

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

EACH THOUGHT AND ACT
IS A DEPOSIT IN THE BANK

OF THE UNIVERSAL:-

Someone who has gone over the same ground you now trod in these instructions and has benefited immeasurably has voluntarily contributed to make it possible for you to walk in the way they have gone.

One cannot pay for and receive these instructions. That does not open the channels or invoke the true law of giving, nor is it the path to the brotherhood of man.

That this is so puts a responsibility on you. You must read, study, comprehend and live more responsibly.

You must so live and act and achieve that the ones who out of the fullness of their hearts and of their own volition gave that the work be extended would be proud of you.

If you are one who has contributed in the spirit of gratitude and thankfulness be assured that those selected to receive these instructions have been deemed worthy by us, and their gratitude and thankfulness finds its way back to you cosmically, and that feeling of self satisfaction which you must possess as a result thereof is most helpful in ways which are definite and certain and which you will come to understand.

If these teachings were universally understood by all men, then would there be the true brotherhood of man.

The world is awaiting a spiritual sunrise - Perhaps we hasten the day. We surely serve well if you are faithful in your study and efforts.

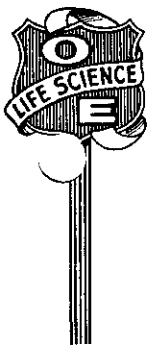
Your deposits in the Universal invariably return multiplied.

THE ORDER OF THE ESSENES

By

S. Hamner Davis

Enc. 22



THE Essenes

This booklet is published by the ORDER OF THE ESSENES, a non-profit corporation, and always remains the property of the Order.

Copyright, by The Order of the Essenes.
Instruction Headquarters, Tampa, Florida.

**Instruction 22 Assuring to the acceptable and accepted
HEALTH, HAPPINESS AND SUCCESS.**

Thou wilt find in life, my son, that thine every act and word is seed planted in the garden of thy soul. If the seed be of good tendency, it will grow into a flower thou wilt cherish, and if not of good tendency, thou shalt root it out and let the lesson serve thee for the future; for naught, my son, throughout creation is without effect.

— LANG-SIN.

.... THOUGHT GEMS

More gold has been mined from the brains of men, than has ever been taken from the earth.

Do not try to stand better with people, than you do with your own conscience.

Too much leisure to empty minds is a threat to progress.

Do not blame others for the difficulties that beset you. Look at your own heart and mind. Therein are the secret springs of all your troubles.

This you will come to understand — if you allow yourself to become angry or jealous, you will make your own mind vibrate in sympathy with the angry and jealous thought vibrations in the world, and these will echo and re-echo upon your mind and claim you as their prey.

Above all things, avoid mental pauperism and intellectual vagrancy. Don't be a cynic, dozing in the sun of mental laziness.

Believe in the gospel of intelligence. Intelligence will be the saviour of the world.

Humanity is the grand religion.

Giant Strides of Progress

In the realm of science real discovery is open only to those able to submit themselves, their wishes and their theories to the test of ascertained fact. Truth is given only to those who sincerely desire it, the deeply in earnest, the open-minded, and those truly in search of it. We again repeat — you must become as little children — you must have a receptive mind.

You have heard or read in your Bible, "Blessed are the meek, for they shall inherit the earth". Confucious said, "That humility is the foundation of all virtues". Tennyson said, "True humility, the highest virtue, mother of them all."

Meekness, humility and humbleness, as used, do not mean cowardice, nor convey the intimation of shrinking fearfulness. The true interpretation is that one has the key to the storehouse of wisdom who simply is conscious of the vastness of the unknown, comparable to the known, and in the spirit of acknowledgment of the fact, seeks ever the truth with receptive mind. This is the approach to life and the mastery of life principles, and the unlocking of the gateway to wisdom.

This universe holds vast and still unknown forces. There is much to be done for man that he may be healthy, happy and prosperous in a perfectly natural way.

This approach to life can be reduced to an understandable form—to an exact science—to a demonstrable, workable, work-a-day basis. This is our objective. Its understanding should be yours.

Amazing, indeed, are the vast number in search of these truths, and it is astounding the great number of mystical schools which have sprung into being.

Most of the instructions, of these orders we have been privileged to examine, have in some part referred to the fact that Jesus Christ was a member or master in, or received his training and knowledge from the Order of the Essenes — and that that order had had handed down from ages past to it what there was of philosophy and the understanding of man himself.

