

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

THE BIRTH OF AN
INSPIRATION

FOR YOU:-

The fourteenth lesson is sent you herewith.

The last leaf on the uppermost branch of the largest oak tree is composed of life cells that are bathed and have their being in moisture.

The reason that moisture is constantly brought to that uppermost leaf and branch is that it is giving off moisture, thus in a sense creating a vacuum and helping to draw the fluid from the soil through the roots and the trunk and branches of the tree.

If the tree depended upon the moisture that would be pumped up by the roots, it would be a stunted pigmy of a tree.

All good things of life are open to you -- Health, happiness, and success, - but they will not materialize until you give off, and keep giving and thus clear the channels, so that the good things of life can come through and materialize for you.

If you fail to express and to use the faculties and powers that you have, there is no channel by which the better things can reach you.

Suppose that an athlete, after long training, would get very powerful and would then say, "I am going to quit exercising, and save my power and strength," he would from that minute on begin to weaken.

The same rule applies in mental, spiritual and emotional power.

You must give that you may acquire, is a very realistic law.

We ask you to give earnest study to this set of instructions. It is a very material part of the foundation for your future understanding.

After studying it, answer to your own conscience. Have you a real, vital, clear-cut, definite desire? Is it a burning desire, - a longing? Will life be incomplete without it? If so, it is in process of manifestation.

Where you are and in whatever you are doing give your best - create a need, a vacuum, - and a life principle supplies it.

Where a need meets a desire to help in its fulfillment an inspiration is born.

We would be your inspiration,

THE ORDER OF THE ESSENES

S. Hamner Davis

Enc. 14



THE Essenes

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Instruction 14 Assuring to the acceptable and accepted HEALTH, HAPPINESS AND SUCCESS.

Few people realize the force that exists in a vigorous, perpetual affirmation of the things we long to be or are determined to accomplish.

Great things are done under the stress of an overmastering conviction of one's ability to do what he undertakes; under the tremendous power of the affirmative, expressed with unflinching determination.

. . . . THOUGHT GEMS

Think; do not be content in playing at thinking.

Your brain will enjoy the exercise involved in real thinking.



That's the law. — A good thing to remember is that you can actually think into existence the kind of home and associates you want. All you have to do is to fit yourself to receive those gifts. Your own fineness will attract fineness. By giving the best of yourself to others, you will compel them to give the best of themselves to you. That's the law.



There are 2000 known varieties of bacteria and germs — of these only about 100 are believed to be dangerous. The remaining 1900 kinds are vital to life in one manner or another.



If the fullest attainable strength is sought, special attention must be given to spinal development.

The spine from the base of the skull to its lowest lumbar vertebra must be kept properly aligned and in vigorous condition.

When the spine is maintained in a vigorous condition, all the great vital organs are stimulated.

The energy from what might be termed the human storage battery passes by telegraph wires — the nerves — through the openings in the spine to heart, lungs, and all the other important vital centers.



Make one single day a success. We live in one perpetual now.

"Wanting vs. Wishing"

We have assured you that you could attain health, happiness, and success. We have set forth on the undertaking to show you how to attain these things.

We are, in the course of events, to give you the complete mental and power program.

For the time being we pass the first step in the formula. You must know what you want, and must so know it that you can visualize in detail yourself as having attained it, and live mentally the complete accomplishment. This thing that you vision can not be some starry eyed dream of changing form, something indefinite that to the minds eye has hazy, fuzzy outline.

The next step, — and be not discouraged — there are not many, — is to want the objects and objectives of that vision.

That sounds easy enough but let us examine and see if you have really wanted anything recently, in the true sense, and in accordance with the meaning in this mental formula.

It is not doubted that you may have had wishes, that you have wished for many things, — wishing is easy.

Think back to childhood when you got that gun, bicycle, watch or ring. Remember how you dreamed of it, could just see yourself with it, and how you longed for it with all your heart and soul. You just

knew there could be no happiness without it; — it was the one object in life. You wanted it so badly that even a thought of not getting it was painful.

Have you lost that childhood art of wanting? — again — “You must become as little children.”

Wanting a thing is not all the secret of accomplishment by a whole lot, but it goes a long ways.

Have you, we ask, ever failed to get anything you wanted in this way? “Wanted it badly enough to go out and fight for it, work day and night for it; give up your time and your peace and your sleep for it?”

