

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

PEACE, FRIEND
BE STILL AND KNOW

IT IS FOR YOU: -

There is just a hint on pages 12 and 13 of Instruction 8 accompanying this letter, of what can take place when you are so attuned that the subconscious can contact the universal. As you progress in this course you will learn to do it, and the solution of your problems will become simplified. The process is simple. The salutation of this letter is but a call to understanding.

In this very material age and in these days of uncertainty and unrest people have generally wandered far from the simple truths and have tried to invent means for mass recovery -- the truth is that it is an individual process. To you the way will be made plain.

You can and will succeed in all your efforts and your heart longings will become realities if you but observe the natural laws which we endeavor to make easily understandable and will then act in accordance with that understanding.

This will be dealing with causes and not with effects. The effects we see today are the result of causes of yester-year.

There is one law that you must learn - the law of giving, that you may get. Give of yourself, of your time, of your thought and of your means. Open the outlets - the intake is immersed in the inexhaustible - in infinite supply. We think you will like the illustration in this lesson - giving happiness.

These instructions are designed to set the dials of your internal radio receiving and transmitting instrumentalities, and Lesson Number 8 deserves that you give time and thought to it.

We want to be as proud of you as you are appreciative of your association with us.

We have faith that we have much to contribute to you and through you to mankind. The rewards will be great and satisfying.

Let us strive to exemplify worthiness, and be among the elect of

THE ORDER OF THE ESSENES

S. Hamur Davis

Enc. 8



THE Essenes

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Instruction 8

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

*Back in the midnight of human history
men fought like beasts with beasts.*

*This is the age of mind — the era when
mental forces reign supreme.*

*The master tool with which great men
work in this world is intellect, and when
properly contacting the infinite, there is
no limiting factor.*

*The individual determines his own posi-
tion in life, according to the amount of
intelligent effort exerted.*

*It is for this reason that men will never
be equal, because there are those — the
majority — who will not work to acquire
this inner power.*

. . . THOUGHT GEMS . . .

"Activity is the great law of life and growth. Inactivity is the forerunner of decrepitude and senility. Just as the body becomes weak, wan and devitalized through lack of exercise, so the mind droops and shrivels under the same conditions."

There is creative power in the spoken word, we must be careful how we use it or we shall be creating more ill than good. Just as electricity may light your home and turn your machinery, or through defective wiring burn your house down, so your words may bring good or evil to you.

When we know the truth and act upon it, life answers our imperative call, life becomes what we wish to make it.

Realize that thought is creative, and use it to create contentment.

Trouble does not beget itself. It is born of thought. It is nourished by the troubled quality of the thoughts we allow to creep into the mind. It stays only so long as we continue to nourish it.

The Process of "Attuning"

We are perfectly aware of the great mass of fantastic theory and unwarranted conclusions contained in the material of certain cults, orders, teachers, brotherhoods, and so called schools; Likewise, we are conscious that many who are attracted to consider phases of consciousness, the powers and possibilities of man, and his relation to all else, can be catalogued as in "the lunatic fringe," and are so gullible, susceptible and impressionable that they believe that they can meet and talk with a personal God, out of some heaven, and by special treaty they can learn to perform miracles, and that all of this will come about after ten or twenty short lessons, and the payment of specified contributions, at so much per course or lesson.

Contrary to the reaction of some of those truly learned in things psychological we feel that such cults, orders, brotherhoods, schools and teachers do a certain amount of good and benefit many who could only be reached through inspirational, emotional, religious and often fantastic appeal. They put life into the picture; their teachings are based on various phases of truth; they generally are sincere, and are themselves swept along by the enthusiasm of results, religious fervor or exaggerated ego.

As to James' "Lunatic Fringe"—we turn to the very material world of science and find that Ford, Bell, Marconi, Stevenson, Fulton, Langley, Wright, Darwin, Galileo and practically all of the great inventors and discoverers were so classed in their day.

Perhaps these people arouse us to new endeavors to test their fantastic theories—witness the work at Duke University—perhaps our discoveries call for less harsh judgment—witness some of the conclusions from the Duke experiments. We draw no unwarranted conclusions about this work, but accept their conclusions as they themselves do—no more—no less.

As to learning so much in so short a period, and with so little effort, and without a ground work including at least some understanding of man himself and something of nature's methods in things animate and inanimate,—that is contrary to nature's law. It just doesn't comply with the law of balanced compensation.