Let it be understood that this Order of the Essenes does not claim that it has any secret documents inherited or handed down from that ancient Order, nor from Jesus Christ, nor that there has been any continuous line of Masters keeping alive any secrets.

You, or any other studious, observing student in a life time devoted to research, observation, and experimenting could bring forth all that is or will be set forth in the instructions and publications of the Order. The fact is that in the one book, the Christian Bible, all of the principles are set forth if you know how to interpret them, and separate the wheat from the chaff.

Some expression, some key-word, some story, some experience will open the flood gate of consciousness

of your real self — the inner you, your self-hood. You will come to SELF realization. When you do, it will be a marvelous experience. You will just “walk on air” — a feeling of exhilaration, of exaltation will take hold of you. You will in the work-day affairs of life lose it often. It will not at first be of long duration, but if you can remember the word, the story, the expression, the passage, the lesson that set it off, and can go back and review it, it will be helpful. The idea is to get the habit of having that “good feeling.” Finally you can stretch these exalted periods out longer and longer. The work you do, the words you speak, the thoughts you think, the service you render during these periods, will produce such satisfying results you will get immeasurable encouragement therefrom, and can then appreciate the very great practical benefits to flow from holding that self confident attitude — that emotional state so closely tied in with your real you, the divine within you.

The great majority of people think they want to get ahead, to grow, to unfold and to accomplish, but the greater number of these are not deeply sincere, nor intellectually honest with themselves, for they will spend hours a day on the tread mill of everyday affairs — and refuse even thirty minutes a day devoted to the understanding of the science of life — to self-understanding, and the true relation and kinship to all else of the universe.

We have elsewhere said that all the Saints, sages and saviours of the past, and they are countless in number, "got that way" largely by meditation.

It is about time for simple instructions upon the subject of meditation. With them, if you do not practice meditation, you are just about ready to file a petition in voluntary mental bankruptcy, or acknowledge to yourself intellectual insolvency. If you prefer to party or to pet, to drink or to debauch, to languish or to "lazy", to gad or to gossip, to slave and to slumber, then don't pretend to honesty of purpose nor deny that your health, your happiness and your material condition are anything else than results of your own volition.

What is meditation? How do you do it?

The dictionary defines meditation as deep thought; the act of meditating. It defines meditate as to muse or ponder; to think upon, to think abstractly. It defines abstractly as considering or conceiving apart from its material or concrete nature. — Yes, meditation is deep thought — to ponder over and muse upon a given thought.

Now for "How to do it"! Don't you consider it well to start working on yourself, and your thoughts about yourself, especially if the result will be brighter and happier days.

A quiet little interview with your own self, that you may know yourself better, may work wonders. It is a positive fact as we have heretofore told you,

you are just as wonderful as You can believe. The technique of it, the modus operandi — what to do?

Get the most comfortable chair in the house, one in which you can sit down and "just let go", one in which you will experience no discomfort, one in which you will lose all consciousness of "chair".

Next, relax all your muscles, just get limp, don't have any cramped legs or arms, or any feeling of stiffness, or anything on that is tight or binds you to detract attention.

Now, this chair, and you in it should be in a quiet room, with the door closed to all outside disturbances, — you are ready for some deep thought — to ponder and to muse over you — this everyday person you — the real you go about with.

What have been your most intimate thoughts about yourself? Review them. Were they constructive? If you don't know what constructive thoughts are you better turn back to a previous lesson.

Have you been holding worry thoughts, creating fear mental pictures, casting doubt thought molds and patterns to come forth in the real, as you have been instructed they will, and how and why they will?

You are going to find that you haven't been steering the mental vessel in the charted channels as we have directed. Yes! A lot better than in the beginning but not radiantly and buoyantly with confidence, or persistence.

Now just what are your heart's desires — this purpose that is so all important? Just let it well up within you, like a spring of water bubbling forth from the ground. How would you express, were it to come about? Imagine it taking place. That you are going to meet it face to face. It will come true.

It is true now, in the embryo or seed or egg stage, if you know and understand what we have imparted to you, and you just act as though it were impossible to fail.

There is nothing fanciful about this. It is a simple way to be practical with the "within" of you, just as much so as washing and cleansing and caring for the without of you with clothes, etc.

Now go over the situation with yourself. Give yourself a good "talking to" — something like this, "If I dared to discourage other people as consistently as I do myself, they would either throw me out, or shun me, or I would be unwelcome in their presence. I am not going to be like that — I am selling myself a lot of bum ideas. That is just wasting time, and taking mental poison in my system. I know that now. I am going to express my true personality — my better self, — it may take patience and persistence, but I have intestinal fortitude, I can do it.

