

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

RISE TO THE HIGH SERENITY!
SEE ALL THINGS AS PARTS OF

AN ETERNAL ORDER AND DEVELOPMENT:-

God is no capricious Personality absorbed in the private affairs of His devotees, but the invariable sustaining order of the Universe. The greatest good is the knowledge of the union which the mind has with the whole nature - the unity of the conscious mind with the superconscious - your one-ness with the infinite, and a reliance thereon. Truly you are a definite part of the great stream of law and cause - a part of God.

Perhaps you have heard that the way to learn to write is to write, the way to learn to speak is to speak, the way to learn to sing is to sing.

It's all based upon the law that as you give, so shall you receive. Whatever it is that you want to do or express, begin now to do it and to express. It may at first not be satisfying.

The greatest orators the world has known have been hissed off the stage in the beginning, but they persisted.

We will convince you in the course of these instructions that you are a creator, that you are a part of the universal principle, that you are inter-penetrated with omniscience and omnipotence, and using these you can create health, happiness, and success.

When you are prepared for this understanding it will be given to you in simple understandable language. There will be nothing mythical or mystical about it. It will be statements of facts and statements of scientific principles. It will be demonstrable. It will be acceptable to those with scientific training, and satisfying to those who seriously question some of the theological conceptions of an anthropomorphic God.

On the other hand, it will not offend those with deep religious convictions. It will make understandable to reasoning minds that which has heretofore been wrapped about with supernatural implications.

And finally, it will carry the conviction of soundness, that it is practical, and that you can apply it in your daily affairs.

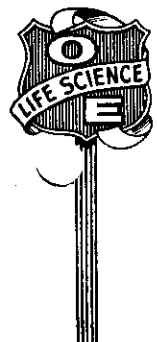
Our mission is to enlighten in the true science of living and prove it is a science and when put to practical application always works.

Sincerely,

THE ORDER OF THE ESSENES

S. Hamner Davis

Enc. 19



THE Essenes

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Instruction 19 Assuring to the acceptable and accepted HEALTH, HAPPINESS AND SUCCESS.

The trouble with most of us is that we do not half appreciate the marvelousness of the human mechanism, nor the Divinity of the man that dwells in it.

We live in our animal senses instead of rising into the God-like faculties. We crawl, when we might fly.

. . . THOUGHT GEMS . . .

In our thinking we divide man and nature. Thus we tend to doubt whatever is beyond this barrier we have thrown between.

When you begin to grasp the idea that there is great harmony between man's spirit and the spirit of the universe, then will you have a key to truth. Truth is all comprehensive. There is no such thing as absolute isolation in existence and the only way of attaining truth is through the interpenetration of our being into all objects.

We would emphasize that there is a harmony between the individual and the universal. An explanation of twentieth century turmoil and unrest lies in man's concentration upon his own life and works.

He has in his thinking divorced himself from universal nature within whose bosom he lies—man has shut himself out from the vitalizing and purifying touch of the Infinite, and has depended solely upon the visible, the finite and the material for his sustenance and healing, and in this, has come near unto madness.

The ancient seers of India felt in the depth of their mind that the same energy which vibrates and passes into the endless forms of the world, manifests itself in our inner being as consciousness. Centuries later we find scientists measuring cosmic or interstellar rays.

If you just accept here and now that these rays or vibrations, being measured in terms of intensity, speed and voltage, are essence and intelligence—all knowing (omniscient), and your unity with them—you have the key to understanding.

Mental Architects — Master Builders

This world is filled with counterfeit personalities. There is every opportunity for the genuine and real to advance and succeed.

The great majority of people are fear-cursed, spineless weaklings, and largely because they are constantly striving with conditions or effects, and consequently are slaves of circumstances. Few indeed, are those who have learned to manifest on the plane of causes and produce effects and thus become masters of conditions.

