

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

ANOTHER DEFINITE STEP  
TOWARD ACCOMPLISHMENT

FOR YOU:-

To you the phrase - "The Truth shall make you free" has a familiar ring. There is behind it twenty centuries of recognition that it is literally true. This freedom is from fear, worry, and mental confusion - freedom from sickness and physical distress - freedom from lack and want. That is a sweeping statement but being demonstrated every day.

Everyone desires that happy condition. You do -- and mistake not - it was inspiration that directed your first inquiry to us, and intuition that prompted the acceptance of our invitation, so do not falter - follow through.

Perhaps you have the impression that we require a thesis every four lessons and feel that this is like going to school. We do have requirements that must be complied with. However some people are busy and don't have the time to do these things.

One hour a week reading and considering the instructions is all that some can devote to them. From them we ask only that - and from time to time they let us hear from them, assuring us they are following through so we will know that we are reaching the sincere and understanding. Certainly it will be the most pleasant and profitable hour of their lives.

Anyone who thinks he cannot spend an hour a week for self improvement - to the learning of the way to successful living is just fooling himself. They may make a living but not a life. The fact is they are the very ones who need this understanding most. Purposeful planned living is the way to a more abundant life.

Those who want to work for one or more honors we ask to be fairly regular with their reports. From these reports we will be able to judge if these students have the understanding that we require before issuing a Certificate. This is fair to you and to this Order.

That these instructions are different, are effective, do work untold benefits should be apparent, otherwise why would men and women in this material age contribute that others might receive them? They find pride and joy and real benefits in giving that which enables others to do for themselves. That is just one of the laws that works.

When your faith in yourself equals our knowledge of your potentials you will realize your cherished aims - and our sincerity.

THE ORDER OF THE ESSENES

*S. Hammer Davis*



# THE Essenes

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**Instruction 10**     **Assuring to the acceptable and accepted  
HEALTH, HAPPINESS AND SUCCESS.**

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*In the universal ever present creative substance, which we have heretofore demonstrated to the satisfaction of reasoning minds, there is the seed of every good thing—health, happiness, success — waiting to be brought into manifestation in the material world.*

*The impulse and form of this materialization must come from a mind supplying a pattern or mold into which life essence is continually pouring.*

## . . . THOUGHT GEMS . . .

Faith in the omnipresent pure substance precipitates that substance in body and we are transformed.

We are capable of forging on the anvils of the heart that greatest of all emotions—love. We give it—we respond to it—we are elevated by it. It is the one known effective solvent for human problems.

There are one-story intellects, two-story intellects, and three-story intellects with skylights. All fact collectors, who have no aim beyond their facts, are one-story men. Two-story men compare, reason, generalize, using the labors of the fact collectors as well as their own. Three-story men idealize, imagine, predict; their best illumination comes from above, through the skylight.  
—Oliver Wendell Holmes.

Many of our streams of habit are canalized toward useful and desirable goals; others are like meandering rivers which always take the line of least resistance. The longer our life stream follows its aimless course, the deeper the river bed and the harder it is to cut through the enclosing banks.

Cleanse your mind of negative destructive things—doubt, worry, or fear—those pictures of want, and lack and illness with which you have flooded your consciousness! Do you picture yourself as one poor, sick, ailing, or in need?

Then that picture is the dam which holds back the healing and replenishing waters.

How can the good you wish to manifest destroy that dam when the everlasting fact of life is that what you think and carry around in your consciousness as being so, always out-manifests itself.

It is the law—and recorded in every life experience.

## Research in the Human Field

Some one has said that man is "fearfully and wonderfully" made. We doubt if even the author of the thought realized the full significance of the "fearfully" part of his expression—of which we shall have much to say later.

The human body is a complex and highly integrated machine. It takes food, air and water and converts them by chemical and biological processes into flesh, blood, bone and energy. In the production of these it employs various chemicals of its own creation.

