

THE ORDER OF THE ESSENES
2527 SUNSET DRIVE
TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

THE WORK OF ENLIGHTENED INTELLIGENCE
IS TO DISCOVER TRUTH.

SEEK YE UNDERSTANDING!

Carl Schurz says, "Ideals are like the stars. We never reach them, but like the mariners on the sea, we chart our course by them" -- beautiful as a defeatist idea. You can attain your ideals, if they are definite, and you put intensity of feeling and emotion into the working out of the universal laws we teach.

You have studied with us just about six months; your Twenty third set of instructions is enclosed. Comprehending those you have had is partial preparation for fellowship with those in whose Lexicon failure has been deleted. A change of character is a miracle - but it takes time and a definite consciousness of your inherent One-ness with the Infinite.

The instructions to follow are treasures of untold value - truly inspired and definitely effective in working the eternal miracle, - yet simple, understandable and reasonable - a certain guide to life, love and beauty being made manifest for you.

There are months and months of instruction ahead but at this point those who have never reported any progress, those who have expressed no gratitude or thankfulness and those we feel are insincere and lack earnestness and are, so far as we are able to judge, unable to understandingly follow our advanced teachings, and we deem unworthy of advancement in this Order, are dropped.

We are thankful there are but few in percentage to be dropped. The seeming miracles that are reported by many make us deeply regret to drop any, - We know that each has undreamed of possibilities.

This work is carried on by purely voluntary offerings. No person pays or can pay for his or her own instruction. There is no brotherhood in buying and paying - that is commercial; the law of giving is not invoked.

Those who benefit give as they see fit to extend the instructions to others. They give in accordance with the law, not seeking credit or publicity, or under pressure as in organized drives or commercialized social service effort.

Thousands would like to receive them. This puts us in the position of Trustee to see that they are extended to the sincere and those who do comprehend, and live and act worthily.

Should you not receive Instructions 24, it may be that we are mistaken as to your interest, progress and reaction; if so, we of course want to hear from you.

It is a loss to the world to lay a foundation, and then not complete a temple.

May you come to realize the Creativeness of Spirit - The way is open.

THE ORDER OF THE ESSENES

Enc. 23

S. Hamner Davis



THE Essenes

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Instruction 23 Assuring to the acceptable and accepted
HEALTH, HAPPINESS AND SUCCESS.

*The literature about success,
health and happiness is today
an ocean, but the instructions,
which tell you what to do and
how to do it to attain them,—
are mountain springs found
only here and there in high
places—*

.... THOUGHT GEMS

Contemplate this by one who preaches from the texts of the Upanishads in Bengal — "There was a time when the earth was only a nebulous mass whose particles were scattered far apart through the expanding force of heat; when she had not yet attained her definiteness of form and had neither beauty nor purpose, but only heat and motion. Gradually, when her vapours were condensed into a unified rounded whole through a force that strove to bring all straggling matters under the control of a centre, she occupied her proper place among the planets of the solar system, like an emerald pendant in a necklace of diamonds. So with our soul. When the heat and motion of blind impulses and passions distract it on all sides, we can neither give nor receive anything truly. But when we find our centre in our soul by the power of self-restraint, by the force that harmonizes all warring elements and unifies those that are apart, then all our isolated impressions reduce themselves to wisdom, and all our momentary impulses of heart find their completion in love; then all the petty details of our life reveal an infinite purpose, and all our thoughts and deeds unite themselves inseparably in an internal harmony".

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Knowledge is nothing but the continually burning up of error to set free the light of truth.

●

Self-consciousness is just a matter of being too conscious of self and too concerned over the opinion of others. The important thing is to have a good opinion of yourself, and merit it — then forget about the other person.

●

The three microbes of weakness: regret, worry, and fear.

About Age Consciousness

Old age begins in the mind. If you can get rid of the thought that you are getting old — rid yourself of the ageing idea — there is no limit to how long you can live and retain all — yes, all of your youthful energies and abilities.

There can be no question but that most people shorten their lives by many years because through many years they carry the conviction that they will not live beyond a certain age. The age of the father or mother at death seems to impress their consciousness with the fact that thereby the approximate life span has been set for them.

How powerful is this thought force working through the subconscious channels? It has the power to actually kill at an appointed hour and on an appointed day.

Let us examine one actual, authenticated case. A certain New York man, in the best of health, informed his family that he was convinced he would die on his next birthday. This birthday rolled around — found him in perfect physical condition.

