

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

DEPARTMENT OF INSTRUCTION

MIND IS COMING  
INTO ITS OWN

ATTUNE AND ATTAIN:-

The most powerful forces in the universe are the Silent forces, and with these we desire to acquaint you intimately. Beginning with this lesson we are going to lay down for you a MENTAL FORMULA for success, health, and happiness.

On the inside cover of Instruction Number 11 you will find this; "The world awaits the vibrant word. The soul of mankind yearns as seldom before the light that leads, the word that heals, and the act that soars."

In the full realization of the world's great need and the crisis approaching in human affairs, and the need for a sustaining influence, the Order of The Essenes is rapidly extending its sphere of influence.

The important thing is your understanding of that which will, here and now, produce a more abundant life for you. If you but realize to the full extent the truths in Lesson 11, and live and act accordingly, you will take giant strides toward your cherished aims.

No science has reached the ultimate, nor has Life Science, but it has reached the point where even the humblest can, by living the truths we teach, live successfully in the full sense of the term.

It is not strange, therefore, that those who benefit by these instructions, as they benefit, voluntarily give that others may be benefitted. They catch a glimpse of the world's need and take joy in helping spread understanding, and by a subtle yet understandable influence, they benefit thereby.

Essenes have given much to the world. This Order has much to give through you, whom we have selected as worthy.

We are deeply Sincere,

THE ORDER OF THE ESSENES

By

*S. Hamner Davis*

Enc. 11



# THE **Essenes**

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**Instruction 11**     **Assuring to the acceptable and accepted  
HEALTH, HAPPINESS AND SUCCESS.**

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*As you progress in this study, there will come upon you a strange and ineffable consciousness of power, of that something great, within the ever changing mortal body—not man power, but the power of the unchanged and unchangeable YOU, which is a part of universal power and ever in contact with the omnipotent and the infinite.*

## . . . . THOUGHT GEMS . . . .

When you step out of a warm house or office into the cold outdoors, take a deep breath through your nose and hold your breath. This serves to drive the blood to the surface of the body, preventing the initial chill. Keep your mouth closed. Do not talk until your body has adjusted itself to the sudden change in temperature.

Human problems are much the same—the weak seek strength, the sick seek health, the needy seek supply, the lonesome seek companionship, the tired seek rest. There is a great world seeking of relief from grief, worry, fear, and the host of negatives. The basis of the solution to all of these problems is the same. The source, the fountain source lies within each seeker.

Mole hills of difficulty look like mountains of disaster—passing clouds like raging thunderstorms, to those who are out of touch with the deep secrets of life and being.

If all the mental power now concentrated on the contemplation of the morbid were directed to bettering conditions about us, the world would be a brighter and healthier place today.

Be not a mental spendthrift. Learn to stand sentinel at the gates of your thoughts.

The world awaits the vibrant word.

The soul of mankind yearns, as seldom before, for the light that leads, the word that heals, the act that soars.

## About Vision

The road to success, happiness and prosperity is of course, along certain definite lines of positive procedure, very simple—and very certain; but man generally is so entangled with the negatives, it presents the question as to whether we should first give consideration to the countless negative qualities, and their elimination, or take up the positive; a third procedure would be to take up one by one the positive steps and then give our attention to those habits, tendencies, traits, emotions, and mental states, which must be banished, that the steps may be made successfully. The third course we adopt as our mode of procedure. For this there is a deep underlying principle which you will come to appreciate, and adopt in your own life problem solutions—and in living the larger life.

You can make life an overcoming victory.

Did it ever occur to you that throughout the ages the human type, of all phases of life was the only one that was constantly progressing to greater and greater potentialities; that this was due to a mighty urge or force from within; that in the last analysis this power originates in the ability and capacity to vision, to plan. The faculty of imagination is a life force, a power which is a starter—a beginner—an exciter—a foundation builder, without which man is but a piece of flotsam and jetsam on life's sea.

Today we travel over land, over sea and through the air amid palatial surroundings. The countless

inventions and discoveries that made this possible without exception were the direct result of vision—first brain children—then realities.