At this point we want to emphasize that actual chemicals are created in the body and that science is able to make artificially or synthetically some of these. The importance of this will be later emphasized in demonstrating that many and varied chemicals are formed by thought processes, moods, feelings and emotions—and that they do effect the material man in a direct physical manner. For instance, fear, worry and anger, purely mental attitudes, each manufactures specific poisons, chemicals, that can be segregated, and injected or administered to experimental animals.

We endeavor to fit our Instructions to the needs of men and women of this day and age, to modernize the ancient truths taught by the Essenes as abstract principles. We endeavor to give the life principles in a vital, dynamic, understandable form and illustrated by modern examples.

We know that this is a thinking, unfolding age,

but it has been halted, disturbed and shaken to its foundation by loose, objective thinking. It needs that which will help people to live a full life,—a return to understanding and the living of the truths each can garner from within his own being, and can demonstrate and manifest by being healthy, successful and prosperous.

Physicians and surgeons have been trained generally to consider man as just so many pounds of cell tissue, but the trend of thought is now directed to the mental aspects of mankind.

Doctor Alexis Carrel, surgeon, scientist and Nobel prize winner for his work in suturing blood vessels, has outlined the new conception in his book "Man the Unknown" in this manner—"Man is simultaneously a material object, a living being, a focus of mental activities. He is made on the scale of the terrestrial mountains, oceans, and rivers. He appertains to the surface of the Earth, exactly as trees, plants, and animals do—but he also belongs to another world, a world which, although enclosed within himself, stretches beyond time and space."

There was another remarkably notable passage in Dr. Carrel's book—Most medical doctors poo-poo the idea of cures being effected by mind, or mental healing, by prayer—faith cures.

Dr. Carrel consented to and actually made observations and studies and in "Man the Unknown" said, "Our conception of the influence of prayer upon pathological lesions is based upon the obser-

vations of patients who have been cured almost instantly of various affections such as peritoneal tuberculosis, cold abscesses, suppurating wounds, cancer, etc."

"The process of healing changes little from one individual to another. Often an acute pain—then a sudden sensation of being cured. In a few seconds, a few minutes, at the most a few hours, wounds are cicatrized, pathological symptoms disappear, appetite returns. The only condition indispensable to the occurrence of the phenomenon is prayer. But there is no need for the patient himself to pray nor even to have any religious faith."

"It is sufficient that some one around him be in a state of prayer."

We ask that you do not form any unwarranted conclusions from that quotation. We would prefer that you defer your conclusions until we get to the Instructions telling what is real—result getting—causative prayer.

This quotation is given at this time to illustrate the changing attitude of the present day professional men.

Dr. Carrel is by no means the only scientist we might quote. Dr. Titus Bull, the famous neurologist said, "Matter is spirit at a low rate of vibration. When a patient is cured, it is spirit in the cell doing the healing according to its own inherent pattern. No doctor ever yet cured a patient. All he can do is to make it possible for the patient to heal himself."

The Essenes principle is this—"Each has the power for potential perfection."

It is the purpose of this set of Instructions to give you an understanding of the physical you, that you may comprehend in a broad way the physical processes and how science is now applied to these processes.

In the human body are billions of minute cells and atoms. Literally millions of them die every second and are thrown off. The human body is continuously changing and renewing itself. Chemicals are being manufactured—poisons—nutritious elements—and all having their effects—positive effects upon health, vitality, appearance, feelings, actions, success, failure.

This study is not confined to psychologists nor to the medical profession.

The outstanding character since 1938 in research work in America is Chas. F. Kettering, the Director of General Motors research work. It was he who helped perfect the short wave radio machines which induce fever in the body because fever is nature's way of killing destructive germs in the human system.

That his work and studies are not confined to things that pertain to motors is evident from an interview in which he said that he considers the most important research problem in the world to be—"to find out why grass is green" because it is the fundamental problem of man's existence on earth.

It is the green in grass, in leaves and in plants which has brought to us, from the sun, all the energy we have. "Some little engine in the green of grass and leaf has the gift, unknown to man, of capturing energy from the sun's rays, storing that energy, building with it. Thence came in ages past, all the heat and power now stored in coal, wood, in oil and natural gas. Solve that secret and we shall know how to take power from the sun."

