

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

OF THE GREAT CAUSATION PRINCIPLE
OF THE UNIVERSE,

YOU ARE A PART.

Let us hope that after reading instruction twenty enclosed you are at least faintly aware of your own possibilities and have caught a glimpse of what our instructions can mean in your life, and are prepared to use the foundation for the erection of a worthy edifice.

We focus our efforts upon the amelioration and ennoblement of human life and character upon this earth. Preparation for a life hereafter may be the aim of religionists but we know and you can know that life is a continuous fact.

This being so - NOW is the all important time factor. Doing good is more resultful than just being good. Today cause is unloosed, our seed are sown and our molds are cast. Tomorrow and all tomorrows will bear the imprint of today. With the dawn of each day we are face to face with the effects of yesterday's causes - we harvest as we have sown - we live with our own offspring.

What you are going to be, do or have in the days ahead? - - It is not yet, you quite agree. It therefore is "without form and void". This simply means it is a fresh new film sensitive to the picture you create. It can be what you make it. Speak the word! Live it!

What these instructions can do for you, if you are faithful in the study of them, cannot be measured in dollars and cents. We trust you are fully appreciative of your obligation to live the full life - to do good.

After the twenty-third set of instructions we have a sort of weeding out process and only continue those we believe worthy of the higher instruction. If you have procrastinated and put off the expression of your inner feeling and urge with respect to them, do not delay longer. We can only know as you express.

Of this you can be certain: for you the possibilities are without limit. The foundation is laid. We can give you the pattern of the key to the storehouse, but you must forge your own key. Supply is limitless.

May you prove worthy by expressing some part of the infinite of which

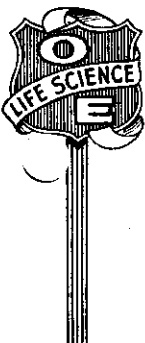
You and we are a part,

THE ORDER OF THE ESSENES

By

S. Hammar Davis

Enc. 20



THE Essenes

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Instruction 20 Assuring to the acceptable and accepted HEALTH, HAPPINESS AND SUCCESS.

"You are neither a body nor a mind. You are, in part, a spiritual, that is, a non-material self, which expresses in and is possessed of emotional, intellectual, volitional, and moral "faculties". You dwell within the body and you own the powers named because you create and employ them in the conduct of life."

—FRANK HADDOCK.

.... THOUGHT GEMS

How many of us assay

High in starting enthusiasm;
Low in sustained faith.
High in promises;
Low in performance.
High in self regard;
Low in self regulation.
High in ambitions;
Low in endeavor.

●

A man, who by his profession is concerned with any particular aspect of life, is apt to magnify its proportions; in laying undue stress upon facts, he loses his hold upon truth.

●

If you want an extra supply of energy use up what you have just as quickly as you can. You may think that is silly advice. Possibly it is. John Knox, the great Calvinist, didn't think so. In his old age he had to be lifted into the pulpit, where he would lean for a time, too exhausted to lift up his head. Long before he had done with his sermon he had the energy of a giant and his hearers feared that he might smash the pulpit with his hands. It seems to be the law that those who give most generously are always given that which they need for the manifestation of their generosity.

●

The Fable says that Truth and Falsehood went bathing: Falsehood came first out of the water, and dressed herself in Truth's garments. Truth, unwilling to take those of Falsehood, went naked.

You have doubtless heard of "the naked truth".

"I am I"

You must realize by now that by certain laws this course was brought to your notice, and by some attraction came into your hands, and it is as though it were prepared for you — and you alone.

The same laws that brought it to you, will, by reason of it, enable you to materialize your longings and heart desires.

Changes have been and are being wrought in you, by reason of advancing to this point. It is quite certain you and others are conscious of it.

You may and should go back and each night review the instructions one by one, from the beginning. You will find that there is much meaning that you did not fully grasp, — that you have been prepared to now comprehend, that which before you did not assimilate.

It would be well if you would now begin to use a mirror, (full length mirror preferably) quite frequently, not to satisfy a vanity, but to use in connection with your imagination.

Stand before the mirror, and in your mind's eye picture how you would appear, if your ambitions or hopes, or longings materialized; how you will appear, when they do, as they will, if you are faithful to the promises you make yourself.

"Play acting" — "make believe" — just like children do, is exactly what this calls for.

When you are doing this just get the thrill, the feeling of elation you will have, should the sought for be found or come about.

