

THE ORDER OF THE ESSENES

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TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

FAITH IS POWER
IT MOVES THE INNER BEING

IT MOVES YOU: -

Every day a new name flashes forth in the press of the world - a person who for long been believing in himself, doing daily what he knew he ought to do, eye upon the future, faith in the fact that as he gave so would he receive, always trying, ever pushing on and up.

The world cries for leaders - plus characters - men who discipline themselves to perform above the average - give more - and act with faith.

In Lesson Sixteen herewith enclosed we reveal the third ingredient in the success formula - Faith.

Faith is not some will-o'-the-wisp mental condition difficult to catch and hold. There is such a thing as an understanding faith, based upon principles as unerring as those of mathematics -- so this set of instructions is more important than you can yet realize.

Faith has nothing to do with visible circumstances. If your mind is absorbed with circumstances you have not faith consciousness. Understanding faith has two pedestals as you will learn later. First, a demand must be made - a clear call - before the supply will manifest. Second, the supply forever awaits the demand and is limitless.

That great Essene teacher therefore expounded a proven law when He said, "All things are possible to him that believeth."

This is Faith - Become an adept and achieve your cherished aims. You can be the person you want to be.

To this end we pledge you inspirational guidance,

THE ORDER OF THE ESSENES

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INSTRUCTOR

Enc. 16



THE Essenes

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Instruction 16 Assuring to the acceptable and accepted HEALTH, HAPPINESS AND SUCCESS.

The secret of health, happiness and success lies in your own consciousness. "There is no such thing as an idle thought. Thoughts are the busiest forces in the universe. They are your errand boys rushing around through time and space to bring you back exactly what you order them to get for you. They never make a mistake or fail to count the change."

—CONSTANCE FOSTER.

. . . . THOUGHT GEMS

Beware of fear—fear is the deadliest enemy to knowledge. In proportion, as you cease to fear, the life principle hastens to your aid.

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Suspicion always being likely to see what it suspects, generally creates the very thing itself. Why, you will come to understand as you come to know your mental chemistry.

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Desire entrenched in faith will become the pillar of cloud by day, and the pillar of fire by night.

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Heart longings are the real you, not begging, but demanding expression.

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A creed is the ignorant past, bullying the enlightened present.

●

Right thinking is the key to right living. What are these right thoughts and how to do these mental problems is the question to wrestle with.

To have and to hold close to the heart a right thought is possible only through a disciplined will.

All thought, of whatever kind or character, is a creation of the will.

There is no part of the human organism, physical or psychical, with which the will cannot deal with perfect accuracy. The individual has the right of choice — to choose is to will.

"Let Not A Doubt Creep In"

We now arrive at the third step in our mental and power process of creating health, happiness and success.

One cannot observe nature, know anything of the sciences without a firm conviction that there is an unchangeable, inexorable principle at the source of all existence, a creative, underlying cause of all things — call it God — Law — Nature — or what you will.

We stress the point that every person is a generator of power. You can generate it physically or mentally — Creating it is not all. You want to get hold on the feeling of power.

Have you taken the second step well? Have you some intense want?

If you have experienced an exhilaration of mind, gotten the feel of a sense of power, you have set up a quicker better circulation of blood; you have sensed a pleasant warmth of the body, — your digestion has improved, purification of the blood stream has taken and is taking place; poisons are being thrown out and an outward show of this is manifesting.

Here is how it works: This becomes apparent to you — then to others — then a change takes place, not only within you, but towards you — and the inevitable follows — with that change, circumstances change.

There is nothing new in the doctrine that you can bring good things of whatever kind you desire into your life by holding them as yours in the invisible until they become manifest, — live your vision.

Solomon said, "As a man thinketh in his heart, so is he."

What you think, you sooner or later act upon. Think fear and you act fearfully. Think fearlessly and you act bravely and courageously.

This is not a fine spun theory — It is the law. You must have the faith and the courage and the will to demonstrate it in your own life — and to your own satisfaction. Prove it in little things and then progress to greater things.