Desire of it made you quite mad enough never to tire of it; and you held other things tawdy and cheap for it —

Gladly you fretted for it, planned for it, lost all your terror of God or man for it —

You simply went after that thing that you wanted with all your capacity, faith, hope and confidence, stern pertinacity.

Neither cold, poverty, famished and gaunt; or sickness, nor pain of body, nor brain turned you away from the thing that you wanted.

Dogged and grim, you besought and beset it.”

This world is full of wishers but it has few concentrated wanters. Wishing this at one moment, wishing something else the next, wishing for this today and that tomorrow — is just not scientific. It does not

focus the picture upon the billions of cells of the body; it does not give a long enough exposure for the atoms to register it and start any chemical action.

What would you get, if you took a photographic camera, and kept shooting under exposed pictures, one right after another on the same film or plate?

Now, don't fail to realize that every cell of the body is a sensitized unit and subject to impressions given them by the mind, the feelings and the will, just as much so as a photographic film or plate.

There is far more to wanting in the true sense than at first appears. "Wanting a thing" or "Wanting to do something," you will readily recognize is a matter of feeling — very strong feeling — toward the object or vision which was created by thinking.

Naturally you are not going to want a thing badly unless you have an affection for that object. It is a matter of liking it — and that "like" growing into a "love" for it — so you can appreciate that this wanting business is an emotional affair.

Now, if you are rather a cold individual, lacking in emotional feeling, you are lacking in something that is essential to success, health, and happiness, but this emotional feeling — this wanting is almost a natural instinct and can be developed, even if you have almost smothered it, or are luke warm in "wanting".

It takes steam to make steam propelled machinery function. It takes 212° Fahrenheit to create steam,

nothing less will vaporize the water nor push the pistons. It is just so in the matter of wanting — you have to be steamed up.

Synonyms might help you get the picture of this feeling that must be generated. "Long for", "crave", "hunger for", "thirst for" — (the last two figuratively speaking.)

A desire — a want — a longing — a craving — is a far different thing from a wish, or a day dream that floats idly by. Wanting has vitality — life — power behind it..

A dynamic, powerful, positive, and definite wanting is a creative force that gives form to the inner cells, atoms or units of the system — these in turn give form to the invisible fluid all about, a sort of wave length as we term it in radio, and that form finds its way to the brain or brains, tuned to or sympathetic to the vision, as surely as the magnet attracts that within its field of influence.

"Wanting" is a form of power. It propels or projects the vision behind that intensified desire; it unifies and makes cooperative the cell units — which attract to themselves all that shall be necessary for the realization of that desire; it sends forth the message and demand to all sympathetic or attuned elements, to find a place in the new scheme of affairs in accordance with the vision; it causes radiation; it makes the personality dynamic, and sets the house in order for

communicating to all other individuals, within the field of influence, this purposefulness.

When we say "wanting" is a form of power, we mean just that.

You do not create power. Power and the source of all power has always existed, and is universal. You just adopt it, direct it, modify it, and apply it.

When you learn to open up the avenues within you that this universal power may flow into you and through you, and by the proper physical and mental attunement, you give proper direction to the human mechanisms, you will be in the center of the high road to health, happiness and success.

Let us see if you realize that all power, and the source of all power is and has always been here.

Very early in this course we endeavored to impress upon you and illustrate to the satisfaction of your reason, that all things are present here and now. That you cannot destroy nor can you bring a new element into being. You can change but not destroy. You can combine and create new forms from that which already exists. Let us stop to examine power in the mechanical field.

You want to propel a locomotive. You put water (two parts hydrogen and one part oxygen) in the boiler; you want to create steam to propel the pistons, which turn the wheels — you take coal, and burn it under the boiler. Coal, you learn from geology, is a

substance created in the natural laboratory of the earth. It represents other things which have undergone change, and it stores power, but the power was here.

Again you take steam, create power which by proper mechanism propels a dynamo and electricity is created, this goes out over copper wires. Men attach motors and run lathes and machinery — others put it through bulbs and create light — others use it for radio power, others for motive power — others to convert into ultra violet rays, others to heat, — to cook.

It is all power, but has been given different form and has been subject to various adaptations and uses.

Have you ever heard of some individual of great personality or energy called a "power house"? Well, it is literally true that you are a power house and when self realization takes place, when you come to the appreciation that you have within you all that any saint, savior, or sage ever had, that you are "one with the Father" — that all power can flow through you, then you will be "born again".