That feeling helps focus the picture on the millions of minute body cells. It sets the patterns. It casts the molds. It fixes concentration. It is meditation. It creates incentive for will action.

You now know the mental chemical formula. All the ingredients must be used, and it is our purpose to show the way so plainly that you cannot err nor fail and can and will so far excell others, with possibly better natural equipment, or acquired general education and preparation, that there can be no comparison.

We are at this point again going to introduce you to yourself. We want you to prove the you to your conscious you, — that you which transcends the physical and mental you. It is to be based on the solid rock of reasoning.

Within you, and throughout the universe is power — all the power that you or anyone else, or all others need for accomplishment but you cannot contact it nor utilize it until you become consciously and fully aware of that something that constitutes the real you, the king on the throne, separate and apart from that which the every day, mill run of people think of and recognize as "themselves", just a composite something consisting of feelings and emotions, thinking and willing and all set in a frame of physical members.

Now this drive to acquaint you with your selfhood is with the object of showing you how to contact power, how to utilize universal power, how to get the "trolley pole to the power line".

Do you, for one minute, think that new power is created. Have you a conception that any human or machine can bring into being that which was not existent?

The whole world is just a changing, ever changing, transforming, ever transforming process.

You build an electric power station; you put in electric generators, just so much wound copper wire on a core, that is to revolve within a field consisting of more copper wire wound on cores, — there is no power there.

Now, if you could by hand revolve that core within that magnetic field with enough speed, you would cause electric power to proceed from that dynamo. Your physical power would be transformed into electrical energy—whence came your physical power?

Instead of revolving it by hand we put in steam boilers; we create heat we will say by burning crude oil. The water within the boiler by reason of the heat, from the burning oil, expands, steam is created, which is confined and it presses to get out, and power is the result; it is directed to pistons, these put machinery in motion, this is coupled to the dynamo, and electric power we say is created.

But that power was there — within the petroleum product, crude oil. Where did the crude oil come from? It came from oil wells. Nature produced the oil from vegetation. Whence came the vegetation? Nature produced it from that which was already existent.

The powers of the universe are self existent — and all-present.

You are bathed in power — that is a scientific statement. It is in you, through you and about you. It can be transformed into physical power within you — mental power — emotional power — will power — personal power — and regenerative power, perceptive power — faith power — creative power — desire power — reasoning power and every other kind of power.

What therefore is so unreasonable about your having a powerful character — a powerful personality — a powerful constitution — perfect health — happiness — and success over the nature route?

The power is available — and available to you, when you learn to contact it, — utilize it, — and transform it to the desired ends.

To make the start you must become conscious of the real you; you must recognize your self-hood. You must become self-conscious.

In saying "become self conscious" we do not mean it in the way the dictionary defines it. We mean

you must become conscious of your self — the real you of your being.

Perhaps you can comprehend it if we say the "life principal" that constitutes your identity — and that that "life principal" is a part of the universal "life principle" and therefore contacts all else that is universal — including power.

Perhaps we can bring you to the realization, by another form of expression. "That something" within you which starts, directs and controls your physical, your mental and all other actions and functions.

It may be that the Christian expressions of the "divinity within you" — "divine heritage" will awaken you to the realization that the real you is a thing apart.

We are now going to resort to pure reasoning.

Let us assume that you are an analyst and that the real you, as with a microscope, is going to examine that which you may have heretofore regarded as you. Now, the real you is on the observing end of this microscope.

In the first place nothing on earth can shake you from the knowledge and belief of your own existence. You know that you are an entity — a being, you can say "I am I", and know that you have a sure and certain foundation for that statement, at some stage or in some state of feeling or under some circumstances you may have doubted or may doubt your own senses, but never the fact that you are you at the very centre.

You might entertain doubts on the question of "Why am I" or "What am I", or "Where am I" or "Is all else real", but as this analyst, you are ever conscious that it is you — the you — making the inquiry, and the answer back is always that you are you here and now — the "here" part of the answer means the particular spot in space you are then occupying, — the "now" means the specific time that you are experiencing.

Now do not skip lightly over this, saying it is "Much ado about nothing", and that of course I know "I am" — you want to know that you are, and be able to say "I am I" and know that it is a central inner something doing this analyzing — the real you.

Having established the fact firmly that you are a separate and distinct individuality—your consciousness of separate existence blossoms, and it will bear fruit.

The next step in this analysis by you, — this separate and distinct individuality — is to realize that you own and control the physical body and all of its members and instruments and machinery, and that the physical body is a garment you wear, or a house you inhabit, and that you are the master of the house.