However, he refused to go to work, because he said it was his last day on earth and that he would be dead before midnight. His family was naturally alarmed and called in a physician. The physician, after examination of blood pressure, a heart examination,

and a thorough "going over" decided there was nothing physically or organically wrong with him, and that he should live for many years.

The man refused to eat, said he was sure of death on that day. He grew weaker and weaker, hour by hour, and did die before midnight. All the forces of nature set in to make real that conviction which he had planted in the subconscious.

Some fortune teller in whom he had faith, or some source in which he placed absolute confidence, had given him the suggestion — it became, as any mental image can become, registered in his cell life — billions of cells impressed with death consciousness — and it came to pass.

There was given great prominence a few years back to Dr. Osler's theory that a man at sixty is practically useless, and is a burden to the world.

A former secretary to a Justice of the Supreme Court of New York brooded over the Osler suggestions, and had fixed in his mind that the life span was "three score and ten". On his seventieth birthday, he wrote a note saying that the "Statute of Limitations" had run, and committed suicide.

In this day and age, it seems as if there is an epidemic of acknowledging old age at sixty — pension schemes, and legislation looking to the aid of all past sixty, — the vehicle of politicians to place and position — has much to do with emphasizing the thought.

Business generally seems to set the "aged" mark much lower, and this, in spite of the fact that the heads of the most outstandingly successful institutions in America are sixty years of age or over — and this in spite of the fact that many of the world's masters in art, literature, science, industry, and commerce were failures at forty and fifty and achieved outstanding success after reaching sixty years.

All nature indicates that in the animal kingdom (and man is in that kingdom), the life span should be, even under average conditions, five times the length of time required to reach full maturity. In man that maturity period is thirty years. Therefore, nature indicates that the average life span should be for man one hundred and fifty years. The world's history is sprinkled with searchers for the fountain of youth, elixir of life. The fountain of youth is in the mind — in consciousness — or no where.

When the mind has the conviction that the beliefs, handed down from generation to generation, and accepted as a part of race consciousness, respecting age and life spans are false, and that old age only follows old age thoughts, and that youth and youthfulness attend perennial youth consciousness, then shall we see seeming miracles.

Your conviction on the matter of age can and will out-picture itself in your body — startling as this statement may seem. False thinking, bad living, and old age convictions are, therefore, youth destroying.

The London Lancet has been accepted as one of the highest medical authorities in the world. From that authority there can be no appeal from the findings of fact.

In the Lancet was related the facts with respect to a young lady of about twenty, who was deserted by her lover, and by the shock became insane. She was obsessed by the idea or belief that her lover would return, and for years, each day was spent in standing at her window, awaiting the return of her lover. There was no consciousness of the passing of time. At the age of seventy, it was still a daily vigil for her returning lover. At that age, she was examined by many and numerous physicians, and was seen by many — including distinguished Americans.

She did not have a gray hair in her head, no wrinkles, her skin was fair and smooth, and nothing in her appearance indicated she was over twenty years of age.

With mind centered upon a returning lover, she believed she was a girl. The concentration, if such it could be called, shut out even the thought or consciousness of birthdays or growing old. Her mental belief controlled her physical condition. She thought she was twenty — and twenty she was in all outward and inward physical manifestations.

All this may seem unbelievable, but daily we are finding that the unbelievable things are truth and principle; but let us apply the light of reason and find

these things not only reasonable but logical, and for once establish truth consciousness on this subject and experience a return to youth. It has been done and is being done in this order.

Nature's principle in the human body gives the power of perpetual renewal — which, rightly understood, means perpetual youth. How, you ask?

No cell in the human body can become old — millions every minute becoming inert, and being cast off and eliminated, as you know, and new coming in to being.

It is the law that those cells which are most active are renewed most often. The tissue cells of some muscles are renewed every few days, the bone tissue cells as often as every six months, ninety per cent of all cells within a two year period, and not one cell of the eye is many years old.

Remember this — nature adds new, youthful cells — not aged cells; but, as heretofore pointed out, when they become living cells — your physical body — there is life in every one of the billions of cells, and they become impressed with the you imprint — your consciousness — bathed and having their being in the light of your thinking. If you are thinking old age thoughts, that's the impression on the new cells.

Every cell is instantly affected by the thoughts that flit through your mind. Surely we need not repeat that every thought of fear, envy, jealousy, and

every other negative or discordant thought, produces chemical changes in the body, and affects every cell.

Just hold this thought in mind — "every atom of my body is about two years old or younger. My body is therefore young in fact, and if I think properly and live rightly, they are not going to become age impressed of their own accord. Therefore, I am in fact young — I am going to appear young." Watch yourself in the mirror day by day in that faith, and youth will materialize for you. It has for many of us.