It is the object of this order to bring back the knowledge of the ancients with respect to creative constructive forces, dormant within every individual—within you, so that you—or most any individual can become mental architects, and then can become successful material builders of things, effects and conditions as you have visualized them.

You have been instructed as to the necessity of a purpose or plan, of having a vision.

When you properly visualize an ideal, that is called ideative thinking. What you actually do is create and project a thought form.

Remember those two words, "Thought form." A thought form is a mental pattern—a vitalized, sensitized, magnetized, cosmic mold—a potential or possible future material thing, event, or condition.

Within an acorn is a thought form—the future oak. It is not alone fertile—which may be express-

ed, vitalized, but it is sensitized and magnetized, because it will draw to itself all elements necessary for trunk, branch, leaf and fruitage of other acorns.

There is not a botanist or horticulturalist on earth who can discover in the acorn or seed this "thought form." They can test for fertility (will it grow) by applying conditions and environment for growth. If it has lost its fertility it has too long been kept from growth surroundings or for some other reason has been made sterile or lifeless.

The thought form you picture in your mind is just as much a vital thing, with the possibility of materialization, as the life principle or thought form within a seed and it too can become sterile, or lose its fertility, its power to attract to it elements, people, and conditions for material existence.

If you, the student, will just think of some thing that has happened to you, good or bad, and will then think back, and search the archives of your memory, you will find that at some time you ardently wished for it, or with dread feared it would happen.

The reason that the greatest sin is fear, is that fear is a mental thought form of the thing feared.

What you have to do to be happy, successful, or healthful is to guard carefully the portals of the mind.

You are going to create mental thought forms: see to it that they are constructive, creative, and desirable.

We often speak of the "Creator."

What you are going to learn and realize is that you, the real **you** are a Creator, and that that to which you ascribe divinity is within you.

Can you thus understand Christ's meaning when he taught "I and the Father are one."

In the course of these instructions we point to you the way to plant, to water, to fertilize, to cultivate, to prune, to spray, this thought form, and to harvest the crop, to achieve, to attain.

As we have pointed out, the great sin is fear, we likewise now call your attention to the fact that "hate" is the most expensive indulgence anyone can conceive.

The reason for this is that the mind has peculiar reactions. You should never hold any thoughts of hate, revenge, jealousy, ill will; or wish for another misfortune, because the mind creates that "thought form," and the condition or event materializes and resides with the Creator.

Therefore never wish for another anything that you would not wish for yourself; otherwise you kindle a fire and are burned by your own fires.

As we progress in this study, we must stress and you must learn that thoughts do "create." The great science is to know how to apply your mental chemistry.

We have been privileged to read many so-called courses of instruction in esoteric wisdom; the rituals

or tracts of many brotherhoods; the so-called revealed spiritual secrets of individuals, orders and societies in great number, advertised and offered for sale.

In most of these, Bible quotations are in profusion and offered as proof of the theories expounded, weird and strange as some of them may be.

Many of them refer to the Essenes and other ancient orders as recorded in history and to the historical records found in the pyramids and ancient temples.

Great numbers of them have strange and mystifying rituals. Burning candles, optical illusions, and a profusion of strange terms appealing to the superstitious, the fanatical and believers in the supernatural.

An essential seems to be—quote the Bible often and give some historical reference to or mention of the old recognized orders.

These references to historic facts are calculated, like the Bible quotations, to impress the student with the great learning of these self anointed seers and sages and spiritual torch bearers engaged in selling keys to the temple of wisdom and success.

Some of the sane and sensible and scientific things you will be instructed to do, will sound and seem weird and strange enough without adding mysterious, inane, and senseless rituals and incantations.

At this point may we prepare you to receive suggestions upon affirmation—talking to yourself—giving to your subconscious commands—auto suggestion, with an open mind, and warn you that such directions as we give you in this respect are not to be regarded as without meaning and value. They are absolutely scientific and result producing.

The object of it all is to awaken you to the consciousness of the real **you**, about which we have instructed you from the beginning, and the awakening of the latent powers within you, that you may be, so to speak, "born again" and thereafter can contact the universal and infinite source.

