

## THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 9, FLORIDA

DEPARTMENT OF INSTRUCTION

THOUGHTFUL PEOPLE  
ARE SEEKING  
SOMETHING TO LIVE BY:

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

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

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

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

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

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

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

You too will experience successful living and expression.



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

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

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

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

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

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

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

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

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

Very sincerely yours,

THE ORDER OF THE ESSENES

*B. H. Hammer*

DIRECTOR.

# THE Essenes

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## Instruction 1

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

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

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

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

## . . . . THOUGHT GEMS . . . .

- The greatest sin is fear.
- The best day is today.
- The best town is where you succeed.
- The most agreeable person is one who would not have you any different from what you are.
- The great bore is one who will not come to the point.  
A still greater bore is one who keeps on talking after he has made his point.
- The greatest deceiver is one who deceives himself.
- The greatest secret of production is saving waste.
- The best work is what you like.
- The most ridiculous asset is pride.
- The worst bankrupt is the soul that has lost its enthusiasm.
- The cleverest man is one who has always done what he thinks is right.
- The most dangerous person is the liar.
- The most disagreeable person is the complainer.
- The best teacher is the one who makes you want to learn.
- The best play is work.
- The greatest comfort is the knowledge that you have done your work well.
- The greatest mistake is giving up.
- The most expensive indulgence is hate.
- The cheapest, stupidest and easiest thing to do is find fault.
- The greatest trouble maker is one who talks too much.
- The greatest stumbling block is egotism.
- The meanest feeling of which any human being is capable is feeling bad at another's success.
- The greatest need is common sense.
- The greatest puzzle is life.
- The greatest mystery is death.
- The greatest thing, bar none, in all the world, is love.

## Know Thyself!

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

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

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

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

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

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

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

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

their "you".

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

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

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

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

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

You write your own ticket.

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

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

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

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

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

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

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

The surest thing in life to you is that you exist

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

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

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

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

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

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

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

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

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

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

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

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

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

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

. . . THOUGHT GEMS . . .

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

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

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

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

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

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

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

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

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

comprehensiveness.

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

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

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

How delightfully simple!

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

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

We are going now to deal with the physical.

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

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

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

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

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

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

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

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

You easily recognize that three necessities of



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

tivities cannot proceed without it.

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

**. . . JUST TALKING IT OVER . . .**

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

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

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

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

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

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

That's something to think about.

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

to give it some serious consideration.

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

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

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

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

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

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

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

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

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