If you are properly assimilating the teachings of this Order, there is coming upon you a consciousness that there is something within you — the imperishable you — which is a power back of the flesh, but not of it — a something that is never sick and never dies — and that, therefore, there is a one-ness with the universal life principle — that there is a way to be in tune with the infinite. Science, research, and reasoning discover that the infinite is the source of all power.

By reason of modern discoveries, people generally are living longer than heretofore. The average life span is year by year going up and up, and this is largely due to a better understanding of hygiene, sanitation, and the discoveries of things, of elements — research and understanding with respect to things physical and material.

The day is fast approaching when the rediscovery of those things in the realm of mind and spirit and in

the immaterial which affect man, will still greater extend average expectancy.

In that period and era when men died at the average age of thirty-five, there were countless numbers who lived to eighty and ninety and retained all the vigor and vitality of their minds.

Galileo, at seventy-seven years of age, was adopting the principle of the pendulum to use in clocks. He wrote on the law of motion at seventy. In the literary field, we find that Tennyson, Longfellow, and Whittier were seventy years of age when they produced their best. Homer was not only old, but blind when he produced the "Odyssey". "The Lives of the Poets", by Dr. Johnson was the work of a mind that had reached the age of seventy-eight. "Molecular and Microscopic Science" by Mrs. Somerville was written when she reached eighty-nine. Plato was producing his best between the ages of seventy-eight and eighty-one. Newton was writing respecting the principle of his discoveries and observations at eighty three. Dryden did not begin the translation of Virgil's "Aeneid" until he was sixty-three. Noah Webster studied fifteen languages after he had passed the half century mark.

Do you remember how Longfellow called the role of those who might have pleaded old age as an excuse for cessation of effort?

"It is too late! Ah nothing is too late . . .
Cato learned Greek at eighty; Sophocles

Wrote his grand Oedipus, and Simonides
 Bore off the prize of verse from his compeers
 When each had numbered more than fourscore years,
 And Theophrastus, at fourscore and ten,
 Had but begun his "Characters of Men".
 Chaucer at Woodstock with the nightingales
 At sixty wrote the Canterbury Tales.
 Goethe at Weimer, loitering to the last,
 Completed Faust when eighty years were past.
 What then? Shall we sit idly down and say
 The night hath come; it is no longer day.
 The night hath not yet come; we are not quite
 Cut off from labor by the failing light.
 For age is opportunity, no less
 Than youth itself, though in another dress.
 And, as the evening twilight fades away
 The sky is filled with stars, invisible by day.

You, — the student, — are going to continue to age, grow old, and experience infirmities and bodily decays just as those around you do, until and unless you grasp as a fact that ageing is a mental process, is the result of ageing consciousness.

We mean just that. We go further and say that if you are old or aged, according to standards fixed in your mind, you can grow young, with a youth consciousness and with proper mental balance and processes, and this too, even though you are sick or ailing at this time.

There are at least twenty five thousand people in the United States today who can verify the facts we are about to give you with reference to the conditions and experiences of Chas. Fillmore, of the Unity School

of Kansas City, Mo. We let him tell his own story, as it was published in the monthly magazine of that school.

"When a boy of ten I was taken with what was at first diagnosed as rheumatism, but developed into a very serious case of hip disease. I was in bed over a year, and from that time an invalid in constant pain for twenty-five years, or until I began the application of the divine law. Two very large tubercular abscesses developed at the head of the hip bone, which the doctors said would finally drain away my life. But I managed to get about on crutches, with a four-inch cork and steel extension on the right leg. The hip bone was out of the socket and stiff. The leg shriveled and ceased to grow. The whole right side became involved; my right ear was deaf and my right eye weak. From hip to knee the flesh was a glassy adhesion with but little sensation.

When I began applying the spiritual treatment there was for a long time slight response in the leg but I felt better, and I found that I began to hear with the right ear. Then gradually I noticed that I had more feeling in the leg. Then as the years went by the ossified joint began to get limber, and the shrunk-en flesh filled out until the right leg was almost equal to the other. Then I discarded the cork-and-steel extension and wore an ordinary shoe with a double heel about an inch in height, Now the leg is almost as large as the other, the muscles are restored, and although the hip bone is not yet in the socket, I am

certain that it soon will be and that I shall be made perfectly whole.

I am giving minute details of my healing because it would be considered a medical impossibility and a miracle from a religious standpoint. However, I have watched the restoration year after year as I applied the power of thought, and I know it is under divine law. So I am satisfied that here is proof of a law that the mind builds the body and can restore it.

