

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

ANOTHER STEP IN
YOUR UNFOLDMENT.

LET THERE BE LIGHT: -

The currents of knowledge, of wealth, of health and success are as certain and fixed as the tides of the sea. Minds, enlightened upon the inner laws of being, control the currents.

This may sound "starry-eyed" to you in your present stage of development, but consider carefully Instruction Number Six, which accompanies this letter - just a stepping stone to understanding.

You are in the A B C stage of self-realization. There will be gradually unfolded to you a consciousness with respect to your real self; contacts and well springs of power of untold value, available to those attuned to receptivity, will be understandingly charted and explained.

All living cells depend absolutely on the medium in which they are immersed. They modify this medium unceasingly and are modified by it; in fact, they are inseparable from it. This is a truth of physiology. This principle is manifest within your body.

It should be easy to understand that there is something in which you live, out of which you were made, and from which you cannot be separated in the universal. You are as a living cell in the universal. You modify it and are modified by it.

In the course of these instructions we demonstrate to the reasoning mind that this universal contains the building blocks of the universe. All things are present potentially. With this science now agrees. We teach you to know that within is all power and that the form of conversion is your privilege and responsibility. Also within is omniscience (All Knowledge) yours to contact and express. It is law and principle by which you and all are governed, and being a part thereof, you can direct and control it by your thoughts and emotions. That you do you will come to realize. How to do it constructively and for good is likewise revealed.

The world's devotion to things material and mechanistic has brought us near to chaos. Fears, worries, sickness, lack, and poverty, tension and strife, are unnatural and due to the violation of the laws of life.

Who can set a value upon the understanding that will change all of this and bring joy and happiness, abounding health, and material welfare to him who knows and lives according to that light! He who receives the light - and fails to pass it on and help in the dissemination thereof - loses it. That is in accordance with a demonstrable law. The Bible, The Book of all religions contains it.

Ask, believe and receive,

THE ORDER OF THE ESSENES

Enc. 6

S. Hamner Davis



THE Essenes

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Instruction 6 **Assuring to the acceptable and accepted
HEALTH, HAPPINESS AND SUCCESS.**

"All mental states are followed by some bodily activity of some sort. They lead to inconspicuous changes in breathing, circulation, general muscular tension, and glandular or other visceral activity, even if they do not lead to conspicuous movements of the muscles of voluntary life. All states of mind, even mere thoughts and feelings are motor in their consequences."

—WILLIAM JAMES.

. . . . THOUGHT GEMS

Thought is a tool, keen edged and sharp, before we dull it with wrong use.

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Did you ever watch a snow storm as it spread a mantle of white over ugly mud and the dead leaves and draped the bare trees in sparkling silver and all the ugliness disappears, and reflect that life was that way? Hate, envy, suspicion, fear and worry and the ugly things of life disappear when snowed under by courage, faith, friendliness, love and confidence.

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Just as a swamp may be converted into fertile fields and gardens by draining and directing the scattered and harmful waters into one well-cut ditch or canal, so it is with the mind. Many minds are today hopeless marshes but potentially magnificent gardens.

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When you make a mistake, don't look back at it long. Take the reason of the thing into your mind and then look forward. Mistakes are lessons of wisdom. The past cannot be changed. The future is yet in your power.

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Man demonstrates his intellectual superiority over other animals by being the only one that can think himself into a state of profound misery.

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"Think it over"—yes, but don't dawdle until someone else has thought it over, worked it out and put it over.

●

Happiness is not in things but in ourselves.

Traveling the Pathway

A synonym is a word that has the same meaning as some other word, a substitute word or expression.

Suppose that we accept, for the time being at least, **nature** and **God**, as synonyms: Does that do violence to any religious faith? In the light of this let us examine the religious belief and statement of certain religious organizations or sects—"God will cure, etc."

Now let us examine the ethical, scientific, materialistic, regular physicians, trained in our best medical colleges.

Does any one of them claim that they can cure any disease or ailment? Ask one of them!

Universally the answer will be, No. They will say that **Nature** cures, but that they can assist nature.

We don't find much difference between them when we substitute the synonyms!

Allopaths, homeopaths, naturopaths, osteopaths, and all the others simply claim but different methods of assisting nature.

Catholic, Protestant, and other faiths are but different forms, all striving for the truth; and like physicians—they have different methods.

In this Order we strive to avoid even the appearance of dealing with religion. We try to keep religion out of the picture.

The minute you touch on religion as commonly understood, you touch the sectarian, then you are in troubled waters,—Discords are set up,—and the Sun of truth is clouded.