Generally speaking — you think, you feel, you will, you act.

Of these "the feelings" are the more potent in power generation. They work in conjunction with the other three.

A man having thought of a thing, and his feelings or emotions being aroused, he will generally will

to do something about it and act in accordance with that "willing", unless some of the negatives of his being, (and incidentally the negatives are self created and can be overcome) interferes.

Wanting, as we have pointed out, follows after liking or loving a thing, you step up one step and want "to lay hold of it".

We have stated that "wanting" is one of the emotions, and that it is power.

"Emotion" is an English word taken from the Latin prefix "E" which means "out" and the Latin verb "moveo" meaning to move, so you see it carries the idea of moving — or motive power — or power. (and from within out).

From what has gone before, do not draw the conclusion that we suggest or advocate emotionalism in the accepted sense of the word; sickly sentimentality — abnormal losing of the feelings — a display of maudlin sentimentalism.

A person who wants a thing in the true sense does not display sentimentalism; it is too deep and too serious an affair to wear on the coat sleeve. It has something of sacredness about it. It is your own deep longing; your own mental offspring, to be cherished, nurtured, fed, and to be nursed through to maturity — to budding and to fruition.

"Wanting" is a fundamental thing. Animals have wants. They want food — to preserve life — well being — to propagate.

Man has, in addition to fundamental animal desires, an intellect to direct his "wanting" into many complex channels. Animals have instinct — man — intellect.

Impress upon your subconscious mind how important is steadfast wanting.

We give you this assurance; that under the influence of intense desire, your mind, your intellect, your thought processes, conscious and subconscious will actually contact the super-conscious, the omniscient, and rise to degrees of vigor, and heights of accomplishment, that will seem almost unbelievable, and will give you thrills of self-realization that will lead to an inner understanding of the true concept of the religious and metaphysical teachings of the "divinity of man" — of "oneness with the Creator" and other similar teachings and lead to self confidence — and confidence in the fundamental laws and principles, which are ever working for perfection — and in you, if you will just not interfere or interrupt by the errors you so blindly commit.

You are a better individual than you have ever dreamed of. You have infinite possibilities — all the powers of the universe are set to aid you, if given half a chance.

So set about getting a purpose in life — a life plan — or a three year plan — a vision into the future.

Having that — think of it — think of the details and the steps to accomplishment. Put down on paper everything that would help — every essential — and

then "set your heart" upon it, quietly — by yourself, alone, in the privacy and sanctity of quiet peaceful surroundings; want it — long for it, crave it — pray for it in this way, "I am given the understanding and the ability to do this. To my subconscious mind I give the problem of guidance." Don't talk about it. Keep it as your secret — and you will learn that this gives added powers.

Remember — all power is God power — we do not have the ability to see this power yet we behold its manifestation in the growth and expansion of all living things — What we seek in His name will be ours.

Section 2 Instruction 14

Should we again make the statement that eight out of ten surgical operations are unnecessary, those who have followed these instructions carefully would recognize it as a repetition. But that is the first sentence used in a magazine article in April, 1939, written by the late Rex Beach with respect to the work of Dr. Edward Spencer Cowles of New York.

It seems that when a physician uses, in his every day practices, the knowledge which is common to all those in this organization, that it is a sensation and they are called "miracle men."

In the interview with this so-called modern miracle man, Dr. Cowles, he was quoted as saying:

"Many people suffering from stomach troubles,

appendicitis, heart disorders and other common diseases are not sick at all, in the usual sense of the word. Those affected organs may be perfectly sound even though the pains are actual and the symptoms so real that an X ray will often reveal them.

"Worry, anxiety, emotional strain, the wear and tear of modern life tend to reduce nerve-cell energy and frequently lower the cell's resistance to the point where bodily functions are seriously disordered. This fatigue of the nervous system can imitate all sorts of diseases; it can cause blindness, deafness, paralysis, crooked legs and withered arms.

"Those complaints can be cured and the patient can be restored to health by raising the nerve-cell energy to normal."

These statements were made, casually enough, by Dr. Edward Spencer Cowles of New York.

The article is a most interesting one, especially to a student of such things as the reader of this set of instructions is supposed to be.