James Bryant Conant, former President of Harvard, came up from Chairman of the Chemistry Department. During chemistry days two major studies occupied his time. One—the study of chlorophyll, that mysterious green substance in plants, which alone among materials of the earth is somehow able to use the energy of sunshine to combine water and the carbon dioxide of the air into sugars and thence into starches. It is the only known process for transmuting sunshine into food and fuel, and the one chemical process on which all living things are vitally dependent for food and fuel.

Since chlorophyll is now well understood, chemists are able to utilize sunshine directly, without the aid of plant life.

His other was the study of the hemoglobin, which in all animals carries oxygen from the lungs to the tissues.

Certain biologically potent chemicals, known as hormones act in the blood stream and make the

body behave according to certain rules. Chemical secretions of the body known as hormones control the characteristics by which men and women differ in bodily structure, muscular development, voice, amount and nature of hair—in reactions, temperament, and personality.

Three of the known hormones have been synthesized in the laboratory, or produced artificially.

Chemists are trying to do in the laboratory what nature does in the body. Furthermore the chemical compounds that are made in the human body are without question often the result of mind action—conscious or subconscious.

One by one the vitamins are being synthesized or produced by artificial methods and their role in the chemical functions of the body analyzed and catalogued.

Enzymes, the highly complex proteins that make digestion, body oxidations and other physiological processes possible, can be formed out of inactive proteins by suitable chemical changes.

The first steps have been taken that may lead to the eventual synthesis of the blood itself, through the synthesis of porphyrin, related to both hemoglobin, essential substance of the blood, and of chlorophyll, the green coloring matter of plants.

Biological chemists are making startling discoveries. In the sixteenth century an observer noted that blowfly larvae or maggots in wounds seemed

to have a beneficial effect in healing. During the Napoleonic wars and in the World War I, the same effect was noted.

Following the World War a way was devised to use live maggots in treating extreme cases of a chronic bone disease, where conventional methods had failed. Dr. Albee, probably the world's greatest bone specialist, had cases that seemed to be miraculously successful.

Nobody knew why the maggots could heal where science failed. Biological chemistry has partly solved this mystery of centuries.

The secret of the maggot's healing lies in a colorless, odorless excretion containing allantoin. Allantoin was synthetically produced. The synthetic product was found to have the same healing properties as the secretion.

Allantoin on decomposition yields urea. Back in 1828 Wohler made a synthetic urea which was the same as bodily waste. That was the first convincing proof that organic matter can by man be created from inorganic matter.

Early in 1935 German chemists startled the medical world by announcing a new complex compound, in one form, a bright red solution known as prontosil, administered hypodermically; in another form prontylin, a white tablet to be swallowed. This compound attacks directly and kills blood cells destroying viruses, such as streptococcus.

The world is going in for research. The Order of the Essenes is a research organization.

It is now going out to the World to broaden its field, and by the help of many, it is hoped to continue its research in the human field.

Millions have been spent in Pittsburg by the Mellons, setting up the Mellon Institute for research in the mechanical and industrial chemical field, millions more have been donated for other research foundations.

Why, therefore shall not the benefitting masses contribute liberally for the greatest study—the study of man himself?

Research sounds formidable but on the contrary it is very simple.

Chas. F. Kettering says, "Research is nothing complicated. It may use a laboratory and it may not. It is purely a principle and everybody can apply it in his own life. It is simply a way of trying to find new knowledge and ways of improving things which you are not satisfied with."

"What are some of the things you would like to have? Why can't you have them?"

"Write down ten things that you don't like about your business, about yourself, or about the way you are doing things. (If you can't think of ten things, there is something wrong with your imagination and vision faculties)"

"Now try to work out some way of correcting

those ten things. If No. 1 is too difficult to solve, try solving the others, just as you put a word in a crossword puzzle. Each of these problems that you solve will make the others easier. You will be surprised when you find how well they fit into each other. If you do that, you are a research worker—(subject—yourself).

We are gradually laying a foundation for the understanding and the acceptance by you, the student, of certain principles, which without this foundation would seem unbelievable, theoretical, or unwarranted conclusions.

