

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

INTELLIGENCE IS THE QUALITY OF SPIRIT -
FORM IS THE QUALITY OF MATTER

REMEMBER THIS: -

The mission of an Essene is to do good to all mankind in recognition of the brotherhood of man.

Even casual observance of Nature's processes shows that there is an orderly unfolding. First is the seed - then the tree, the blossom and the fruit in due course.

When full realization dawns upon you that the thoughts of today are the seeds of your tomorrows you will guard your thoughts with greater watchfulness than you do your money.

The tree, the blossom and the fruit will come true to the seed. Doubt not that careless sowing - thinking - produces in kind. Grain never springs from weed seed. Courage comes not from fear thoughts. Self confidence springs not from doubt, suspicion, and distrust. Happiness does not flower and fruit from worry, self-pity, selfishness or jealousy. Plenty and wealth is not the harvest of thoughts of poverty, rainy days, or poor houses and possible future want and disaster.

Very real are health consciousness, happiness consciousness and wealth consciousness. Once conceived then and there is born a capacity for originating new trains of causation. Then men realize their unity with the Life Principle - Then do they become creators of health, happiness and material welfare.

We give you this truth message - you repeat it to the inner and real You. Make it part of you. Doubt not! Act accordingly!

In the spirit of brotherhood, let us blend in the realization and understanding of Universal First Cause - and by our united efforts spread the word.

THE ORDER OF THE ESSENES

S. Hamur Davis

Enc. 21



THE Essenes

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Instruction Headquarters, Tampa, Florida.

Instruction 21 Assuring to the acceptable and accepted HEALTH, HAPPINESS AND SUCCESS.

People generally do not know their own capabilities. They have never made a tour of investigation and discovery in the Great Within of themselves to see what continents of power they have, but are content to cultivate their little islands of energy here and there, just to provide for their daily wants. They are valley dwellers and not mountain climbers.

..... THOUGHT GEMS

Do we not receive about what we give?

Is not the world a whispering gallery, which will return a harsh or pleasant tone, according to what we send forth? — a mirror that will reflect the face we show before it?

If we smile, will it not smile back? If we frown, will it not frown in return?

If we look at it with contempt, shall we not get a contemptuous expression in return?

A kind heart, a loving spirit, a feeling of good will toward everybody will make you beloved, admired, and respected.

It is the law: you cannot take out of your life what you have not put into it, any more than you can draw out of a bank what you have not deposited.



The master thinker is an artist. Choose carefully your designs before you paint them on the canvas of the mind.



Love — forgetting one's own welfare in the welfare of others.

Such love is the essential ingredient in all true living.



One thing is certain — everything is not left to the protection of the blessed trinity of chance, accident, and mistake.

You are what you desire to be — in Embryo

By this time, from these instructions, and by proper appraisal of all of your experiences, we trust that you are fully aware, that this world, and the things of this world are governed by law.

If you are experiencing conditions of lack, in-harmony, disease and unhappiness, recognize that they are results — are subject to the laws — and like all things are in the course of change.

What that change may be is in accordance with the law — or life principles. It is therefore not an "ism", nor a fanatical religious promise that you can have an abundance of all good things, that you can be well and happy, and can adjust into perfect harmony all departments of your life. It is merely a matter of knowing the laws, and simply making yourself obey these laws.

We have heretofore quoted "as a man thinketh in his heart, so is he".

If that is so — if that is the life principle, if it is the law — then just freely admit it. Apply it practically to your condition and affairs.

Just start with the admitted fact that it is all a matter of consciousness, that you and you alone are to blame for these conditions; you and you only are firmly and tenaciously holding them in your consciousness.

Now don't be mentally lazy, nor intellectually dishonest. You are called upon here and now to watch and control your thinking. The main trouble with the great majority is that they do not realize how many negative and destructive beliefs they really possess, in the subconscious mind and permit to come into the conscious mind. They do not appreciate what kind of "thinking in the heart" they have engaged in, and permitted to become photographed upon the cells and the atoms of the body, to become manifest — or out pictured into the conditions we say can and will be changed by an observance of the laws of living — the life principles.

We have not a doubt in the world that most of you who read this have heard a sermon, read in the literature of some "society" "order" "cult" "movement" "brotherhood", or have been told in some manner that there is a heritage of good that is waiting to deliver itself to you if you but become wise enough and strong enough to claim it, and that you must use it in the service of mankind, and that the way was by the building of a proper consciousness of the situation.