To this point, you have created a vision, which you intensely desire to be out-pictured in the real — you want to manifest or demonstrate the truth. Now what is the next step?

To tell you to apply "faith power" just would not carry any meaning — It might sound a note of prejudice — It might sound "churchy". That's the answer — but more than likely you know about as much about it as the great energy confined within the atom, which science is now endeavoring to crack.

You first set up your vision, then you intensely desire it — then you can spoil it all, if you don't believe it can or will come about, — if you lack confidence.

Let us see what confidence means. "Con", in Latin means "with". "fides" in Latin means faith — so confidence means "with faith".

You must therefore not only vision well, want intensely, but you must confidently expect it to materialize.

There is no philosophy on earth that will enable a man to do that which he thinks he can not do. He is whipped at the start, without this self faith.

Why should you not confidently expect that which you vision and desire, to materialize? It is the law of the universe that it will materialize, if you observe the laws we are laying down for you.

The majority of people are many times weaker in confidence than any other faculty. Faith is the bed rock upon which all other foundation stones in every great man rest.

It is our purpose to explain to you at this point the very easily understood reason why a lack of faith or confidence wrecks the whole "house of cards".

Every thought or emotion vibrates through every cell in the body and leaves an influence like itself.

The body is but a mass of billions of cells, so closely tied together and inter-related that what effects one effects all. That is just an every day fact — and nothing is more marvelous than the common and every day facts of life. To understand them properly will take you to worlds elsewhere, and open the magic casements of the imagination.

Confidence or faith is one of the powers, just as we explained "desire" as a power. It too is one of the emotions, which carries the meaning of power.

Surely you can see that if you create a vision and you so desire it that you focus and imprint the picture on the life units and it is ready to start in the processes of creation and to manifest on the physical plane, and you doubt, lack confidence, fear, and see failure of the whole thing — that you have created a picture of your vision failing, and the life units carry out that picture.

You create the picture. It is ready to take on motion, activity, and vitality and your lack of confidence, which is a picture of failure, just puts on the brakes and throws it into reverse motion and heads the picture for failure.

It is just impossible to keep up the fires of living your vision, when you dash them with the waters of fear, doubt and lack of faith.

This lack of confidence comes about because you get too much of the physical you, the personal you as you have been considering yourself into your consciousness.

Have you forgotten the real YOU — the very first thing we discussed in this series of instructions? Understanding the real "You" should give you inspired confidence — faith without limit.

It may seem, at first, too good to be true, but infinite power is available to you. In the power realm of

the infinite lies the present answer to your every trouble and need — just as much so as all things are present for the growing tree, or plant as we have learned.

The life principle always working for perfection is divinity. You are a part thereof and in direct contact with the infinite if you will just open up the avenues. Remember — “Make straight the ways.”

In every religion under the sun the value of faith is stressed — but it is not always understandable when it is asked that faith be put in something “above” — “beyond” — something that the mind does not comprehend.

The faith — the self confidence — the confident expectation of success, health, and happiness, we call upon you to exercise is in the working of a law, that you can prove does work, on all sides. You see it working daily and it is within you, — not afar.

There is real power in faith. It moves the inner being — it moves you. You say you have “will power” — it enables you to do what you will to do — move your hand — your foot or other members of the body. You can understand “will power” — well, “faith power” is just as real as “will power”.

Misunderstand not! When we speak of faith power we do not mean to carry the idea of belief in moral or religious precepts or doctrines.

We are talking about a very common-place thing.

You go to the corner to catch a street car, you confidently expect it to come along. That's faith.

Now the working of this mental and power formula requires that this thing you want or want to do — this vision you long to make real — must have the power element put into it in this way. You just confidently expect to get a number you call on the telephone, just as you expect to get up and have your meals tomorrow — just as you expect night to follow day — there is just not to be any concern or alarm about it — It is just going to be.

As one of our research workers says, "It would be 'just plumb darn splendid' if we could just tell folks to apply faith power, or confidently expect the ideal they so ardently desire and they would understand the meaning and put the personal power, garnered from universal power, to work."