In these modern times we have heard of these intangible things being called "it." We read of the "it" girls—girls with personality, attractive and magnetic qualities. Likewise, we hear of men with "it"—that something which reflects vibrant health, radiant qualities denoting commanding and controlling faculties, and manifesting in material possessions called success.

You have that which for the time we will call "it" and that "it" will burst forth into a blaze of manifestation or demonstration when the oxygen of understanding is allowed to penetrate to it.

David Grayson, in *Adventures in Contentment*, says—"A few of us really use our senses! I mean give ourselves fully at any time to the occupation of the senses! We do not expect to understand a treatise on economics without applying our minds

to it, nor can we really smell or hear or see or feel without every faculty alert. I have the feeling—that it may be unscientific but it is comforting—that any man might see like an Indian or smell like a hound if he gave his senses the brains which the Indian and the hound apply to them. And I'm pretty sure about the Indian! It is marvelous what a man can do when he puts his entire mind upon one faculty and bears down hard."

There just cannot be any question but that thoughts create material things.

If you get violently angry, or go into a rage, and a drop of your blood, or other body secretion is taken and injected into an experimental animal, such as a guinea pig, it immediately is likewise disturbed.

Fear creates a poison, and it gives forth a scent.

Jack Melville—a man who knows dogs perhaps as well as any one, a naturalist, and born and reared in the North Woods, and a guest artist of Columbia Broadcasting system, and an animal trainer testifies:

"When an animal or human being is frightened, the body gives off a very strong odor that is exceedingly irritating to other animals. Almost any wilderness mother, when she hears or smells danger approaching, will quickly hide her young and run away, knowing that fear-scent will betray her hiding place but not that of her babies, since they are too young to be afraid."

"One warm spring day I was riding my pony, singing or talking to ten or twelve half-wolf sled dogs trotting alongside. Suddenly I looked down and my heart almost stopped beating. Without a sound I dove headlong out of the saddle right on top of a tiny fawn, gathered it up in my arms, and was back in the saddle before the wolf dogs knew what had happened. Wolf-dogs have about as keen a sense of smell as any living animal; yet five or six of them had passed within three feet of that fawn without scenting it. The fawn was too young to realize fear."

"From many years of raising, training and racing sled dogs I learned that it is fear-scent which causes dogs to attack people who seemingly have not molested them. A dog will respond quickly both in friendship and in training when he is approached without fear, but no one can fool him for a minute with a fearless exterior concealing a quaking heart, for the fear-scent is there. It took almost a year for a dog-fearing French-Canadian friend of mine to become accustomed to Chico, my team leader; until Frank's fear-scent lessened, Chico chased him up the nearest tree daily."

"I once visited a friend who had been given a young timber wolf for breeding purposes. 'Can't seem to knock any sense into her head,' he said. 'You're welcome to her if you can handle her.'"

"Asking him to leave me alone with the wolf for an hour, I worked myself into the mental condition where I not only had no fear of her but felt

sorry for her, loved her and wanted her friendship. Then I sat down outside the cage and started singing softly to myself in a monotone. That is one of the best ways to lull fear and establish friendly relationship with any animal you wish to tame. In 10 minutes I stepped inside, humming all the time and seemingly paying no attention to the cringing animal whose burning, fear-filled eyes glared at me."

"After half an hour of slow edging along the floor I put my hand in front of her nose, then over her head, then rubbed her just behind the ears. At my first touch she cringed and trembled, wrinkled her nose, but made no move to bite me. The fear glaze in her eyes gradually gave way to a look of doubt, then wonder, as understanding began to dawn. At last she allowed her head to rest on my knee. Her eyes closed as, with an almost human sigh, she relaxed her body against mine."