Neither do we doubt but that many of you have tried to demonstrate the truth, and get rid of your negative thoughts; but because it took determined and persistent effort you soon grew tired, or you were not supplied with the proper detail of substituting the positives for the negatives, as a means of getting rid of the negatives, but were set on a course of combating an evil, in a manner which magnified and per-

petuated it in consciousness, and discouraged, you dropped back into the current of the old conditions, and possibly became more helpless than before.

All nature works for perfection. Man was created perfect in the beginning; healing is therefore but a reversion to the perfect type.

The key that unlocks man's mind to his original perfection is his thoughts, by this is meant meditative, concentrated thought — holding the thought-form or picture of perfection before the mind, so that it becomes submerged in all the life cells, — and these thought forms become vitalized by faith, and confidence.

You are the ideal you of your desires, in embryo — just as surely as the chick is in embryo in the fertile hen egg, so you are doing no violence to reason in positively asserting you are what you desire to be. You can certainly act the part. Just act as if failure were impossible. Just act as if you were in perfect health.

Now, this does not mean that you are to do violence to a constitution you have weakened or wrecked.

Here is the idea for the invalid, "I am in perfect health — now for the regaining of strength — and all that nature gives with perfect health." Then be active. Take exercise sanely and in keeping with your returning strength and healing members or organs, increasing the activity each day, even if it is wiggling the fingers or toes. Remember that the blood is the

life stream, and by activity of any kind you assist that life stream to reach all parts and all organs, and that it carries the "life principle" — "perfection" with it.

We stated that the correct way to banish the evil thoughts was by the substitution of the positive for the negative.

Let us amplify that.

You have a fear, a worry, a bad physical condition.

You think to remedy the situation by the thought "I am going to get rid of this worry, fear, or condition."

That very form of thought shows that the center of the stage is set with fear, worry or condition.

Your mind is on the condition you want to correct; you in your consciousness are admitting the thing is so. Well; that just "tunes your receiving set" to receive more fuel for the flames.

Can you not see that if you take the attitude of fighting something, combatting something, you have your mind on the thing you are going to combat or fight?

On the subject of "fear" or "worry", did you ever stop to think it is always with respect to something in the future.

Future events are the result of thought forms — from someone, somewhere.

You say you can't right about face and substitute a positive, a pleasant thought, for the negative, fearful thought?

If unexpectedly, out your window, an orchestra or band starts playing music, and in surprise you go to see what it is all about, you drop the negative thought.

If there is a violent explosion, and a fire breaks out next door, you change your thoughts right suddenly.

Innumerable are the authentic cases where invalids, under great stress, such as being in a burning building have arisen, and performed physical feats of strength undreamed of in their days of physical vigor and normal health.

If you do not think that you are the guard at the door of your mind, and can definitely keep out all thoughts or feeling that you do not want to see become manifest, or move from the embryo state to the reality, then we know you better than you know yourself.

You can!

You just start conquering in a small way, gain confidence, and the great ways will come naturally.

One school of thought beautifully puts the thought we are trying to put over, thus:-

"Whatever you think and hold in consciousness as being so, outmanifests itself in your body or affairs."

Whether you accept this as yet or not, consider for a while the truth that every thought you think, especially those relating in any way to self, hovers around in your mental atmosphere, just as a child stays close to its parent. These thoughts being about yourself receive the life that maintains them from the feeling that you put into them.

In other words, the thoughts themselves are but inert mental forms, but when you think them with feeling of any kind you fill these forms with life and they become as living things which ever return to you, their parent, to be fed with more of your life force, and if you only know it, all the thoughts which persistently influence your mind and harass you, are only your mental children clamoring for food and attention, and compelling more worrying, anxiety, or fear from you; all of which are excellent food containing rich vital force, and which make them grow rapidly, until they become so powerful that in time they dominate your mind so that you can scarcely think of anything else.

When the fact is, these thoughts exist to you only when you let them into your mind — that is, they are of importance to you only when you give them attention and recognition. But on the other hand, their power over you and their life can quickly be destroyed by simply knowing the law, and refusing to feed them longer with life force by giving them further attention or interest.

And it should not be necessary to state that voicing such thoughts definitely and speedily outmani-

fest them, for the spoken word is far more potent than the thought. Above all else you should guard carefully your speech, voicing nothing you do not want to see manifest. Always remember, however, that by preventing such thoughts entering the mind there will be no impulse to voice them.