I quote another passage from this highly interesting article:

"The nervous person doesn't merely 'think' he is sick; his neurosis isn't just an exaggerated form of jitters which he can snap out of if he has the will power to try. He suffers from a definite physiological disturbance, an actual chemical change inside the nerve cells. That change affects the normal functioning of his body and mind alike."

We have long since learned that certain mental states will produce actual poisons which are deposited in the system.

Under our study of truth, we find that this poison that was in the system came about from the thoughts, the moods and the emotions, and that it does actually work a physical change.

One of the interviews quoted in this article is of interest because it shows the extremes to which one can go and the dilemma in which one can get where there is a lack of control of the mental and emotional processes, as set forth in this article:

“One woman said, ‘Seventeen years ago, after an illness, I began to experience fear. I became afraid of everything: afraid of people, afraid to go outdoors. When I went out I felt as if the buildings were going to fall on me.

“‘One doctor diagnosed my case as heart disease and put me to bed for weeks; another found I had stomach trouble and sent me to the country. I got no better, so I tried a nerve specialist. He found nothing wrong and told me to forget it. Forget it, indeed! I got so I could think of nothing else. More than once I telephoned my husband that I was dying and for him to come quickly. I really thought I was, and so did he.

“‘Another physician advised me to have my teeth out. No improvement! Still another removed my tonsils, but I was as bad as ever. I consulted fifty-seven doctors in sixteen years. Six of them found I

had heart trouble and cautioned me not to exert myself in the slightest. I lived in constant dread of dying at any moment. I was a burden to myself and my family. I would have been better off dead. No one can understand what I went through.

“‘Finally I read about Doctor Cowles’ clinic and went there, or rather, I was taken there, for I couldn’t go anywhere alone. That was a year ago. He examined me carefully and told me there was nothing wrong with my heart. He explained what ailed me and I took his treatment. “‘My fears left me and so did my symptoms of disease. I go everywhere now; I do everything. I’m well and happy. The world is a lovely place to live in. But I lost sixteen years!’”

One more interview from that article and we have a picture of another mind uncontrolled:

“I began to have stomach trouble nine years ago,” volunteered another patient, a younger woman. “With it I developed the same fears you’ve been hearing about. No medical treatment relieved either my mental or my physical distress and finally I was advised to have my appendix removed. That did no good.

“Then I was psychoanalyzed. All that did was to fill my head with such horrid ideas of sex that I couldn’t look anybody in the face. My stomach remained as bad as ever and so did my fears.

“Next the doctors advised me to get married. Fortunately, for me, the young man I was engaged to loved me well enough to risk it — but I made his life a hell.

"Eventually I became convinced that I had cancer but that the doctors were too kind to tell me. I turned to diets. I went to a sanitarium and fasted until I grew so weak they had to force me to eat. At last I was told that having a baby would surely cure me.

"Well, I felt better until the baby was born; then I became worse. I was tortured with fears for him as well as for myself.

"My husband heard about Dr. Cowles and brought me here. I'll never forget how I felt when the doctor promised that I'd return alone on the subway. I had not dared go in the subway for years. Why, it took all of my courage to go from one room to another. But Dr. Cowles gave me some medication; he quieted my fears and — I went home on the subway. "Alone!"

"Surely no medicine can act as quickly as that?" I said.

"In a case of this sort it acts almost instantly," Doctor Cowles asserted. "I employ only a mild tonic sedative to quiet the emotions, reduce the irritability of the nerve cells and restore their energy. Then I explain the nature of the patient's fears and make such suggestions as will aid him to throw them off."

"One treatment didn't cure me," the woman confessed "but I improved rapidly and in a few weeks I was perfectly normal for the first time in nine years."

The substance of the interview with this doctor, who recognizes the power of mind and emotions, is

contained in this short quotation from that article:

"Fear, Dr. Cowles asserts, is the most prevalent and the most sinister disease we have; it is on the increase and millions today exist in a land of terror from which they see no escape. Nearly everyone suffers from some manifestation of it."