Why man should not know more about man, than he does, is a question.

Each has himself as a laboratory and subject for experimenting. The conscious mind alone meets all the requirements for experimental equipment, in any psychological study.

Nature has made it easy for man to feel and act—but difficult to think. Man seems to be equipped with self-starting high powered automatic machinery for emotion and action. Our machinery for thinking has to be cranked and babied—like a watch—it runs down without frequent winding.

There is nothing seriously the matter with our mental machinery. We have just lacked an adequate method for the use of it and proper purposive or emotional incentive to use it.

Everybody knows that the mind can influence the body. An unpleasant sight or a disgusting story may seriously upset the stomach. Fear or worry can interfere with sleep and cause extreme fatigue. Excitement makes the heart beat faster, the breath come more quickly.

It is likewise true that aches and pains and disease can be brought on by a person's thoughts, just as surely as a leg or arm can be broken in an automobile accident.

If an unpleasant thought or sight can bring a blush to the cheeks, why cannot thoughts bring other disturbances to the skin?—It has been proven, they do.

The effects of fear and worry on facial beauty are familiar to everyone. Their influence on the heart and other organs leaves the microbes free to peck away like little imps until they make the eyes red and watery, the skin flabby and sagging and wrinkled by the lines of care.

Human beings, emotionally overwrought or nearing physical exhaustion, approach the "animal level of mind."

In 1935, Sir Harry Gray, a distinguished surgeon of Montreal, Canada, reported upon two patients suffering from cancer.

It was not expected that either could be saved for long, even by surgery. He observed in both instances, what doctors call a remission of the cancer, as the result of an improved, more hopeful

mental attitude. The mental improvement caused the cancers to stop growing for two years.

The comment of the medical fraternity was, "The remarkable fact is, however, that the growth of a purely abnormal tissue, actually foreign to the body, could be even temporarily controlled by a purely mental effect.

There is no mystery about it. The mental condition helped the white corpuscles to fight the germ which had entered the body. Nature is ever working for perfection.

The comparatively unknown powers inherent in man make a study so fascinating that we can easily understand and sympathize with an impatience to get to the deeper and the hidden, but these powers can only be of use through the physical and conscious mind, and it would be next to useless to know a principle, and not its uses and application in practical affairs.

A basic picture or insight into man's equipment is therefore necessary that he may understand how and why the sought for, will out-picture itself or manifest in the physical every day affairs of the individual.

The mental planes lying outside of and beyond the field of ordinary consciousness, have just in recent years been given serious study, yet it is on these hidden planes that the major portion of our mental work is performed—it is here that the most important of our mental processes take place.

In the study of these Instructions, you have learned that the invisible ultra-violet and infra-red radiant energy rays of the solar spectrum are of major importance to life itself. We trust that you likewise learn the supreme importance of the hidden phases of mentality; that you attain a knowledge of the hidden powers which are always at hand and available for your use; that you learn how to marshal and direct these forces; and that you will demonstrate the truths we impart by becoming a happier, healthier and more successful citizen.

Easily possible! Very probable, Certain, if you qualify and are accepted for our full instructions!

There are a vast number of things that you know—a vast number of opinions and beliefs that you hold on many subjects. You have many likes and dislikes. You have various feelings toward people and things. Your past study, experience, and observations constitute the knowledge you possess. You have ideas, plans, purposes, ideals and longings. You are perfectly aware that these you possess.

At this moment you have but an infinitesimal part of these "in mind."

In other words, you have but one or two things in the field of your ordinary consciousness—these other things are not at the moment the subject of conscious attention.

Where is the location of all these fields of thought and this store of energy. They are in

storage so to speak. They are on a plane beyond or below the field of ordinary consciousness.

At will, you can turn your attention in the direction of these things, and instantly they proceed to come to the plane of your ordinary consciousness. When you "think" along a certain line, out come the contents of this storage plane related to the subject. We call this storage plane the subconscious.

It is not alone a storage house of facts and information. It is not memory alone. The subconscious presides over and directs the activities of each individual cell of your body.

It governs the vital processes, such as the circulation of the blood, the secretion of the many glands, the digestion of your food, the elimination of the toxic poisons. Your conscious mind is not burdened with these tasks.

In addition the subconscious mind supervises those actions that are called instinctive or habitual.