If you were asked to give a one word description of the people who succeed, the outstanding characters of all time,—inventors, discoverers, industrialists—the accomplisners in every walk of life, what word would you use.

You could not use "honest." Countless millions are honest but failures.

"Industrious" will not do. You know many industrious persons who have worn out their lives without accomplishing anything worth while.

Go through your dictionary and test every adjective and only one will fit.

"Purposeful."

Yes, purposeful people are the winners in the game of life. Make the test if you will. In every biography of every man whose biography was worthy of print runs a thread of purpose. He had an aim—an objective—an ideal, born of the faculty of imagination.

We would today be savages—but for those who imagined better things and better ways of doing things.

If it be true, and it is, that an objective—an ideal—a purpose—a plan—a vision was the foundation stone of every worth while life,—are you not convinced that among the first positive steps to

health, happiness and success is to have a vision—that you may start the road of a purposeful life?

Those of us who live near great sea ports and busy harbors know that if a sea captain would mount the bridge of a vessel, and take it out to sea without a port of destination, without chart or compass, that he would be put in an institution for the insane.

When the Captain of a mighty vessel clears from port and points the bow of the vessel into the sea lane indicated by chart and compass, he knows his port and destination. He does not guess; he does not hope; he knows; he does.

Every turn of the wheel, every revolution of the propeller, is with the objective, the port of destination in mind.

The objective is the most important consideration in life. There is, in fact, no definite place in life for you while you are without purpose—objective—without a port of destination.

Is that thought going to fall from you like water from a duck's back, are you going to be aimless, purposeless, uncertain, wavering, vascillating and depend upon accident, hazard and chance. Are you, for one moment, going to concede that any vessel is more precious than your own life. Are you going to steer your life or drift on life's sea?

Are you going to be the Captain of your own ship and steer it to a sure harbor of health, happiness and success?

The possibilities for you are infinite. The consequences of your decisions now, will be eternal. Make a plan—have a purpose—as you advance you will set new horizons—but today and now you must determine to quit drifting.

Every thing in life indicates the necessity of this.

The architect or the inventor first builds up his work in the thought realm, in the field of imagination and vision—in the invisible, he then reduces it to paper; plans, specifications,—and from these it advances into the material realm. The within is ceaselessly becoming the without.—It can become so for you.

No matter what your position, within that environment lies the glowing paradise you seek. Here or nowhere is opportunity—and the first requirement is the exercise of vision.

“Forget the past whate’er it was  
Your life is lived today,  
For all mistakes that you have made  
A price you had to pay;  
Throw off all sorrow, sin and shame,  
Adopt another tack,  
The future lies within yourself,  
Look out, but don’t look back.”

We are now engaged in laying down for you the first positive mental step; in hanging up a guiding star, the object of which is that you shall not go through life on a hit or miss schedule. We are seri-

ously dealing in mental chemistry. We are developing a formula.

Henry Ford was probably regarded as the world's greatest industrialist, and probably one of the world's richest men.

Henry Ford was a most ordinary fellow. He used to tend a boiler or machinery in a small plant. When a young man, after finishing his day's work, he used to work nights in a jewelry store repairing watches to earn his room and board. The day job he had at that time did not pay enough to meet those needs, humble as they were.

Thousands of men were better mechanics than he. Thousands were graduates of schools of technology, engineering and scientific institutions, and were better qualified to do the job he undertook.

What was the foundation stone—the reason for his climb—his success? **His vision.** We shall soon analyze it for its essence.

He was called visionary—a dreamer—a crank, but in this case, as it often times happens, our dreamer was infinitely more practical than those who laughed at him and even scorned him. The world's dreamers have given us the most practical things we have.

The vast industrial empire over which he presided in his later years was by no means the early vision which he cherished; time after time he extended his plans as he approached the lesser goals which he had set.



To have in the beginning held such a vast far flung picture as his later accomplishments, would have been idle dreaming—ineffective and like unscientific praying—without results.

Just what were Ford's visions that made his life change from drabness to golden; what was it that *made the glorious sun of achievement* come upon the horizon of his ambition?