Heretofore in the course of these instructions you have had intimated to you that the subconscious has taken over the movements, actions, processes and functions of the nervous system, the internal organs, and those parts and parcels of the whole human organism, which are designated as the involuntary system.

How necessary, in the interest of vital economy, that these should have been taken over from the voluntary or conscious field, into the involuntary or subconscious you can appreciate.

But don't forget this, that they did pass from the conscious field to the subconscious. You are the master of the house. Your subconscious is the storehouse — the receptacle — the servant of the conscious. It has no windows nor outlets, nor contacts outside except through your conscious you, so far as directions and instructions are concerned, or so far as factual matter is concerned.

Do you remember the quotation from David Grayson in our last instructions wherein he expressed the conviction that a man could have as keen a scent as a dog, if he set his mind and energies to it.

We know a lady — a very prominent lady who is a Modern Diana, a huntress, who each hunting season is in the woods, and whose special delight is deer hunting. She has a wonderfully keen sense of smell, and has never impaired it by smoking, and many of her hunting companions, whose word could not be doubted, have testified that she has often and on many occasions scented the presence of deer, and communicated to them the fact just before coming upon them.

It is a positive fact, and not myth nor mystery that there are a great many individuals, who by meditation and concentration, have learned to exercise complete control of the so called involuntary organs

— even of the heart itself, — this you could do by application, concentration and meditation.

Think for one instant, you have some sudden fear — or some over-mastering excitement, by reason of something you see or hear. Instantly you can feel your heart pounding, your heart beats have jumped tremendously. Nothing physical has hit you or injured you nor even contacted you, yet a physical effect is present. Involuntary action you say! If a thought, a mental image, a surge of emotions or feelings did it indirectly — does it seem inconceivable that you could voluntarily induce quickened heart action, and accelerated blood circulation. Well! It is quite possible.

There are certain Yogis of India who devote their time and energies exclusively to experiments and demonstrations along these lines.

If this be so, and it is, and in many minor ways you can demonstrate it, what is there so strange or mysterious about mind cures, faith cures, and healing such as ascribed to Jesus in the Bible?

The point of it all, at this moment is that, looking through the microscope of analysis, you come to the consciousness that you, the you, is separate and apart from the physical, and that it is yours to command and control. You can raise your hand, wiggle your toes, turn your head, and manage the physical members of the body, and your heart, your lungs, your liver, your stomach, your intestines are just members also.

You can now go back to former lessons and just seem to stand apart, and view the physical changes of the body, old being thrown off and new being added, so that ever so often you are a completely changed and new physical being, but the same you, the same I identity remained on through it all.

As analyst we will now subject feeling or emotion, your thoughts or thinking, and your will action to scrutiny or observation.

It is all a panorama, — you pass the circumstances, the feelings, the emotions, your reactions, your opinions, your thoughts, your determinations, your actions before your memory. You command that faculty to bring back those pictures, — you recollect.

You now pass judgment on these things, — they were wise or foolish, — they were pleasurable or painful, — they were colored by prejudice or misunderstanding, or prompted by judgment and consideration, — they were helpful or hurtful, — they were positive or negative, — good or bad.

What is the net result? There is a you to make this investigation; You can view these things that heretofore you thought were the you of your being. Reason responds, and gives consent, that there is a master ego; that you can become self-conscious — aware that there is a you, separate and apart.

There is something very practical about all this. It is not just speculation, or pure philosophical or

metaphysical or esoteric day dreaming. You can use the consciousness aroused in your everyday business and social affairs.

With it you can go forward to the desired ends of health, happiness, and success with "seven league boots", as it were. How and why? You just get the picture, the conception of yourself as something detached, and a part of and contacting, and capable of drawing on unlimited power, and that your mental, emotional, and physical instruments are just machines for you to control and direct, and you will acquire skill and efficiency, because you will not become confused in difficult situations, you will know that the real you is going to last through all situations, that this real you cannot be injured or hurt, it is above and beyond life annoyances.

You are the general of the army. You do not have to do the fighting, nor move the supplies or ammunition, you plan, you observe all the situations, you do the maneuvering. You realize that the army of power behind you is unlimited, that the physical and mental are instrumentalities for clear-headed guidance and control, and that the real you can and does contact omniscience — (all-knowledge).

This knowledge, or consciousness, gives you poise, character, calmness, and confidence, — the faith that removes mountains, the courage that knows no fear.