Again, your emotions are generated in the subconscious mind, and are passed up to the conscious mind. It is agreed further that a great amount of creative thinking is done by the subconscious. It takes the facts, the impressions, and pictures, passed to it by the conscious mind garnered by the physical senses. It arranges these, indexes, classifies, systematically files them for reference, and then proceeds to form judgments, draw conclusions and make decisions based on these facts, impressions and pictures.

When the individual understands and recognizes and accepts these decisions, it is often said—"he has intuition" or "he is inspired" or "he is a genius."

Later we may give you a hypothesis for other and more marvelous connections and attributes of the subconscious.

As you contact the subconscious, knowingly and confidently give it the tasks of reasoning and judging, you will not only relieve the mental strain incident to conscious action, but as you come to depend and manifest faith that the decisions and judgment are from the omniscient, by acting in accord with such judgments and decisions, you will progress as you have never progressed before.

Oriental psychology recognized the subconscious two thousand years ago. The modern psychologist has tried to explain it by other theories but finally has come to the acceptance of the subconscious mind, and is now pressing forward to demonstrate its higher levels.

The fact is that certain persons possess certain powers that are provable in a manner satisfactory to and accepted by the scientific world and which must be explained by other than the orthodox theories acceptable to psychologists in general.

Now, perhaps these facts about the subconscious mind are not clear to you. Let us look at the

practical phases, and for a moment see the subconscious perform.

For years you have not thought of or had in your mind, some of the nursery rhymes you learned in childhood. We shall call to mind one which you doubtless know.

The second that you read the first three words—you complete the rhyme. Ready? Begin!

"Jack and Jill"——Did you not just feel it spring into mind? The subconscious responded.

Let us look at another phase. Do you play a piano? If you do—just sit down and start playing some familiar selection.

You don't use your conscious mind to find any particular key—note—or chord—nor do you think of just what the sheet music looks like nor indicates for that particular selection.

By your training, or practice, you have relegated that selection to the subconscious, and your hands just by "habit" hit the correct notes.

You will note or feel, since we call it to your conscious mind, that it takes no mental effort,—that, in fact, if you have had something else in the way of a problem, on your mind, you will feel relaxed, with the subconscious in control.

Doubtless, if you are a piano player, you have found yourself at the piano playing, and with your mind "a thousand miles away" engrossed in thoughts entirely foreign to your music.

Perhaps you have perfected yourself in writing

on the typewriter—possibly from stenographic notes. You sit down to transcribe your notes. You do not have to look at the typewriter—you "instinctively" hit the right keys. You do not stop to think how to spell each word, but each is automatically typed.

The subconscious is in control. When you come to a word that is unfamiliar, you hesitate. Then the question pops into the conscious mind as to how to spell it.

Typewriting would be most laborious if each action had to have the attention and direction of the conscious mind.

Have you ever gone down the street—met someone you have not seen nor thought of in months or years—and in the twinkling of an eye called him by name—and then after passing just wonder how that name came to you so quickly and automatically?

Possibly you have experienced this situation: you met a person on the street and could not recall his name. You were naturally embarrassed, particularly if the person called you by name; and the thought uppermost in your mind was—what is that fellow's name? Later, perhaps an hour, a day or a week afterwards, when you had dismissed the thought, that name popped right into your conscious mind just as though telegraphed from some hidden source deep within you. When you questioned—what is that fellow's name?—you gave the problem to your subconscious and it responded

as it always will if you permit it.

Did this ever happen to you in your school days? You had a problem—you studied the rule involved, you tried to work it, you didn't understand it, you couldn't get it,—and you woke up the next morning and the answer had come to you and you sat down and worked it.

Perhaps recently you have had to meet an obligation, make a payment, handle a difficult personal or business situation. It bothered you. It worried you. The conscious mind, though you racked it, just failed to solve the problem of meeting the situation satisfactorily. You may have tossed and tumbled and lost sleep on account of it—finally relaxed, went to sleep, and the next morning or as the hour approached, a happy solution just naturally came to you; or something from within you just whispered to you to see some certain party—and they furnished the solution, or perhaps a faint still voice just said, "well, if you don't do what you think you want to do—it will work out all right."—And it did—and far better than had you been able to follow your conscious mind's plan or intention.

You are going to learn to give your problems to the subconscious—in a truly scientific way—how to attune yourself for the answer—and to trust that answer. If you furnish to the subconscious a false premise—you must expect the wrong answer. There is a unity between the conscious and the subconscious.