He first visioned the making of a horseless carriage, so that people could by power—an internal combustion engine,—get about; a means for individual transportation that was fed only when in use; a more speedy and rapid means for the people of this earth to get about in.

When this goal had been reached, he set new limits to his ideals—to so perfect this automobile so that it could go "a mile a minute," and that he should be the first to do it, giving to the world faster and more dependable transportation. This goal he reached, but ever advancing the boundaries of his mental pictures.

Next in line was the idea of making them so rapidly, in such numbers, and so economically that practically every man could afford to own one. His was the picture of mass production—of line belt operation, making possible to the masses that which had theretofore been enjoyed only by the classes.

As this ambition came nearer and nearer to realization; and great profits began to come as the

natural consequence, he set new standards of wage scales.

Ever advancing horizons—ever new visions—ever new ideals, each step of progress calling for new limits for accomplishment. In his final years on this planet he was still learning, still searching for new and better ways of doing things.

If vision and purpose created one of the most colossal enterprises of earth and one of the most stupendous fortunes of all time, let us examine this vision for its essence, to see how it fits in with the known truth principles.

Examine carefully these life purposes, and you find not the longing to be rich, to **get** for himself vast wealth. These came, and always come, as a natural sequence to service. The law modernly expressed is, "He profits most who serves best."

This is not a modern law. The Bible contains it. "Give and it shall be given unto you; good measure, pressed down, shaken together, running over, shall men give unto your bosom. For with what measure ye mete—it shall be measured to you again."

In that first goal which Ford set there was nothing of selfishness; whatever money he wanted was to accomplish his aim to give to the world something he saw would be of inestimable benefit. He was willing to and actually did go without many necessities that he could put it into his project.

The very vision, the foundation to achievement, was in accord with the law, that in so far as you succeed in losing yourself in the service of others, in that measure will happiness and the worthwhile things of life come to you.

This principle should simplify the Bible passage, "He that seeketh his life shall lose it, and he that loseth his life shall find it."—A rather senseless statement until rightly understood.

We are engaged in the study of the master science of the human group. All that man accomplishes finds its motive, its mechanisms, and its organization in "mind." History is a record of the psyche set in changing circumstances, so it pays us to further note these "mind" pictures which have gone so far and done so much.

Study as you will his visions, his purposes, and always he was trying to do something that would make things better, that they might better serve mankind—that would make them lower priced so that they would be available to more people; that would enable others to share in the results.

There can be no other lesson, than, it is a great purpose which gives meaning to life, it unifies all our powers, binds them together in one great cable; makes strong and united what was before weak and scattered.

Forget yourself in all that you do; this is the secret of abounding happiness and success. Thus in the purpose or vision you create, plan to do

something, to create something that people need, require or will cherish; plan something useful or that will cause for some one pleasure, pride of possession, or will profit them, or save them from danger, inconvenience, or embarrassment or some of the unpleasant things of life.

Does not nature give all, without reservation and lose nothing; and the great majorities grasp all and lose everything.

. . . . **THOUGHT GEMS** . . . .

The genius is he who has intensified thought, made visions real—and has frozen clear observation into fact.



The most powerful forces in the universe are the silent forces.



When anxiety steps in, correct judgment passes out.



Calmness, poise, balance, mental serenity are essential to effective thinking. Face the light and the shadows will fall behind you. A worthy ambition is to possess a mind as clear as crystal, and as ordered as the stars. We approach that as we learn to contact omniscience, and it is omnipresent.



The more one knows—the more one simplifies. Life is made up of simples.

## Section 2 Instruction 11

The perfect functioning of the mind can best be accomplished when physical perfection is attained.

Physical perfection, like any other accomplishment or thing worth while, must be earned.

There are countless instructions upon physical culture, many books upon the subject. All of them, so far as we have been able to observe, are excellent. So we are not going to go into elaborate explanations.

Certainly it is true that as you put forth energy in a physical way, greater strength is given to you. Most people, in modern conditions, do not think daily of their physical condition unless something is out of order and nature has, by some symptom or pain or discomfort, endeavored to notify the individual that some natural law has been violated.