"That night I traveled over 150 miles with the wolf sitting on the floor of the car. She wore no muzzle, nor was there any need for one. A few weeks later she was sleeping across the foot of my bed at night. All this would have been utterly impossible if, at any time, my voice or manner had showed one iota of fear or if I had entertained any thought that would cause fear-scent."

If anger and fear have chemical effect, create odors and even poisons, then it is certainly logical that love or other desirable and positive thoughts create something also. The fact is that they do—

and you can readily come to understand that they create beneficial things, so mental healing cures, faith cures, and other forms of religious healing are not all humbuggery and fake, by any stretch of imagination.

Most certainly the Order of the Essenes teaches only that which can be and has been proved and demonstrated and can be demonstrated by you.

Section 2 Instruction 19

More than one-half of all the people who go to doctors, describe a headache as one of their symptoms. Generally the great error is the failure to recognize it for what it is—a symptom—a danger signal, a warning, an indicator, and the error is compounded when we try to treat the headache itself, instead of the condition that produces it.

The cause of the headache may be anywhere but in the head. Many of the vital organs of the body are not sensitive to pain. You can cut, without local sensation, the stomach, the liver, the lungs, and even the heart.

When any of these organs are affected they put in complaint to the center of the nervous system—the head. There are said to be as many as two hundred causes of headaches, but they can generally be classed under three headings—mechanical, toxic, and functional.

Under mechanical classification would come those produced by diseases of or damage to the head itself—also eye headaches, which may be

caused by slight errors of refraction often induced by close work and reading in bad light; concussions, tumors or abscesses of the brain and disease of the cranial blood vessels or meningitis are likewise in the mechanical group.

Now for a consideration of toxic headaches.

The skull is filled so compactly with brain and cerebrospinal fluid, that even a slight rise or fall in pressure of this fluid can produce pain.

The outer covering of the brain is a tough white membrane interlaced with nerves, known as the dura (meaning hard or tough). This, like the lungs, heart and liver, can be cut with the surgeon's knife, without pain, but it is extremely sensitive to stretching—which may be the result of a rise or fall in the pressure of the fluid within. The rise or fall may be, and generally is, caused by disorder in other parts of the body. (At this point may we suggest that disease or sickness, when thought of in terms of "disorder" or dis-Ease may be helpful—nature's way is the "orderly" way).

Toxic headaches are caused by poisons from without the body, or poisons manufactured within the body. Under this heading may be alcohol, gases, drugs, tobacco, in the "from without the body" group.

In the "manufactured within the body group," poisons are generated in kidney ailments, constipation, and all diseases accompanied by fever.

These may alter the circulation in the blood

vessels of the brain, or effect the nerves in the dura; the web work of blood vessels in the brain covering may expand, and stretching takes place, with resultant pain.

Within the classification of functional headaches, come those resulting from high blood pressure, low blood pressure, anemia, menstruation, allergic reaction to certain foods, endocrine disturbances, and so-called psychic causes.

Depression, worry, fear, unhappiness, hate, repressed feelings, all result in poisons, often indicated by headaches. It is very unwise to resort to patent medicines, especially those of the pain killing type. They may stop pain—temporarily throw off the danger signal, but are of themselves a source of great danger. Acetanilid, a common ingredient of headache remedies, depresses the heart and is a poison if taken in sufficient quantities. The phenobarbitals should be used only under medical supervision.

Live the life as we teach it and according to nature's laws and there will be no headache—a disorder does not come from orderly living, orderly thinking, and a selfhood under control.

But if you have not perfected your living and mental habits, and do have a headache, before you try commercial preparations, try these perfectly natural remedies first.

For that dull throb caused possibly by tension, fatigue, hunger, and overstress, take a small quantity of light food (alkaline), loosen your clothing,

have nothing binding on you, lie down for a half hour—practice relaxation—letting go.

A cold compress over the eyes and forehead. A brisk walk, an invigorating shower, may speed up your circulation and give relief. A hot foot bath may draw the blood from the head, where congested, and give relief.

. . . JUST TALKING IT OVER . . .