The subconscious accepts, without question,

just what the conscious gives it. The conscious mind is the door to the subconscious for its facts—gathered by the physical senses, and it knows the answer to the problem submitted based on the premises given it.

Perhaps you are a writer and have experienced an absorption in some subject. It was difficult for the conscious mind to get the right introduction or start, or the proper arrangement and finally you did work it out, and then you just seemed to write on and on and the thoughts just flowed through you on to the written pages.

You finish; you read it, and are surprised and even astonished. You knew your subject—your subconscious had it all there, indexed, classified, arranged, and correlated to all else that had been given it in all time past; and when by proper attunement the subconscious was given the right of way—out came the work better than the conscious mind believed possible.

Talk with any inventor or research scientist, and get his story of the many things hatched in the conscious mind which he has tried and found wanting, and how just like a bolt out of a clear sky, the correct answer has come to him, and he has stopped in his tracks and said to himself, "You fool, why didn't you think of that before?"

He may not recognize that his own subconscious mind gave the answer to him, but always if he relates the details truly—the answer came at a time when his conscious mind was not tied up in

knots seeking the conscious mind solutions, but just at a time when he had dismissed some idea, and was just holding the door of the mind open, with the question there, "Well, what shall I try next?"

Or when he was out fishing or working in the garden, or perhaps lazing, getting ready for another try at the problem. Just then he was attuned to receive the flash from the subconscious. The subconscious is like that. "Begin now! It is later than you think."

Section 2 Instruction 8

You are aware, of course, that if you put little into these lessons, you will get little out. The possible benefits are without limit.

Whenever a suggestion is made for you to do something, we trust that you do it—you cannot progress far by merely reading.

Be assured that every principle, every rule, every law, every plan and every method has been time tested and found workable—effective—even magical in some cases.

Health, happiness and success you can attain. Others far worse off than you have succeeded in their cherished ideals, and by their success, by their spirit of thankfulness and their liberal expression of appreciation and sharing of their benefits have made this Course of Instruction possible to you and

countless others, without obligation other than what your conscience dictates.

Too much of philosophy — too much of psychology—mere abstract principles,—pure reasoning and statements of fundamental laws will not work a revolution in your life unless you are an exceptional person.

You are going to be a totally different person, a happier person—richer in friendships and happiness, richer in the material things of life, when you have your mind adjusted or attuned to the truths of life, and do something about it, and then set to work and adjust your human relationship.

Surely, whatever of happiness or material success you crave can come to you largely at the hands of other people. It is therefore clear that we must so direct you in the ways of life phrased in easy, simple terms, that you may so adjust yourself, so regulate your conduct, so improve your personality, that you will acquire the friendships and loves that you so much need; and we must so instruct and guide you that you will become able to gain the things which are so essential to your well-being and to achieve the results for which you have longed; and all these benefits must largely accrue by influencing and securing action by others. And no doubt you must realize your obligations!

But, first of all, you must rid yourself of many negatives. If you have correctly analyzed yourself as directed, you have a faint gleam of hinderina

and hampering handicaps of your personality, though we doubt seriously if you have an adequate appreciation of the full power of your thoughts.

There was a delightful Southern lady, the mother of a fine family of children, all grown, who was in perfect health. Her youngest son was in Chicago. Word came that he was sick. One of her older sons hastened to his bed side. He was stricken with a "locked bowel," an anaesthetic was administered and an operation performed, but the son died.

Naturally, the mother grieved the loss of her son, but time was curing her grief, she ate well and was recovering from the shock. About a year afterward, she was talking to a surgeon, and told of her son's death. Possibly to satisfy his ego and impress her, this surgeon told her that in such cases he would never give an anaesthetic except locally and that any other form of application was always fatal in such cases.

In the back of her mind she had held the idea that if she had ordered her son sent home he would have recovered, and that he had been literally murdered by the surgeon's knife, and this statement from the surgeon with whom she talked was just what she wanted to hear to confirm her suspicions.

She went home, in ten days lost fifteen pounds, couldn't eat and was miserable; but kept secret what she had on her mind. A doctor was called in, found she was organically sound, and gave her cer-

tain tonics, and said that if in one week she had not gained three pounds at least to call him.

In a week he was called again and she had not only failed to gain but had lost three pounds.