Our request with this set of instructions is to begin to think in terms of physical perfection and do something about it.

Each morning, before you arise and drink the water as heretofore instructed, we now ask you to lie flat upon your back and center your mind upon the abdomen. Extend it outward by muscular control as far as possible; then draw it inward as far as possible. See how closely you can bring it to the backbone.

The first morning you need only do this about three times, the next morning four times, the next

five, and so on until you have performed it about fifteen or twenty times.

This need not be done too rapidly. This is a form of exercise of the intestines and inner organs of the body.

After you have performed this exercise, think in terms of lifting all the internal organs upward and toward the chest, which will mean chest expansion. In the first set of exercises you are not conscious that those organs within the abdomen are traveling upward. In the second set of exercises you want to feel and experience that they do go up toward the chest.

This you should perform the first day about five times and work up until each morning you are doing it about fifteen times.

After you get up, a simple form of exercise, which will work wonders, is to stand with the heels practically together and lift the knee of the right leg up until it touches the chest. Then lift the left leg (bending it at the knee, of course) until the left knee is close up to the chest as possible.

Start out by doing this about five times and work up one more time each day until you are doing it about fifteen times with each leg. This will work wonders in the matter of digestion.

Next, stand on one foot and bend the knee backwards and endeavor to kick yourself with your heel.

Then change over to the other foot and kick yourself with the other heel.

Do this the same number of times as suggested in the other requests.

Next stand with the feet about together, the weight largely on the ball of the foot, and then squat down rather slowly and then come back up to an erect position. At first you may have to use your arms to balance yourself but do not hold on to anything in doing it, unless, of course, you are too weak in the beginning to do it without some slight help.

Next, raise the hands straight above the head. Keep the knees stiff. Bend forward, endeavoring to touch the floor, and then come back to an erect position. You cannot at first touch the floor unless you have done it before, but after a while you will, with ease, be able to do so.

Next, with the leg stiff, kick as high as you can with the right foot and then with the left. Do this the same number of times as in the other instructions directed.

This will be enough exercises for the lower portion of the body except that you might rise on your tip toes and then let down gradually until your weight is on your heels.

For women this is particularly desirable because it gives trimness to the ankles and symmetry to the calf of the leg.

Next, clasp your hands together as high over

the head as you can reach. With the hands high in the air, bend sideways to the right and then sideways to the left, doing this the number of times suggested for the other exercises.

This, too, is particularly desirable for women as it is highly effective toward attaining a trim waist-line.

For an exercise of the arms, just double your fist and strike straight out in front of you, as though you were going to hit a punching bag or some object. This is called shadow boxing. Do this the suggested number of times with the right foot advanced and the left foot one or two feet behind the right. Next, put the left foot forward and the right behind and do the same exercise.

In the above exercise you strike both with the right and the left hand in each set of exercises. In one position your right hand is reaching farther and in the other, the left is reaching farther, on account of the position of the body.

Next, double your fist and bend your elbows and rapidly, with both hands at the same time and with considerable force, strike as though you were going to hit one fist with the other but let your hands pass each other. These blows are inward.

Next, with the arms even with the chest and the fists together, throw the arms back as far as possible. This gives exercise to the back muscles and to the chest muscles.



Next, throw the head forward as far as possible, then bend it backward as far as possible.

Next, turn the head to the right and then to the left.

All of these exercises the same number of times, starting gradually and working up to fifteen or twenty times each morning.

The whole set, when you reach twenty exercises, will not consume ten minutes of time but certainly will add years to your life.

Do not get a misconception. With your breathing exercises and your physical exercises and your drinking of water, you will not consume much time. In a short while it will become a habit.

Do not be too lazy or too much in a hurry, to meet other engagements and neglect these simple exercises because you will be able to fill the other engagements more creditably.

You say you want strength and health—are you willing to give fifteen minutes a day to attain it?

You are facing a test of your sincerity.

No one can doubt that physical strength comes from giving of your strength—exercise.

It is the same law—as you give, so shall you receive.

In taking exercise, feel—have faith—and mentally see your ideal of perfection. It helps mightily.