The difficulty is that "faith" in the ordinary mind has been in no way associated with the every day affairs of life nor the practical world of men and action.

The idea held by most persons is that faith is an emotional state, in no way related to reason, nor the things about which one can reason; It seems to carry the meaning of blind credulity; acceptance by custom or upon higher authority — and the higher authority is accepted by reason of antiquity, seemingly universal belief, or a postulated divine source.

There is a far different meaning. You may not be conscious of it, but every day of your life and in

practically all of your ordinary affairs, you act upon faith.

You buy food from your grocer because you have faith — in some degree. You eat it because of confidence or faith.

You put your money in a bank, by reason of faith, (con-fides — with faith).

Your lawyer — your doctor — your insurance company — your employers, or your employees all are such by reasons of faith in some degree.

If you extend credit or buy on credit, you exercise faith. In the case of buying on credit you confidently expect to receive the money with which to pay.

In other words you act as though failure were impossible — You go right ahead and do something with perfect assurance in your mind of the outcome.

When you get to the point that you can, with respect to your plans and purposes act with that same assurance, just as though the successful outcome was a matter of course — just as though failure were impossible, and not a hesitation, not a doubt creeps in, then you are applying faith power.

As to this motive power, you have experienced it and observed it, but perhaps never analyzed it.

The more faith a person has in that which he is doing or toward which he is working, the greater will be the manifestation of his own powers and capacity,

the more efficient will be his performances of the work, and the greater will be his ability to influence others and to cause them to see things in the light of his own earnest belief and interest. "Faith arouses enthusiasm — and sustains it." Thus has one author expressed.

A reason for faith being a power generator is due to the fact — that when one has faith in his proposition, he has poise, balance, and a calm inner feeling, and his energies are not scattered or wasted. It focuses the attention and interest just as the magnifying glass will focus the sun's rays on a given spot. Faith concentrates the powers.

When the powers are thus aroused and impel action, — doing something about it, — taking one step forward, — there is set up also an attractive power. This too, you have experienced, but you laid it to luck, chance, or fortunate circumstances.

This attractive power tends to draw to you things, persons, or conditions in harmonious relation to your intensified thoughts, ideas, ideals, or it tends to put the individual into the environment, conditions, or the presence of the persons or things that will help to the materialization of his objects and purposes.

You will pick up a newspaper or magazine casually, and right before you will be an article along the line of your thinking.

You will meet seemingly by chance some person, who will as if from out the clear sky, talk on the very

idea you have, and give you the key to the situation; or you will turn on the radio and right out of the void will jump the answer to your seeking — or a suggestion as to just where the answer lies.

These things are not accident. That is the law of attraction, — a directing force from within.

When you have created your vision, become purposeful, and that picture grips your very being, and your desire burns intensely, and you get the "feel" of faith power, ideas, things, help will just seem to come to you, and you will just seem to feel that up to that time no one seemed to think of or take interest in the object of your interest, but all of a sudden the whole world is apparently becoming aroused to an interest in that special subject.

You will become conscious of the public library and that there are books on the subject — you will find that there are magazines or trade journals which contain articles that are guide posts to the roads you desire to travel, and you will find that your attention and interest is so sharpened, that out of material along other lines of interest, come thoughts and suggestions of special application to your pet idea. Such is the attractive power of faith, confident expectation of success.

As Herbert Spencer said, "We are ever in the presence of an infinite and eternal energy, from which all things proceed." We are giving you the directions which will put you in that current of energy.

The sooner you realize that there is no limit to the influence of a human being, to your influence, the quicker will you make giant strides of progress. You have seen single individuals sway whole nations. History records many.

The way to start is to have a sense of purpose in what has been a daily grind.

We give you this positive assurance, — You can be the man or woman you want to be — at a price.

It has been said that the Gods sell anything to anybody at a price.

There is a way out — and it is within you.

Ralph Waldo Emerson said, "That popular fable of the sot who was picked up dead drunk in the street, carried to the Duke's house, washed and dressed, and laid in the Duke's bed, and on his waking, treated with all obsequious ceremony, like the Duke, and assured that he had been insane, owes its popularity to the fact that it symbolizes so well the state of man, who is in the world a sort of sot, but now and then wakes up, exercises his reason, and finds himself a true Prince."