The doctor told her that there was something she had not told him, and that unless she told him everything there was nothing he could do. He must know the conditions which he was expected to cure.

She then told him of her secret suspicions and that they had been confirmed by Surgeon M—. Immediately the doctor told her that grief, worry and fear could kill people with as much certainty and often in less time than some dangerous malady, and talked to her one hour and a half giving examples in his practice of death due to worry, grief, and fear, and gave her assurances that everything that was done was proper, and that this young surgeon was just trying to show his importance and that all persons more or less enjoyed the feeling of importance.

She began immediately to improve and her appetite returned.

This is one illustration of the power of thought.

Another case comes to mind of a certain prominent business man who had an affair with a certain woman for a number of years. The affair was broken off. In eight days this man, in perfect health—sound in every organ, lost sixteen pounds.

This man took physical exercises, rode horse-

back, took massages, sun baths and observed all the known laws of eating and in three months did not gain back a pound, in fact, lost five more pounds.

Although he ate much fattening food for months, yet he failed to gain the weight that a definite mental process restored in eight days.

Under proper suggestions, wherein he was shown that it was self-pity that he was indulging in, and that it was the best thing that ever happened to him, and that he was by a kind fate taken from a road that could not have had a happy ending, he rapidly recovered.

In simple unscientific terms, let us tell you what takes place in the human frame and in the mental processes under strains of grief, fear, worry, jealousy, etc.

The mind creates vivid thoughts, pictures and visions. The individual actually relives the corresponding experiences. As a consequent physical reaction, the heart throbs, the kidneys are strained, the gland secretions are lowered, the blood pressure is increased and every cell of the body treats the picture or vision as a reality. The system quickly generates active poisons as a reaction to the angry, raging mood. The subconscious functions just as though the fancied mental images were actual events. Constructive thoughts are driven out by the mental storm and stress; and the entire physical body exerts every bit of energy to vitalize these fancied images.

Actual cases of paralysis, death, hair turning grey almost over night, by reason of fear, grief, worry, jealousy and negative mental processes, are known to most every person.

We wonder if it ever occurred to you that if mental processes can be so destructive in such short period of time, that they could be equally constructive in the same time under proper inspiration, and with constructive mental pictures, lived with equal vividness?

Can you therefore doubt healings and cures, of which you have heard or read, and say— "impossible"?

What about authentic cases of invalids during a fire, getting out of bed and performing miracles of strength in rescue work.

To destroy this evil and negative mental condition, it will positively not suffice to "hold in mind" as some say, nor to direct and hold the repeated thoughts—"I will not worry," "I will not fear" or any other "will not" directed to the evil mental condition.

It is quite simple to understand that this process brings to mind the very thing that ought to be eliminated. The more reasonable and scientific way is by the substitution of positive thoughts, acquiring new interests, setting new goals and ideals, taking on new activities, habits, friends, attitudes or mental processes.

As you progress, you will learn that life is made

up of simples. You must begin to adjust yourself to all whom you know or may meet or know.

Our request for today is very simple, yet it may work some complete surprises to you—and to others.

When you get up in the morning and are dressed and ready to leave your room, look at yourself in a mirror, and then put on a smile,—not a smirk, but a real smile, one that comes from the heart—one denoting gladness and happiness.

You say you have nothing to be happy about?

Oh yes, you have. You have the experiences ahead of you the smile will bring. Again Yes! You are on the road to health, happiness, and success.

Smiles are the only potentials known that move things whether they intend to move or not.

Whomever you meet during the day, smile. Start right at home, with wife, mother, father, sister, or brother. Don't forget the newsboy, the elevator boy, the waiter or waitress, the motorman, the taxi driver, the neighbor, the boss, the fellow worker.

You have heard "Smile and the world smiles with you,—weep and you weep alone."

The world is a mirror. You are going to have many smiles cast back at you where perhaps you never met smiles before.

Keep that smile coming from the heart, who-

ever you meet, and whatever situation you meet.

Joy and gladness, and the habit of good cheer are creative and positive forces, and are tremendously uplifting and stimulating.

Just as the sun drives clouds from the skies, a smile from the heart routs gloom. The world does love a cheerful soul,—no one quarrels with one who wears a smile reflected from the deep within.

Have you not, in your experience, felt uplifted, refreshed by the sight of a smile. It is just human nature to love charming traits, and agreeable qualities in people. A smile is scattering flowers as you go. It brings light, cheer and encouragement to sad hearts, it reflects sunshine in dark places.