The form of treatment given by this so-called miracle man is explained in the two paragraphs following, taken from the article:

"The medicine employed is harmless," he explained. "It is taken by mouth and merely quiets the nerve cells, refunds their energy. It tends also to reduce the emotions and opens the patient's mind to suggestions. He then lies on a couch and relaxes. Firm hand pressure is applied over his eyes and at the pit of his stomach, which further reduces irritation. Meanwhile,, suggestions to that effect are given. Next he gets up and sits in a chair and it is explained to him precisely what causes his fears. He is made to understand that the thing he fears is internal and not external; that he's not actually afraid of the subway, for instance, but of the violent emotions it excites in him. Then he is made to do the very thing he's afraid of doing. We compel him to 'go against' his feelings, to drag them out into the open and analyze them. It's amazing how quickly many people respond." To show how few people really recognize the principles taught in this organization, this experienced author had this to say:

"This clinic ministers to the most prevalent and

the most menacing disease from which humanity suffers — fear. Surely, after sixteen successful years, it can't be called an experiment."

If you are a true student of these Instructions and have had any such fears, as above described, they are gradually dropping away from you for the simple reason that you cannot fill the mind with the positive truths of nature, and carry a mind load of fears at the same time.

What Dr. Cowles does, you can do, with understanding born of the knowledge to be gained in this course of study.

. . . JUST TALKING IT OVER . . .

As we live our lives day by day, we create our selfhood. The thoughts we permit, the visions we hold, the interests we cultivate, and the things we permit ourselves to enjoy, determine whether that inner thing we call "self," shall be a source of pain or pleasure, productive or destructive.

In the course of these teachings, you will find, if faithful, that you are remaking yourself — you are experiencing a rebirth. Then the Bible expression "Ye must be born anew" takes on meaning.

The self one develops inwardly, rather than the

fortune one has outwardly, determines whether one shall live in peace or in gloom. The striving should be that you have for your inner companion a self which possesses poise, strength and high purpose. "Every resentment you encourage, every grudge, every despondency, every conceit, tends to break down the selfhood. Every self-mastery, every high fortitude, every facing of naked truth, is an upbuilding process of selfhood".

"Great souls set out to make the spirit supreme and the body its subservient instrument".

We would give to the world thoughts by which willing men and women can make themselves masters of life.

True, the world is full of suffering, and likewise unnumbered millions are devoted to overcoming it. The answer lies within the individual.

Speaking in a very material way in a very materialistic world you doubtless desire health, happiness, and success — money. These things are for you and are attainable.

You took years to acquire the ability to read understandingly — for a general education. Over the years you have acquired physical, mental, and emotional habits. They are not going to be changed in a day or a week or a month.

If you are not happy, healthy, and successful, you carry about with you the proof that those habits have been wrong in whole or in part.

In the usual course of events you have been ac-

quainted with us but fourteen weeks. We have but given you a ground work for understanding.

It rests entirely with you how happy, healthy, and successful you become. Keep in mind that if you do not attain these things you will prove a disappointment to us.

We mean precisely what we say when we give you the assurance that health, happiness and success are possible for you.

Constance J. Foster in an article telling of a healing of her son in "Faith" beautifully shames the doubter in this manner.

"What you prepare for, confidently expect, and think about most, you get. It may be trouble, or it may be joy. It's up to you."

We know very little about this dynamic power as yet, but we are learning more all the time.

It is rather like short wave radio except that it operates outside the bounds of time and space. Each one of us is a sending and receiving station for vibrations of electrical impulses whose tremendous power we are only beginning to use constructively.

You want love, and you haven't it? Then your dominant thinking has not been love, but something very different. It has been self-pity, or an underlying hatred for something or someone, or vanity and self-love. For the law of love is mathematically exact. Love and you shall be loved. It is as simple as that, and as certain.

Money? You have exactly as much of it as your present consciousness of plenty can attract. The law is unrelenting and impersonal. It shines on the just and the unjust. You may wish you had a million dollars. But your dominant thinking is not of a million dollars. It is a preoccupation with the million you haven't got. Your mind runs something like this — "If I could only afford it", or "How will I pay the bills", or "Business is getting worse."

Fear throws the universal law into reverse gear. It negates every constructive impulse so that invariably its victim has to admit, "That which I greatly feared has come upon me". Concern yourself with lack and inadequacy — and you get more lack! Prepare for a rainy day and it will surely find you.

Health? Perhaps you enjoy being sick! Lots of people do. Their ailments help to keep them in the center of the stage. They talk symptoms, think aches and pains, live in a perpetual sick room atmosphere. There is a medicine bottle consciousness. Others want to be well but live with a dread of germs that is stronger than their consciousness of health. The law makes no exception. It returns in kind. — Why blame a mythical "fate" for giving you what you yourself ask for?

It's entirely up to you.