We are soon to give you instructions which may, to you who have not previously studied or read of things psychological, seem rather fantastic; and we may give you assurances that, to the inexperienced, appear or seem "too good to be true," but if you will guard against closing the avenues of the mind to acceptance and will try them out conscientiously you will arrive. Doubt not!

To this point in these instructions, we trust that we have laid a foundation for understanding. Of course, what we have given you must be fitted in with your life experiences to date, and your understanding must be based somewhat upon your previous educational attainments.

Do not let the fact that you are not highly educated, if such be so, discourage you. If you have understandingly come this far in this course, with real faith and action you can far surpass many we have known from Yale, Harvard, Princeton, or Columbia in the battle of life.

Too many of these highly educated persons let the mind wander to analysis. They are searching for form and missing the substance. They are self-conscious, with a superiority complex on educational values, and have a form of resentment that their mental equipment has not produced success. They doubt that the countless thousands of successes they see and read about have been arrived at by any other route than that of chance and luck.

If you master the idea that the real you, that can carry you to happiness and success heights, is not the objective mind

and that when this innermost you is accepted and relied upon, and you give it a worthy aim, object, or purpose, charge it with intense and burning desire, and with absolute assurance and confidence expect the accomplishment of your cherished desires, and back it up with persistent determination, and a willingness to give and give and keep on giving, you are traveling the road of health, happiness and success. You are backed by the laws of the universe and only one result is possible.

There are three things, processes, exercises, activities or operations which will practically make your life over. These are: Meditation, Concentration, and Affirmation.

We now touch upon the subject of meditation endeavoring to show that it is, deep thought upon an abstract principle, the gaining of ingrained consciousness of the law or principle involved and the absolute assurance that it is truth pure and simple, and that it works.

To really meditate requires effort. The cultivation of self mastery is largely dependent upon individual capacity for attention. Mind wandering is the great stumbling block for many. As soon as the beginner tries to fasten his attention on any particular thing, he finds the mind wanders away time after time, in spite of his efforts to control it.

Those who really put forth the effort and really arrive, secure "jewels without price." 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 given object, and finally attains, there is a deep and sincere appreciation of rewards. Had they come without effort, they would be valued but lightly. "Come easy, go easy" is the statement of this fact "in reverse."

We therefore urge that you be a worth while individual, a credit to yourself and to this order, and that you pause, and meditate. We give you the assurance that it will pay and pay well.

As a second section of this set of instructions, we are going to set forth a few simple paragraphs, some quoted.

We ask you to take them one by one, in the quiet of your own room and ponder over them; that you extract the very essence of them, and that the truths therein expressed, by conscious effort you make a part of **you**; that you safely store them in the subconscious. To accomplish this you must muse over and feelingly accept them as truth essence.

Thought No. 1.

Ruskin said, "Imagination (the power to vision and to plan) is the grandest mechanical power that human intelligence possesses, and one which will appear more and more marvelous the more we consider it. It animates by hope—it freezes by fear; it removes or suspends the animal functions; it turns the hair white in a single night—it even causes death."

Thought No. 2.

Whatever theories of life, creation, and man's place in the universe we may hold, the fact that for the individual, life is after all primarily mental and secondarily physical, stands out clearly enough. I think, therefore I know that I am. There is no other way to arrive at any sense of existence. Without the faculty of mental perception, how can you have any knowledge of living at all? Through mind I know, without mind, I am nothing. My appreciation of friends and relatives depends on mind; my regard or disregard is mental.

The state of my mind colors the life about me—health, happiness, prospects and prosperity are all influenced by it. Through mind I know my friends; through mind they know me.

Thought No. 3.

The intelligent practice of self-control, quickly leads to a knowledge of one's interior thought forces, and later on, to the acquisition of that power by which they are rightly employed and directed.

In the measure that you master self, that you control your mental forces instead of being controlled by them, in just such measure will you master affairs and outward circumstances.