There is one basic fact in life which you must accept. That fact is that life itself is perfect.

There is a legend which tells of the Gods taking counsel together as to how to conceal from man the secret that he was really one of them. "Where can we hide it," they inquired of each other, "that man's daring and intelligence will not discover it?"

They arrived at a decision to hide it in man himself, as he would never look for it there.

The findings of psychology in respect to personality and happiness are largely a rediscovery of old religious truth. The time is at hand to modernize and broadcast in understandable form the ancient principles.

The mastery of life is achieved by the ceaseless practice of the mechanics which make up the art of living. A good personality is the result of practice, not introspection. We stress doing definite impor-

tant things, as the road to health, happiness and success. We do not want to seem to unduly emphasize thinking and self analysis. "Faith without works is dead," epitomizes the thought.

True, you must understand the mind, conscious, subconscious, and superconscious, but the mind is intended to think with, not to worry about. It is an instrument to live with, not to live for.

Every human being is endowed with an infinitely precious stock of attention power, but daily the mind is assailed and distracted by a thousand appeals and distractions. The dust storms of daily excitement and of continual trivialities, work for mind erosion—which is far more serious than soil erosion.

In this work your success, your attainment of your longings and desires, will largely depend upon concentration, meditation, determination, expectation and action.

For a moment contemplate in review—your physical body is ever changing and every twenty-four months you are practically one hundred per cent a different individual physically. Every new cell or atom or life unit added is perfect and without age; it will in its new home and new life form, conform to its surroundings; it will be endowed from the first instant with intelligence, mentality, character, consciousness,—it will be stamped with the real **You** trade mark, and thenceforth subject to the chemical and biological changes; it will re-

spond to, and its destiny be subject to your thoughts. It will make up one of the billions of the component parts of your subconscious; it will ever work towards perfection, unless guided or influenced for imperfection—it will observe the unchanging and unchangeable laws of unity and harmony; it will die, pass on and change when the law is violated; it will ever keep its contact with universal intelligence, the omniscient, from whence it came.

Everything is included in a ceaseless interaction of cause and effect. Nothing can escape nor set aside the law.

"Whatsoever a man soweth, that shall he also reap" is as true in the invisible realm as in the field of agriculture. No one can deny it, nor can one cheat the law, and no one escapes it.

If one would come to know the greater stranger—himself—let him enter his own closet and shut the door. There he will find his most dangerous enemy, and there he will learn to master him. He will find his true self. There he will find his truest friend, his wisest teacher, his safest adviser—himself. There he will find abiding within himself the Holy of Holies.

Finally, from weakness to power; from sickness to health; from discord to harmony; from failure to success; from misery to happiness—all these positive developments are for you to demonstrate.



## Section 2 Instruction 10

In the course of these Instructions you will come to realize the almost magic-working possibilities, which can result from meditation, concentration and affirmation.

Before you arrive at that stage however, you must be conditioned, prepared and instructed upon the subject of relaxation, so that satisfying results may be attained, easily, simply and always naturally.

We shall shortly instruct you in simple exercises which will enable you to relax and having learned them, you will possess that which will induce sound and vitality restoring sleep.

Heart disease is under modern conditions, listed and catalogued as the number one cause of death. The cause of death which ranks in fifth place is cerebral hemorrhage.

Proper relaxation is a potential preventive of these two most frequent causes of death. It is not a new idea that high blood pressure is due to nerve tension. This nervous tension is a product of civilization. Indians who have never been in contact with civilization—such as today exist in South America, are in no way effected by it, and consequently, have a mortality rate of zero from heart trouble and cerebral hemorrhage.

The natural conclusion is that heart trouble and

cerebral hemorrhages largely result from high blood pressure, high blood pressure from nervous tension, and that nervous tension is but an absence of relaxation.

The vital importance, from the physical standpoint, of relaxation is therefore apparent. You are going to learn that proper contact with certain mental reserve resources, (omniscience), is prohibited to you, until you do relax. How vitally important therefore, to do the simple exercises given you, which we trust you appreciate, and appreciating, perform.