What a ridiculous thing it has been for me with all the good in the world in me, to let it sour and go stale, and not bring it out wholesome, joyously — indeed. Here I have stopped up all the channels I

have for self expression, with self discouraging thoughts about myself. Good crops don't grow, all choked up with weeds.

This situation is for me to remedy, for me alone! From now on out, I am going to carry my body, like the beautiful thing nature intended it to be. I am going to love life, and my whole personal appearance and attitude toward others is going to reflect it. My expression is going to show that I have the secret — Love — the love that will attune me to all the good of life.

I am going to be kind to myself. I haven't been. I am going to be that way to all others. I like it. They will like it.

Everyone has something to overcome — some griefs. I am going to prove my superiority; I will rise above them and see the possibilities I have, and make them certainties. I have been instructed in the way. It works for others — "It will work for me".

That is a sample of meditation.

It is not our purpose to engage in self praise; this course must speak for itself, but the concentrated wisdom, the elucidation or explanation of the laws and principles herein worked out, one person though he lived a thousand years unto himself, could not work out.

It is the result of thought, concentration and meditation of the ages past, epitomized or boiled down, and made understandable. It is the result of research.

Have you just read them — got a “kick” out of some of them, and in a few days or weeks passed them from the mind?

You want something to meditate over?

Just start back with number one lesson. When you have read a paragraph or two, stop — meditate — think deeply — ponder over what you have read, then take up a few more paragraphs, and so on to the end. Thus go back over every other lesson.

If you do this and cannot honestly write us and tell us you are a better person, by having done so, then at this point you better return our material and stop. The advanced stages can mean nothing to you, if these have not. This has been preparatory. Are you prepared?

In two previous studies we have mentioned prayer — and suggested there was a possibility of effective prayer — a science of prayer so to speak, that would get results.

Most Christian people are still petitioning a far away God in some far away heaven for special favors.

From primitive man, through the ages there has been a belief in Gods of all kinds, and the idea always prevalent was that he was way off.

Languages and words were being developed at the same time, and today we find a scarcity of words to convey exact meaning of things metaphysical. We know, and we demonstrate, and we endeavor to teach by inadequate words of expression the truth principles.

The word “prayer” by association and the meanings that have attached to it, is an example.

Understand this! The very foundation of being is in certain principles. These principles are ever present, flowing in and through every individual, and man is related to them, and all results are worked out through them.

Let us again contemplate radio, for an explanation that may carry the message home to you, and give you an appreciation of an all pervading ever present something.

A radio in an auto, going fifty or sixty miles an hour, tuned up to a certain station, will give you the same program, as though the auto were stopped.

Tuned up properly you can't run away from it. It is in this block and in the next block and the rooms in the houses you pass are filled with it. Their radio is getting the same program. Not an inch of space for miles around that is not filled with it.

Not only that program is all pervading, ever present, but the same space is filled with other programs. You could have two radios in your car and be getting two programs. In the proper locations, you could have six or a dozen radios, and run like the wind with them, and all from the same space, would be giving different programs. Thus a modern development gives us that which should give each of us an appreciation that things unseen, are present.

By words, when there are really not words to carry the meaning, we endeavor to show you rules, and laws and principles that what people call prayer, is a science, that can be demonstrated — and is being demonstrated every day in the lives of countless persons.

Jesus — an Essenes teacher — had even a more difficult task, with the simple, agrarian people of that time, and countless were his approaches, endeavoring to convey the thought, in the face of their experiences, and beliefs.

In Matthew, twenty first chapter, twenty second verse, we find that Jesus taught, that whatever we ask in prayer, Believing, we shall receive.

Now, let us revert to the formula for success which we have so painstakingly endeavored to make simple and understandable.

What was the third ingredient?

You had to apply faith power; you had to confidently expect it to materialize; you had to "believe".

We know of whole congregations in churches, met to pray for rains that were sorely needed, and not one of them brought a rain coat or umbrella.

Understand and accept this! Invisible ideas are transformed into visible things.

A turnip seed, planted and cultivated produces a turnip. An acorn produces an oak tree. The idea, or purpose, or plan, or destiny within the seed was invisible.

It does seem strange that every science under the sun has developed marvelously in the last hundred years, except the science of man's relation to the omniscient, omnipotent and omnipresent; powers, substances, influences and possibilities in which he is bathed, lives, and has his being.