We sometimes quote Bible passages, which are familiar to all, but probably little understood, endeavoring to show how the life principles were taught by Jesus in a way which was simple and understandable to the simple people of that day.

We do not think there can be any doubt but that Jesus in his early manhood, became a member of the Order of the Essenes, and that therein He gained His insight into the knowledge of life principles, the universal laws of nature, and as we have heretofore intimated, He became imbued with the idea that this understanding should not be confined to a few,—the members of this Order—selected from the more intelligent; that there was a way by allegorical teaching, to give the masses this "human understanding," and thus He became the great Teacher, and his followers clothed His memory with divinity which He himself did not claim, except as He claimed it for all mankind.

Whatever your religious faith—or lack of religious faith, as you proceed in the instructions in this Order we shall make clear many of the religious teachings which have been without clear cut definite meaning to your comprehending mind.

Most certainly you can and will bring yourself to understand that you cannot enclose the infinite,

—life principle—universal power—omniscience—in a shape, or three shapes, resembling in any way **man**, with his physical attributes, as we have traced him from chaos to today.

Life is a constant search for power or energy. As matter and energy are interchangeable, according to the relativity theory, each atom of matter in the world may ultimately become a source of enormous energy. A few elements such as radium and uranium spontaneously emit a small fraction of their energy in the form of electromagnetic rays. For example it has been determined that one grain of radium radiates energy at the rate of 130 calories per hour for hundreds of years. A special type of high tension generator capable of producing millions of volts has been developed in the electrical field, and with this apparatus experiments are being conducted in the bombardment of atoms to knock out their constituent electrons as a first step leading to the release of vast stores of energy.

This is the age of mind, the era when mental forces reign supreme, but to understand that the mind as commonly understood, is an instrument much like a trolley pole, or third rail contact, that can reach inwardly and outwardly and tap powers and resources undreamed of by the mill run of people, is the beginning and basis of real advancement.

The great intelligence of the universe never advances on theories, sentiments, feeling, guess work, or any basis except that of unalterable law. The

great intelligence is revealed through nature.

Neither this Order nor any other order, cult or society hold all the truth. All of truth has not been revealed to mankind. Any claim to a knowledge of all truths is obviously unfounded.

The earnest, patient, conscientious seeker of truth shall discover some of the elements that form its structure and shall build up his knowledge step by step, each advance based upon previous instructions in this Order.

Truth successively takes shape, one grade above its last presentment.

Membership in this Order is highly desirable,—it provides a medium for the giving out of certain aspects of truth,—and most persons require as a stimulus, contact with other persons thinking along the same line. It puts the mind in the Gulf Stream of thought, where like thought contacts are available. Thought is contagious.

Health, happiness, prosperity and success as commonly understood, we shall attain.

By simple stages we shall arrive.

There will be unfolded an understanding that man is in process of advancement to higher states of physical, mental and spiritual life.

The world of the physical senses is but a small part of a much greater world—which by training can be perceived.

The physical body is but a garment—not the

generator of consciousness; its interrelations, its component parts are as rivers and oceans of life; its relation to the infinite all about, is transcendent in importance.

Energy, power, vibration, intelligence, and cause each penetrates and surrounds every physical body and each extends throughout infinite space.

You will come to understand that the laws of cause and effect, govern both the visible and invisible; these laws presuppose intelligence and that intelligence is given to every man, and therefore understanding is possible.

Consciousness does exist independently of physical organisms, and the so called exact sciences are daily giving demonstration and proof of ancient theories and beliefs, and religions rightly understood.

The reason for conflict in the past has been lack of cooperation. Instead of scientists, psychologists, religionists, philosophers, occultists, mystics all uniting to discover **truth—absolute**—they restrict their activities to a few specific theories and leave truth as a whole to take care of itself.

The object and endeavor of our order is the synthesis of science, philosophy, psychology and religion in their purest forms.

There is no royal road to the acquisition of these priceless facts.

These things, this understanding must be at-

tained. This means they must be worked for and strived for. There is no favoritism under universal law.

Some would exploit human weakness, — It is our object to find the source of human strength, and place it at the disposal of those who earnestly seek.

The pathway to all knowledge must be traveled by each who would know.

Self examination, self investigation, self realization and self discipline will reveal the answer.

The human individual lives usually far within his limits. He possesses powers of various sorts he habitually fails to use. He energizes far below his maximum.

As you become adept, and begin to master self, and grasp the feel of this new strength and power, it will be radiating from you, just as a stove gives off heat, and without any effort on your part,—in fact you may be utterly unconscious of it. This will attract to you ideas, people, influence and all will fit into the plan of your inmost desires.