A smile—cheerfulness—will do more business, sell more goods, attract more customers, make more friends, than most any other things known.

There can be no question but that if there are enemies in your mind, enemies in your thoughts, hateful, jealous, envious feelings in your mind, they will reflect and reproduce themselves on your face. There will be shadows on the face as sure as you live. But—wear the smile, and buried will be these negatives. It reaches the seat of the trouble with a smothering blanket.

We could recount a multitude of experiences of those who have tried this experiment, many amusing, and many tragic, but the greatest experiences will be yours, if you are faithful.

A husband, who was always sour, silent, glum, absorbed in himself and his problems caught the light, and the first morning came down to breakfast and smiled at his wife, said a cheery "good morning, my dear,"—it was so unusual that she was almost struck dumb.

When breakfast was over, he said "That was a splendid breakfast, my dear, I know I shall feel splendid today with such a good start."

His wife burst forth in tears. Starved for a few words of appreciation—long neglected—and when they came, the flood-gates of feeling were opened—tears—but really tears of joy.

Man that he was, determined to hold that smile, he told her that he just realized he had been thoughtless, but from now on would try to be more considerate. He left a trail of happiness.

We will not spoil the joy of your experiences to come by other experiences.

Remember, that smile must not be for tomorrow alone—every day next week—get the feel of the thrill and the joy of it—spreading sunshine and then it will be for a month—and a year and a habit. You shall become a changed individual.

— And it is all based on the law that as you give, so shall you receive.

This is but one step along the "Happiness Trail."

. . . THOUGHT GEMS . . .

Train to have some resources in your mind.



It is human nature to value things almost entirely by the efforts that have been required to secure them. We learn to love those things more because of the sacrifices we made. When one labors long, endures much, working toward a goal, and finally arrives, there is an intense appreciation of the rewards. Had they come without effort, they would be valued but little.

. . . JUST TALKING IT OVER . . .

You take exercises (or you should) for the development of your body. You walk, you run, you swim, you dance, you hike, you go to the gymnasium, you play basketball, football, etc., to make your physical self stronger. Why not take "exercises" for the development of your personality?

Isn't the fashioning of your own personality even more remarkable than the shaping of a monument out of stone? Is it not an inspiration to know that out of your composite of emotions, sensations, ideas, thoughts, and habits you can, day by day, carve the kind of personality you wish?

When you know your own possibilities, when you grasp the feeling that goes with confidence — then a smile is in its natural order. A heart smile is a step along "personality trail."

You may not be prepared at this time to fully accept the fact—but fact it is, that more miracles, so called, are happening daily in this country than are related in the Bible, and they are not the results of chance, but are being brought about by the conscious effort of just ordinary people, with no more personal equipment than is possessed by you.

Your dominant thinking is the set of plans and specifications you prepare, and your life will be in accord with them.

Your present situation is the pay off by the universal, as you planned and specified.

It is as though nature conducted a bank—with health, wealth, and happiness on deposit.

To draw on this storehouse is positively and simply a matter of attunement of your consciousness. That means you must make your dominant thinking an architectural pattern, according to your desire—health, wealth, or happiness.

How to acquire the ability to attune your consciousness—how to govern your dominant thinking, and how to draw upon this storehouse and know that the draft will be honored is the task to set yourself. It is our endeavor to teach you how best to carry out that task.

There is a universal power or principle which permeates the entire universe and we are immersed in it, just as much in one place as another, and it is our thoughts that attract it or repel it.

The difficulty of proper attunement lies in the fact that the difficulty to be overcome—the disease, the ill health, the lack, the poverty, or the unhappiness or wretchedness seems to be in the outer world, in the material, and the correction you think is in the outer or realm of the material.

If it's health you seek, it is not coming by holding the consciousness of aches, pains, pills, medicine, germs, temperatures, and symptoms.

Neither is wealth coming by centering the mind on your lack of it, and preparing for a rainy day.

Likewise, it is true that happiness will never materialize for you by holding thoughts of the lack of happiness and love—self-pity thoughts, jealousy, or hatred emanations.

We recommend that you again read the cover, Page One, and formulate in your mind the intense desire to learn and to know how to attune the mind with the universal that you may cash a draft on the infinite payable in health, happiness and success.

Others have—others do—and so can you. You are definitely progressing toward the simple answer.