

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

Dear Fellow Student:

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

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

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

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

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

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

Yours in love and trust,

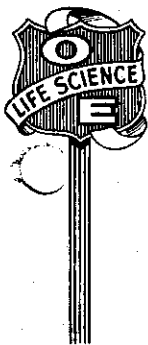
THE ORDER OF THE ESSENES

By

B L Hamner

Director

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THE ORDER OF THE ESSENES

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TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

ACCEPT THIS AS GOOD NEWS

FOR YOU:-

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

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

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

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

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

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

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

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

Enc. 1



2.

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

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

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

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

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

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

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

Very sincerely yours,

THE ORDER OF THE ESSENES

By

S. Hammir Davis

Enc. 1

THE Essenes

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Instruction Headquarters, Tampa, Florida.

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

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

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

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

. . . . **THOUGHT GEMS**

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

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

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

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

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

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

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

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

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

"A Life Principle"

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

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

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

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

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

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

At maturity, what have we?

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

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

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

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

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

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

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

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

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

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

What explanation have you?

Whence came these things?

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

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

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

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

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

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

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

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

Such being so, you will find that all scientists,

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

is the second way.

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

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

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

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

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

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

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

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

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

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

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

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

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

We speak of all these things as intangible but

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

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

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

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

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

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

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

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

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

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

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

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

Section 2 Instruction 2

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

being the sponge.

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

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

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

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

Another point to understand. You exhale or

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

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

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

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

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

. . . THOUGHT GEMS . . .

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



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



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

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

. . . JUST TALKING IT OVER . . .

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

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

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

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

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

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

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