The world is filled with men and women seeking pleasure, excitement, novelty; seeking ever to be moved to laughter or tears; not seeking strength, stability and power; but courting weakness, and eagerly engaged in dispersing what power they have. These pleasure seekers, lovers of excitement, hunters after novelty, and victims of impulse and hysterical emotion, lack that knowledge of princi-

ples which give balance, stability and influence. They possess minds unenlightened upon the inner laws of being.

You—are success constituted. It is our endeavor to show you how to unfold—come unto your own.

Section 2 Instruction 6

We are preparing you for a full realization of the true principles taught in the Order of the Essenes.

The popular conception of health is being sound in wind and limb—The fact is, no man is well,—in health—unless sound in mind and body. It is a fallacy to suppose that one can be sound in mind and ill in the body, or that one can be sound in the body and ill in the mind. The popular idea is that the body can be ill at places and well in places at the same time—sort of ailing in odd corners without the rest of the system being troubled.

The fact remains—and science now recognizes that these specific troubles, familiar to us by specific names, are but the special responses of particular organs to disturbances of the general system. So linked up are the various organs by the nervous system, and by chemical reactions and interactions between the secretions of various glands carried hither and thither by the blood system, that it is impossible for one part to be disordered without all parts being disordered.

We are face to face every day of our lives with the evidence that there is very constant relationship between mental processes and bodily functions and actions — take blushing — which accompanies a feeling of shame. It is an outward manifestation of a dilation of the blood vessels of the face, brought about by impulses from the circulatory (vaso-motor) centres in the brain, under the influence of a mental process—emotion. Again take dyspepsia or a loss of appetite that follows grief—that represents an inhibiting action of certain brain centers on the digestive processes. The blood rushes to the face when passions are roused and hence “flushed with anger” is familiar to us. Sometimes we have paleness; the little vessels of the skin contract and drive the blood from the face—“White with rage” is familiar.

Gothé said, “He who is plenteously provided for from within needs but little from without.” If you really take in the idea that fundamental health comes from what is built up inside and not from that which is so wistfully sought outside, you find that it makes a palpable difference in your day-by-day experience. Not the state of the body but THE STATE OF THE MIND AND SOUL IS THE MEASURE OF THE WELL-BEING OF EACH OF US.

Pains and multifarious crippling disorders are presented to medical men, and AGAIN AND AGAIN THEY FIND THAT TREATMENT OF THE MIND AND SPIRIT IS MORE NEEDED THAN TREATMENT OF THE BODY. In over HALF THE

GENERAL HOSPITAL CASES, THE ILLNESS IS CHIEFLY PSYCHICAL AND NOT PHYSICAL, according to medical men in positions of high responsibility. And they added that, when a man or woman goes to a physician, the personality condition should be looked into as much as the condition of lungs, heart and digestive organs.

Plato said, “If the head and body are to be well, you must begin by curing the soul.” You have heard—“a merry heart causeth good healing, but a broken spirit drieth up the bones.” Confucius laid stress on the mind as the reconciler between body and spirit, with healthy life as the result of the unity. When physical disorders appear in a person, the soul very often needs treatment, is merely a statement of what the more thoughtful have always known and what the instinct of man in all ages led him to practice.

A person is caught in the quagmire of life. He flounders, but struggles helplessly on. In the midst of it he becomes the victim of physical disorders which make it still more difficult for him. He runs for a doctor. The physician finds no organic trouble. What the man needs and has needed from the beginning is a doctor of the soul; someone **who can teach him how to look life straight in the face and not be dismayed.**

It is the soul that breaks down. It is the soul that needs attention. If it is to rule the body effectively, it needs to be fed continually with food to make it strong and healthy. Treat the soul, for its

daily food, to little beyond sensational news sheets and high-seasoned amusements, frothy chatter and gimcrack interests, and how shall it grow in power? Pettiness is always the soul's corruptor.

Every thought you let yourself think, every emotion you permit yourself to enjoy leaves its mark and helps either to make you insufficient for life or to give you some greater sufficiency. As a man thinketh in his heart, so is he.

Let a man make it his habit to refuse pettiness day by day and to choose robustly, and he can little by little develop a soul which shall at last become equal to anything! **But people need teaching. That is why every medical doctor needs to be also a doctor of the soul and why the parish minister needs to be a good psychologist as well as a good religionist.**

Religion seems to be treated as an affiliation with a church organization, coupled with vague hopes and aspirations, but so far as it concerns the needs of daily living, the soul is practically starved.