The one thought that may occur to you now is for this real you to put under the microscope the real

you, and determine what is this real you — this something. If you put it under the microscope of investigation, then there is no you or no something at the observing or investigating end of the microscope. That would be the finite trying to comprehend or understand the infinite and reason tells you that that cannot be done, — but the answer always comes back — and it is satisfying — that you are you, and all the arguments and sophistry in the world can not rob you of that conviction. That is the fundamental thing. You are aware that you do exist.

Just make certain that you are conscious, that you are over and above and separate from your instrumentalities, and then act the part — realizing you are a creator — and that you are a part of the infinite and just as a drop of water from the ocean has all of the elements and attributes of the ocean, you have the elements and attributes of the infinite.

Let us for a moment see how Jesus, a member of the old Order of the Essenes, taught these principles.

"The Lord is my Shepherd, I shall not want."

A simple people could not perhaps understand "contacting universal power" nor "the power of affirmation" but they could understand the idea of a good shepherd.

"He maketh me to lie down in green pastures."

That was a complete picture of prosperity to their simple minds.

"He leadeth me beside still waters."

That was the picture of poise, calmness, separate and apartness of the real you from the conscious you.

"He restoreth my soul". — That was a worthy description of "contacting power" — being a part of universal power.

"Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever."

How otherwise could he teach that simple people, that they could have health, happiness and prosperity — and that right on through all changes the you was unchangeable and perpetual.

Re-read this set of instructions. You will at the end be a changed individual — a part of the old will have passed, and made way for the new and better.

... JUST TALKING IT OVER ...

In all of our instructions it has been our constant endeavor to make them brief, pithy, and full of substance. Each sentence and each paragraph is weighted with meaning, as you will find if you give them the consideration they deserve. Each thought gem, from the beginning to the end, is worthy of meditation, as we suggested in Instruction 19. It might be well to take just a few of them, beginning with Instruction 1, each night and meditate over them, extracting the essence or principle, and recognizing them as "distilled truth" — and resolve with each to accept it — to adopt it

— to make it a part of your consciousness and to transmit it to the sub-conscious as a "guiding star".

No thought and no effort is ever lost in this universe.

What to you may seem unimportant may become tremendously important. We suggest to you at this time a little experiment to illustrate and to prove to yourself that every breath from your body is having its effect in the universal.

Get yourself a piece of highly polished metal or glass, take a key — like a Yale or Corbin lock flat key — lay it upon this polished metal or glass, then blow your breath with open mouth upon it, so that the metal or glass around the key becomes cloudy with your breath, then flip the key off — and soon the cloudiness disappears. Lay this metal or glass away for a day or a week or a month — then take it up and again blow your breath upon it — and see the imprint of the key return.

It is literally true that the very walls and furnishings of the room you live in, your private apartment, your room in which you labor, the walls and furnishings of your home, contain the vestiges of your acts and thoughts.

If it has been the abode of failure thoughts, of anger thoughts, of grief, of strife, of jealousy, of dishonorable acts and actions, there is always coming back the vibrations and influences projected just as the silhouette of that key returns off the polished plate.

With a change in mental and spiritual life, it is well to paint or paper the walls of the room anew, or seek new environment, and make certain that the new location has not been contaminated. Yes, thoughts are contagious. You might find in this a reasonable explanation of "haunted rooms" or some "murdered ghost" yarns you have heard or read about.

There are, of course, differing degrees of receptivity of individuals. The latest scientific investigations seem to in-

dicating that the thyroid glands have much to do with degrees of receptivity, so far as extra sensory perception is concerned.

“Extra sensory perception” means getting impressions through other sources than the five senses. Extra sensory perception is a proven, scientifically accepted fact. It was pooh-pooed just a few years back, and yet most every normal being has had intuitive knowledge, hunches, flashes of knowledge and insight, that could be explained on no other hypothesis.

In “just talking it over” with you now, we want to impress you with the dangers of skepticism, disbelief, rejection without trial of any methods, courses of procedure, or instructions you may subsequently meet in this course—and, above all, do not overlook one detail, however unimportant it may seem to you.

Just as in our outline to date of a formula for achievement, vision or purpose is important—very important—but you must mix with it desire, faith, determination, and action before it availeth you much.

In the chemical world, one part of hydrogen and one part of oxygen is still a gas—but two parts of hydrogen and one part of oxygen is a liquid—water.

So verily, the world is made up of simples—there is no such thing as an unimportant detail.