The aim and the object is to get the muscles and the mind to relax. This is probably the easiest form of "exercise" ever devised and unlike other forms of exercise does not require continuous training to stay in condition. These exercises teach a trick, one of the most difficult—to "let go" completely.

Once learned, this art is on hand for use at all hours.

The statements we make with respect to the benefits of relaxation are not fictions of the imagination but have been tested and proven by laboratory experiments.

Many of the subjects, learning relaxation in the laboratory, became partly insensible to pain from electric shocks, which always hurt when the subject was tense.

All of you have heard, or know, or read of

drunken persons falling from great heights and being unhurt or not seriously injured, or of babies falling great distances unhurt.

There has come about a saying "The Lord seems to protect fools and drunks."

Limpness—the state of being totally limp or relaxed, has much to do with these seemingly miraculous escapes from death.

Now just how do you learn to relax—let go—get limp? What are these simple, easy, exercises?

In the first place you lie down on your back. Surely that part is "Easy." Legs straight and not crossed. Arms by your side—eyes **closed**.

**FIRST:** Clench your fist—raise your right arm straight upward—stiffen every muscle in your arm. Now just think about how your fingers, and hand and muscles feel.

**SECOND:** Now, slowly unclench your fist, and relax your tension (SLOWLY), and finally let it fall limp to your side.

All the time,—get the feel of what is taking place. Observe in your mind's eye the change from tension to relaxation.

**THIRD:** Do the same thing with the other arm.

**FOURTH:** Now—the same thing with both arms at once.

It is quite important that you understand what this is all about. You clench your fist and stiffen

your arms to exaggerate tenseness or tension so that you are fully conscious of the feeling.

You "let go," get limp or limber and completely relax so that you get consciousness of the contrast and experience that feeling, and the feeling "in between." After a while you will learn to know that "feeling." Thus you learn by contrasts—and finally learn to relax.

#### NOW FOR THE NEXT EXERCISE.

**FIRST:** Flex your right foot downward, (just as though you were standing on your toes) stiffen the whole leg, just as though you were trying to reach out to touch something beyond. Study the feel of the muscles,—get a clear picture of the sensation of the stiffened leg and feet and toes.

**SECOND:** Slowly let your foot come back to a flat position and the muscles of toes and feet and leg relax,—and then study and make a mental note of just how it feels to have a relaxed limp leg.

That is the feeling you want to fix in the mental storehouse, so that on any occasion, and anywhere, you can relax and know that you are relaxed.

**THIRD:** Now do the same with the left leg.

In thus observing the feelings and change of feelings, start at the toes—how they feel,—next the instep and ankle,—how they feel, next the calf of the leg—the knee cap, the muscles under the knee,—the muscles from the knee to the hip.

In other words, this is a study in feeling—an

observation of change from one extreme to another, so do a thorough job of it.

**FOURTH:** Now, with both feet and legs at the same time, do the same exercise.

Keep your mind on your legs, but in the beginning when you do this you are going to be pretty tense all over but you will learn in time, not to get tense except where you center your mind.

The chest relaxation is learned by inhaling not too deeply and noting how the easiest breathing can be done.

You are lying in a position on your back. Breathe way down so that you can feel the lower stomach expanding, much as you learned breathing in the first set of instructions.

While you are holding your breath for a few seconds, you can tighten the muscles in the chest by slightly throwing back your shoulders, and lifting the intestines upward, then letting the breath out through the open mouth and when all of the breath is exhaled, force still more breath out so that you can really feel the need of breathing. After a while you will discover for yourself, how the easiest breathing can be done and at that point you will find the chest just naturally relaxed.

This may sound a little complicated, but after practice you can center your mind upon fully relaxing the chest so that there is no feeling of tension and you will have accomplished the trick.

Many, many people carry tension into the face, and by looking at them, you can see that their brows are wrinkled or that they have frowns, and their faces look tense.

The way to clear the brow of tension is by raising the brow, holding it for about a minute and then let go.

There will be a feeling of opening the eyes wide, but of course you are to remember that your eyes are closed.