The greatest study of mankind is man himself.

Whatever it is that you long for — other people have longed for — many have realized upon their desires. They obeyed the laws, consciously or unconsciously.

What is the matter with this conception of prayer? You want something. It is possible.

You do not ask some far-away God for it. You recognize that there is a divine order of things. You recognize, we hope, from the first five lessons that all things are present here and now. (Remember the garden in which various seed were planted, and from the same soil, air, rain and sunshine many things came forth).

You get a vision or plan or purpose (1st ingredient in our mental formula for attainment.)

Then you long for it, (that is prayer).

Next you have faith in the law that has been demonstrated — have faith in the outcome, as Christ taught "Believing".

Likewise recognize that will power — (determination) — is one of your divine attributes and is coupled up with an infinite source of power, and exercise it.

Finally know that you must give that you may receive; That you must exercise that you may be strong; that cause and effect, action and reaction are life (divine) principles.

Does it occur to you that our mental chemical formula is the way of effective, result getting prayer; that it is scientific prayer?

But you want to ask or beg or implore? No, you want to express — and that is right. It helps mightily. What you want to learn is affirmation, not begging and doubting.

Claim whatever it is you want, for your very own — and know that you have it. It may be in embryo, as the purpose within the seed, or the chicken within the egg — But you and your worthy purpose will meet face to face, if you just obey the laws all nature is endeavoring to teach you.

This order is devoted to a study of nature principles, the laws governing man and his contacts, and instructions relating thereto.

All there is of God that you can know, that the finite mind can comprehend, is the force and power and creative ability that you can contact and incorporate into your mind, your subconscious — your you.

That is a contact with the super-conscious. The super-conscious is a part of you. The super-conscious you have contacted and from it have benefited. You can make it a habit. You can do consciously, that which you have on occasions done unconsciously.

You can train your mind to think about these forces and powers. If you are meditating over these instructions part by part, and one by one, you are giving your mind exercise, and that is as important or more so than bodily exercise which you recognize as necessary for physical strength.

Most mature minds get weak and flabby for lack of mental nourishment. There is mental exercise as well as physical exercise.

. . . THOUGHT GEMS . . .

The way of safety and strength is to hold in the mind good thoughts — kind thoughts, never for an instant hating anyone — not for one moment being unkind to anyone, even in thought — never being deceitful, selfish, or malicious.

Having thus attuned yourself, you will gain a new strength and a new power. The power of selectivity of the vibrations afloat in the subtle ether of mind will be yours.

Then can you attain health, happiness, and success.



One cannot preach a gospel of hope to others, unless he himself is a living example of the power of the gospel.



The world problem seems to be to create employment for men, stressing the physical. We stress the need of mind employment, and then the individual solves his own employment problem.

Section 2 Instruction 22

As the second section of our instructions, we ask that tonight, or early tomorrow morning you meditate upon the thoughts that passed through your mind during the day, or if you meditate in the morning, the thoughts of the previous day.

Take up the events of the day one by one, and review your mental attitudes on each occasion. Go over the various conversations you had. What did you talk about? When you were not occupied, to what did you direct your mind? What or who did you think about?

Were your thoughts good or bad, positive or negative, constructive or destructive?

We ask that you do this for very valid reasons, if you are truly interested in making your life one worth while.

In the first place you must practice meditation in order to find and orient yourself.

If, in 1440 minutes of a day you can not find 15 minutes a day to devote to a planned life, to acquire poise and purpose, and to swing out of the vicious circle, you have probably habituated yourself to, then you are not sincere in your desire for a more abundant life.

Another reason — Truth is merely a theory until you have proved it for yourself. When we learn to

use the known laws and life principles we are no longer in bondage — we are free. A few quiet moments alone with yourself daily, and with proper direction of your thinking will bring about a consciousness of these laws — and self-realization. If you cannot do this, then you are in bondage and far from free.

Yet, another reason. You must tune yourself, so to speak, that you may receive and contact the helpful ideas, suggestions, and powers that are everywhere about you, and may just gravitate to the people who can be helpful, and attract to yourself the favorable conditions you seek, — and this short period is essential for this attunement.

Do you understand what "attunement" means?

In the physical realm, if you will strike a note on a piano, and another piano is in the room, that same note on the untouched piano will vibrate — and no others.

You just have to accept now, that there are unseen and invisible emanations, vibrations going out from you, and all others, and that they are about you and through you, just as much so as radio waves.

