbling in him." The perfect good, perceived by faith is to see Christ in all, which calls for fervent practice. Breaking open the twelve lessons of science and receiving the ointments of their meanings is to get the actual teaching of Jesus Christ. This is the gold tried in the fire. This the love which crowns your life with glory.

***** G E M S *****

LOVE IS THE RIVER OF LIFE IN THIS WORLD.
THINK NOT THAT YE KNOW IT WHO STAND AT
THE LITTLE TINKLING RILL, THE FIRST SMALL
FOUNTAIN.
NOT UNTIL YOU HAVE GONE THROUGH THE ROCKY
GORGES; AND NOT LOST THE STREAM; NOT UNTIL
YOU HAVE GONE THROUGH THE MEADOW AND THE
STREAM HAS WIDENED AND DEEPENED UNTIL FLEETS
COULD RIDE UPON ITS BOSOM; NOT UNTIL BEYOND
THE MEADOW YOU HAVE COME TO THE UNFATHOMABLE
OCEAN, AND Poured YOUR TREASURES INTO ITS
DEPTHS -- NOT UNTIL THEN CAN YOU KNOW WHAT
LOVE IS.

HENRY WARD BEECHER