So that you can see now that it is all a matter of consciousness, of thinking and harboring the right kind of thoughts — those you wish to outmanifest, and of letting into your mind no thoughts you do not want to manifest in your body or affairs.

And perhaps you can also see that what is ordinarily called thinking is only the admitting into your mind of thoughts that originated chiefly in other minds and which you of course attracted to you. Especially is this true of all negative, inharmonious and destructive thoughts — there must be something in you that attracts them or they would not come.

In these days of unrest, people are hungry for peace, for an inner peace that will sustain in the uproar of national and international delirium tremens.

It is our mission, our endeavor to turn sad faces into bright faces, insomniacs into dreamers of good dreams, frustrated lives into useful careers.

We can point the way, you with understanding can help, and the more you put into that endeavor, the more you will get out of life.

It is an individual problem — Each must do his part. You must make your own health, happiness

and success, and the beauty of it is, that you can, if you are ready to absorb the vital knowledge that makes life intelligible, and then will to do it. Will is intelligence in action, first as choice, then as persistence in pursuing that choice.

You, perhaps are one who has throughout your lifetime, had generous contact with the Christian religion, and if so, wherever we have used the words "Life principle" or "good" or "nature", if you substitute "God", you will find conformity with your religious beliefs.

It is more than likely that understanding of all of your religious training will flood upon you, and take on real meaning, and actually work if you comprehend that "God" is within you, and banish from your mind that "God" is somewhere up in the skies, and understand that "God" is actually you. Don't be uncertain as to who or what he is. Life principles, universal laws, and the goodness and perfection of them are manifest everywhere, and how they work are understandable, and that you are a part and parcel of them, and not something apart you can and will grasp.

Keep the idea, the truth, that you are a thing apart from the physical, your material house or garments, and that the real you, separate and apart from these things, is inseparable from omniscience (all knowledge) omnipotence (all power) and omnipresence (all present or all pervading). This leads to the inevitable. God is within you — is you.

On the other hand, if the Christian religion has been foreign to you, if it has been incomprehensible and you have become agnostic, and disgusted with hypocrites, and hypocrisy calling on a celestial being for special favors and falsely professing that which is neither understood nor comprehensible, then these instructions should prove comforting to your intellect, and intelligence and give meaning to life itself.

Christ was a member of the order of the Essenes, His teachings rightly understood contain principles and truth, but by making these things intelligible by fable, allegory, parable and illustration, to the people of that day, he gave much that the fanatical have misinterpreted, and by insistence upon their interpretations have clouded the truth principles and brought about in many cases, as perhaps in yours, a distrust, misunderstanding, and rejection, and a prejudice against anything that even sounds "Churchy".

To you, our sticking to "nature", "life principle", "truth", and similar expressions, should be gratifying, and anything but antagonistic to your accepted beliefs.

Re-read this lesson. It may be the key that unlocks the door of inner consciousness, and leads to an understanding of the real you, and a comprehension of your divinity and contact with so called divine power.

. . . THOUGHT GEMS . . .

Originality and fearlessness are characteristic of men of progress. Precedents do not bind, nor fear halt them.

Section 2 Instruction 21

Dr. Alexis Carrel, as we have heretofore pointed out, has confirmed the fact of actual cures by mind, faith, prayer, or whatever description you desire to give to the form of treatment.

He has confirmed the fact and is authority within the medical fraternity that such emotions as hate, fear and the like, if long indulged in, can create organic diseases; not only further them, but create them.

Surely the mind is not a one-way road. If it can create disease, it can cure disease. His findings confirm this, more accurately speaking "is the principal cause of a cure".

Scientific minds, having the habit of inquiry as to "how" and "why" things are so, no longer doubt the fact but for some years have been loath to accept that it works in all cases, and have been trying to determine in which cases it is effective.

There is one thing certain — we have definitely reached the state where all agree that neither men nor medicine can heal you. Nature alone does that. The most that man or medicine can do is clear the way or assist so that nature may have a chance.

Man can set a broken bone, but it takes nature to do the knitting and healing.

No trained or thinking psychologist or metaphysician ever intentionally claimed that mind alone cured, — was the complete cure.

All nature works for perfection. The mind or faith clears the way and gives nature a chance.