If you could swallow a radio, it would still bring forth that to which it was tuned.

Tuning the human to the infinite is the result of mind action, thought, and consciousness of the inner laws and life principles.

We have heretofore stated that the laws of metaphysics — the laws governing mind, the life principles,

the fundamental philosophies were largely found in the Christian Bible.

Paul demonstrated a knowledge of life principles when he said, "Finally Brethren — Whatsoever things are true, whatsoever things are honorable, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."

Let's reverse this and see if it does not almost prove itself as a great law of mind. Can a man be happy, successful, or healthy who always has his thoughts upon lies and the false, who is always centering his attention upon the dishonorable and crooked things of life, who always gives heed to the things that work for injustice and unfairness, whose thinking is always in the sewer of life — thinking impure and debasing thoughts, whose mind is the channel for disagreeable, disturbing, revolting, and unlovely thought currents, who always believes the ill reports, and the mean and unkind things and who always carries suspicion in his mind, and ascribes to all persons base and ulterior motives, who always thinks there is no good in the world and that there is no virtue in the world, and who never thinks in terms of praise, but always in terms of condemnation.

Such a one would literally be a walking poison factory, creating mentally distilled, but actual bodily poisons — so much so that his breath and bodily

odors would reflect it, his features would outpicture the inner man, his eyes would disclose it, his acts and demeanor would be an advertisement of the inner thoughts.

Each is the ruler of his own life — each sets his own objective — each determines the tempo or timing of his actions and reactions, each sets the limits of his own progress, each by his own direction of his own thoughts is the master mariner on life's seas. No thought is ever lost. All thought produces corresponding experience.

So, Paul hit a key note. If you think truth, and upon the honorable, just, pure and lovely things of life, seek the things of good report, that have merit and virtue and are worthy of praise, you can just stand and see these things become manifest in your life.

One who follows Paul's admonition — thinking the good thoughts of life, could only reflect in his conversation and manner, the finer things of life, he must of necessity be healthy, happy and prosperous, for he provides a clean channel, and has naught back of it to defile it.

He is magnetized and sensitized to attract the unseen elements which manifest in good. Paul gave us an expression of a rule for thinking.

Have you yet learned to think and feel, and be conscious that the real imperishable you is "a thing apart" — You direct the thinking — You are the re-

ceiver and transmitter of thought. You, the real you chooses, collects, directs, and manages thoughts. Thoughts are just the raw material you work with.

You — the real you — can select and transmit the thoughts, on things that are true, honorable, just, pure, lovely and of good report, and in doing so will witness performance by you in the daily affairs of life, far and above that which you deemed possible a short time ago, or ever deemed probable, until you grasped the consciousness of contact with the unseen forces and powers of nature, and came to the self-realization of divinity — that you are a creator — Creator of "the world you live in" — your own destiny.

So, we again insist on this analysis of your thoughts of one day. Contemplate them, ponder over them, muse upon them. Determine wherein you erred, and violated Paul's rules for a contented life.

If you determine that you were unjust, unfair, or unkind, and you could bring yourself to go to the person so dealt with, and in a way confess the error of your way, you could know a sense of exaltation and elevation, that would be powerful in its effects.

In any event, if you find error, confess to yourself the mistake, and resolve upon a different course hereafter.

Finally — All of this, not as a matter of morality, or so called Christianity, but as an approach to the understanding of the fact, that thought is energy, the

most powerful in the world, and that it produces results with sureness; that you may begin to concentrate and not scatter your life forces; that you may gain direction and quit going around in rings; that health, happiness and prosperity may be demonstrated in your own experience; that truth shall no longer be a mere theory.

. . . THOUGHT GEMS . . .

Faith, Love, and Sex are the three major positive emotions — love and faith on the spiritual side — sex on the biological or physical side. These emotions form a direct connection to the subconscious mind. Blend or color a thought with either of these emotions and the subconscious mind not only grasps it, but vibrates in tune with the infinite — and there is infinite intelligence.



There is such a thing as spiritual bankruptcy — spiritual values are measured by freedom from fear.



To those who have not been schooled in the working principles of the human mind, these instructions may appear to be impractical — a mere theory, or some kind of mystic formula; but to the initiated, the soundness is apparent. The proof of the soundness is to try it — it works — it is just that simple.

The mysteries of life are just a combination of simples. We certainly would not suggest that which would require you to be either credulous or ridiculous.