After you have held the brow raised intensely for about a minute, just let it go back to normal, and then frown intensely and hold that for about a minute and then let go, and you will learn the feeling that takes place in going from tension to relaxation and when you have once learned the feeling you can clear the brow of tension at once, and at any time.

If you are given to frowning and have worked wrinkles in the brow, or forehead, it might be well to stand before a mirror and observe the effect of raising the brow and then relaxing and also observe the effect of frowning and relaxation and when you see in the mirror, the difference, you will just naturally learn the feeling when you are relaxed.

The exercise with respect to the muscles of the jaw and also the face, consists of setting your teeth together very firmly until you can feel the muscles of your jaw standing out, and then just let go and note carefully that the teeth became slightly sepa-

rated when you have reached the point of perfect relaxation in the face.

Throat and tongue relaxation is studied by counting aloud to ten very slowly, then repeat in a lower tone and keep lowering the tone until you are counting in a whisper.

In this exercise, as in other similar exercises, form the mental picture of the ease and comfort that comes with relaxation.

Many people's eyes are tense.

Remember that your eyes are closed—now turn your eyes as though you were looking as far to the right as possible and hold them there for about one-half minute—then let them go to a normal position as though you were looking upward. Then do the same to the left, hold it one-half minute and bring them back to normal, then do the same, looking upward as far as possible and then back to normal, then look as far down as possible—and then relax. While you are doing this, you will feel sort of a pull on the eyes and a restful feeling in the eyes when they go back to normal, looking upward. We repeat, you are not looking, because your eyes are closed, but you can tell that the pupil of the eye is tensed.

This exercise is good for the eyes and will strengthen them in time. When you first practice it, you may feel a little watering in the eye as though you were crying, but we learn that crying is sometimes beneficial by relaxing the nerves.

Many people are relieved by crying when they become provoked or angry, or when they permit a negative dangerous mood to control them.

After you have learned to develop and to control the feeling of relaxation, you should make practical application of your knowledge so that you may better realize the benefits therefrom.

If you drive an automobile and use your right foot to operate the gas throttle, and if you will investigate, you will find that your left leg is also tense.

This leg tension tires you and reduces the circulation of the blood. While driving, you should relax the legs frequently as already described.

When you are observing or playing games, you reach a point of excitement and if at some time, right in the middle of it, you discover you are tense, you can instantly relax, and you will find it very restful.

If you will occasionally observe your position while working, writing or studying, you will realize the tense condition of the face, chest and extremities. Then you should picture relaxation, breathe deeply, exhale slowly and completely eliminate the body tension.

One vital result of relaxation is its beneficial effect on the circulation which is materially retarded by bodily tension. Also the wearing of tight clothing should be avoided for the same reason.

The great value of relaxation is being taken advantage of by cigarette manufacturers, who often advertise "Relax and Smoke a \_\_\_\_\_ Cigarette."

Smoking cigarettes does no good but the suggestion to relax is very helpful and there are countless millions who really believe that smoking is the thing that relaxes them, when in fact, it is the suggestion that when they smoke they do relax that does the trick.

These simple exercises are merely given you so that you can really carry in your mind a picture of how you feel when relaxed, and to teach you a mind control of the muscles of the body.

In these instructions, you learn that there are many people in this world who can control every function of the body, even to the beating of the heart, by concentration of thought upon that organ. These people have learned the method of control in the same simple manner in which you have learned to relax.

### ... JUST TALKING IT OVER ...

First read the cover paragraph again, then consider this:—

You will shortly come to the realization that every thought which you project into the universal creative substance will be worked out in your body or affairs, just as you picture it.

How foolish and destructive therefore to project what you fear and do not want.

Is it not the more sensible thing to picture clearly the things or conditions you desire.

Knowing the law, faith in fulfillment will be yours and will add force to the projected mental image.

Think positively of good fortune, not negatively of misfortune!

### ... THOUGHT GEMS ...

The electrons of man's brain are stirred to action by faith, and acting concurrently with the spiritual ethers, they hasten nature to produce quickly what ordinarily requires months of seedtime and harvest.

(This thought gem should be considered together with the reading of Page 5.)