My application of the divine law in restoring health to a limb also resulted in a regeneration of my whole body. Although eighty-four years of age, I am being rejuvenated and my whole organism is going through a transformation that can only end in body perpetuity.

In the face of human experience this of course seems a preposterous claim, but all the signs of feebleness and advancing years are disappearing from face and form, and I can arrive at no other conclusion than that I am fulfilling the promise of the Bible, 'So that thy youth is renewed like the eagle'".

Can you know that Chas. Fillmore's story is true in every detail and doubt the effects of mental processes in the human body? Science says now, that by right living, we can indefinitely put off that deterioration of the body called old age.

As long as the arteries of the body are soft and pliable, and permit the free passage of blood, — the life stream, — to every part of the body at a normal

blood pressure, man is young. High blood pressure is the cause of countless thousands of deaths each year — and in these days of stress, strain and tension is one of the primary causes of death — particularly in persons fifty years and over.

Blood pressure gets high largely because the arteries, which are but twigs at the end of the branches of the tree of blood vessels become narrowed so that it becomes difficult for the heart, a pump, to force blood through them. It has to increase the pressure to reach these more minute arteries.

It is quite simple to understand that the walls of these arteries are governed by the sympathetic nervous system. Persons who are excitable, under tension, worried, fear racked, and irritable, over stimulate, by their very thoughts, the dienciphalon, the lower part of the brain; contraction of the arteries is just natural by reason of nerve cramping — hence not enough blood gets through — nature ever tries to keep in balance. Man by his thoughts narrows down the arteries, the life principle puts more pressure on the pump.

Logical and reasonable, therefore, is the suggestion that we guard the sympathetic nervous system against strains and worries — begin to live harmonious lives, —do something about our thinking — our mental attitudes.

Thought is a force which actually ploughs paths in the nerve substance of our bodies and produces what is the equivalent of explosions in the muscles.

We now return you to the opening paragraph of this set of instructions that you may get the full import.

Old age begins in the mind. If you can get rid of the thought that you are getting old — rid yourself of the ageing idea, — there is no limit to how long you can live — and retain all — yes, all of your youthful energies and abilities.

In the course of these instructions you are going to learn that sexual urge is the biologic source of aspiration and achievement.

Heretofore in this course of instructions we have illustrated that all we see and know is change — there is nothing created, nothing destroyed — this change or transformation we have illustrated by oil burning and creating heat — heat creating steam — steam being used to propell engines — engines to run dynamos to create electricity — electricity being transformed by motors to run machinery — or into light—or heat.

Is it therefore incomprehensible that sex energy can be transformed into creative intelligence, visioning power, desire power, faith power — will power — and physical energy; enthusiastic, dynamic, concentrated effort. Is the mind so bankrupt, is intellect so pauperized, is will power so perverted that the sex urge is to have but one outlet copulation?

When in the course of these instructions you learn to transmute sex energy into the channels of

your ambition, you will go far in achieving success, health and prosperity —

Set a long range vision — begin — plan it step by step — for long life is ahead of you if you comprehend the teachings of this order — and act with faith —

Promise Yourself

To be so strong that nothing can disturb your peace of mind.

To talk health, happiness and prosperity to every person you meet.

To make all your friends feel that there is something in them.

To look at the sunny side of everything and make your optimism come true.

To think only of the best, to work only for the best and to expect only the best.

To be just as enthusiastic about the success of others as you are about your own.

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful countenance at all times and give every living creature you meet a smile.

To give so much time to the improvement of yourself that you have no time to criticise others.

To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.

— Optimist International

Constructive thoughts each day should be the aim of every individual. Fathering thoughts is the most important thing in life, for our health, our happiness or misery, our success or failure, are the children born of thoughts.

Each day we beget a thought child or children with whom we must live.

A full realization of this should make us exceedingly careful.

If our today is not one of harmony, of joy and gladness — and we are not living an abundant life — let us be selective of our thoughts of today, that the children of thought with whom we live our tomorrows may be a source of pride and pleasure.

How can one think in terms of plenty when their thought habits are a definite mental picture of want, poverty, misery, failure, and defeat.

Opportunity often comes in a different form, and from a different source than the one expected or sought; quite often — yes, very often — in the form of a misfortune or temporary defeat.

Instead of giving up to circumstances and outer events we must realize we are very close to a kingdom of mind that would make us always happy and successful if we cultivate it and make it and its laws a part of our life.

The good you seek is seeking you — your part in the scheme of affairs is to "make clear the way."