The soul that knows life principles and is conscious of its oneness with them, ceases its effort to struggle alone. It puts aside its dreads and fears. It lifts itself up into a mood of **confidence** in the universe. **It learns how to draw conscious vigor from the source of all life.** It not merely believes, it knows; it lays hold on a power not known before.

If you would weave into the life pattern the golden threads of health, happiness and prosperity,

you must become master of your likes and dislikes, your loves and hates, your fits of anger and rage, your temper and tongue, and all your changing moods, to which you have been subject.

This mastery is simple,—even as you begin and conquer in partial manner, you will feel growing up within you a new and silent power—you will begin to feel a new kind of strength.

In your work you will experience a composure and calm confidence which will lead you in the path of success—darkness and speculation give way to light and certainty. As you alter your mental attitude toward others they will alter their attitude and conduct towards you.

As usual, the second section of our instructions consists of doing some little thing, looking to the end of self-mastery, to becoming master of your fate instead of a victim of circumstances.

Take a piece of paper and write on it the word "selfishness" and "this too will pass away," put it in your purse or your pocket.

Every time an unpleasant thought enters your mind; every time a shadow crosses your mind; if your imagination runs wild and prompts you to plot, plan or think of some scheme to get even with, hurt or injure or take advantage of someone; if you are troubled with doubts, fears, or have some worry, stop and read that piece of paper, and then and there analyze the situation and see if the root of it all is not in selfishness.

It is given to the world to learn one great and divine lesson—the lesson of absolute unselfishness.

The saints—sages and saviours of all time are they who have submitted themselves to this task and have learned and lived it.

All the scriptures of the world are framed to teach this one lesson; all the great teachers reiterate it.

It is too simple for the world, which scorning it, stumbles along in the complex ways of selfishness.

If you find it is, or is not, rooted in selfishness, then remember the following story and say to yourself, "This too will pass away."

There was once a King, who achieved a reputation for being very wise. Every situation was handled wisely, humanely, and with great forethought and the result was a prosperous and contented people.

The facts were that this King had a very wise counselor upon whom he depended, and he himself was fearful, lacked confidence in himself, and was dependent upon his counselor in all affairs.

The nation prospered and the Kings reputation for wisdom and judgement spread to all surrounding Kingdoms.

Clouds of unrest spread over the nations of that part of the world—and a meeting of the rulers of these nations was arranged and our wise King, of course, was invited to and was expected to attend.

The meeting was in an adjoining Kingdom. The

handling of the affairs at home would not permit his wise counselor to attend.

The King was in a panic, feared to go without his chancellor,—feared that he might make errors, display a lack of wisdom, destroy his great reputation.

His Chancellor finally persuaded him to go to this conference alone, but only after he had convinced the King that he would have a ring made for him in which would be engraved the answer to any question that came up.

The King set off to the meeting—ring upon his finger—confident of his Chancellors wisdom,—and that if the problems became too complex—he had the answer.

Naturally, to make it a good story,—a difficult situation arose, our wise King was embarrassed and lacked for answer—thought of the ring—took it off—engraved therein was—"And this, too, will pass away."

In all your life—did you ever meet a tense situation that did not "pass away?"

Worry—is weakness. You will always find a streak of self—of selfishness behind every worry.

In the end you find that trials, difficulties and misfortunes have taught lessons—strengthened the human fibre, sharpened the tools used in life's battles, and that all things work for good in the end,—for it is the law that the life principles are ever working for perfection.

. . . JUST TALKING IT OVER . . .

Are you earnestly and sincerely seeking something? Is it divorced from pure selfishness?

If your answer in both cases is "yes"—then you are on the way to it, and it is on the way to you.

Week by week in absorbing the teachings of this order you are being equipped for attainment.

The key to life is not somewhere out of life. You won't go up to it. No seer or saint will go up and bring it down for you. It is not thousands of miles across the sea—it is very close. It is within you all the time.

The only fundamental way to change things is to change your consciousness.

You cannot cheat nature—it is the law that you must and always will attain the condition that belongs to your consciousness.

If you could only comprehend the full significance of this law!

People are always trying to change external conditions, while leaving their consciousness unchanged. It just cannot be done.

With earnestness and application you are rapidly evolving. Read carefully again and again and you shall surely attain that which you seek.

. . . THOUGHT GEMS . . .

If you don't know where you are going, you are lost before you start.

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The fellow who falls down on the job will be back on his feet a lot quicker than the one who lies down on it.

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The way to judge your ideals and methods is to look around and see how far they have brought you,—and work.

●
Some folks get all the life kicked out of them trying to get a kick out of life.