Give time and consideration to your vision — your purpose. Keep it within the bounds of reason. Later you can advance it to what may now seem beyond the realm of the possible. Let your thoughts and desires for that object be so passionate and alive and intense, that the very etheric waves themselves will sense the message that they bear. Let your confidence or

faith come warm from the heart, full of the fire of life. This will touch the universe — its power of attraction is boundless.

Something about you who read this!

You live far below the possible level for your life.

When you are set free, and you will be, if you are faithful to these instructions, from the things that hinder and hamper you; when you rid yourself of repressions, you will approach the potentialities within you, — you will be transfigured, — born again, so to speak — you will have escaped from futility.

. . . . THOUGHT GEMS

The first and last truth concerning existence or being is this: there is present and active a supreme presence power from which all things proceed directly and indirectly, and which is the base, ground, support, cause, correlator, coordinator, essence, substance, and life principle of the entire world of things.



Repeat after Macbeth: "The mind I sway by and the heart I bear shall never sag with doubt, nor shake with fear".



There are but few minds held down to a purpose. The average person has no plan of life, is undecided what he wants. This brings mental confusion, lets in a lot of destructive thoughts which make one unhappy, unhealthy, and, of course, unsuccessful.

Section 2 Instruction 16

You cannot give too much time and thought to the first section of this set of instructions.

Thoughts as things — get life, vitality, action, and results only by being mixed with emotions — feeling — and the greatest of these is faith.

Thoughts vitalized by faith make a straight path to the subconscious — and thence to the universal — from which comes the materializing substances. It is our desire to develop super men and women; likewise we want them to not only act the part but look the part — so suggestions for physical betterment are given.

We now pass on to you some simple suggestions on posture.

All physical training experts agree that good posture is a very simple habit — merely a habit of holding the head high. Forget your shoulders and everything else; just hold up your head, “making yourself tall”. It is just that simple. But you are still not likely to get anywhere until you realize that this matter of the physically uplifted head is a spiritual thing, growing out of the psychology of pride, self-assurance and the consciousness of strength.

The posture of pride is that of the head held high. It is, naturally, the posture of command. It expresses the quality of leadership, and it is also the attitude of courage.

Just as the position of the head guides a flying bird and the action of any running animal, so the position of the head dominates the carriage of the human body. When the head is up it gives "lift" to the whole personality.

POSTURE HINTS FOR BUSY PEOPLE

1. Keep your head high; you can't slouch with your head tossed proudly back.
2. Keep your abdomen in, even if you have to reduce it, so that your chest circumference is at least ten per cent better than your belt line.
3. Make your skeleton carry your weight — not your muscles.
4. Get on your toes and like it.
5. If you're tall and slender, you must pay more attention to posture. Test yourself: are you as tall standing as lying down? If not, you slump.
6. Arrange your work so that you can stand up a short time now and then and stretch energetically.
7. Don't stand on one leg; high hips or high shoulders are an eventual result.
8. Keep your spirits up.
9. Learn to stand and sit erect but not stiffly — so that a good posture becomes the most comfortable one.

Also, again and again during the day stretch the arms high above the head — just stretch upward.

When standing put your weight forward on the toes. Most people slump back on the heels when standing. This is the attitude of relaxation, fatigue, inaction, never the posture of energy.

Here is a helpful suggestion. Clasp the hands behind the hips. It is convenient when carrying a briefcase or package. It raises the chest and puts you on your toes, physically and mentally.

We repeat; a help in good posture is retracting or drawing in your abdomen. Try to make your navel go all the way back to say "hello" to your spine and thus divide the body in half at the middle. Do it over and over.

Do plenty of forward bending and touching the toes; the real exercise is coming up, and that's for the small of the back.

You are going to be a success. Therefore start standing and walking like a successful individual — Think about your posture — Do something about it. — You never know when you are being judged — You can fairly accurately judge others by their posture and others have this same ability.