

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE
TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

THAT WHICH COMES THROUGH
VISIBLE CHANNELS - IS FROM
SECONDARY CAUSES.

MISTAKE THEM NOT AS THE PRIMARY SOURCE:

Welcome! That you receive Instruction Twenty-four means more than you perhaps realize. You have been found worthy of further instruction.

Gradually these instructions get more penetrating and profound - We believe you can comprehend what is to follow. You should be able to if you have earnestly and sincerely studied the previous instructions and not just read them.

We have assured and do again assure you that health, happiness and material welfare can be a natural outcome for you - Understanding is the one essential.

In the Bible (Job xxii. 21-23) this assurance is given as a result of acquainting yourself with God. This means what it says - as we do. Throughout the Bible are like assurances but they all base the coming happy events upon "understanding."

The Bible from beginning to end - and the teachings of Jesus to be meaningful stress that God and Spirit are one - not a spirit. The Divine cannot be narrowed with the limitation of individuality. To be resultful in your life, to work, there must be a recognition of the unity or one-ness - You with Spirit. That is what "in the image and likeness of God" means.

An anthropomorphic conception of Deity does not lead to understanding - without understanding results are not promised.

Of course you know that these instructions come from the Order of The Essenes - (Pronounce S - scenes) but there has been said little about Brotherhood. The Brotherhood of man comes about only when every man helps another. Talk of Brotherhood will never bring it about - Action, not words, is the measuring rod.

Fraternalities, secret orders and brotherhoods about as exclusive as a union station are not the answer, generally helpful though they are. The preparation is inadequate. Understanding which makes love, truth and beauty spontaneous is lacking.

By study, knowledge, understanding and then demonstration, materialization and worthiness, we can arrive at a selection. With mutual interests and objectives and perfect instrumentalities we get somewhere, and then true Brotherhood is a natural outgrowth - not something forced, artificial or political and power-seeking -- power is natural.

Let us each individually demonstrate the truths we learn and we shall come to know one another - a true Brotherhood may be nearer an actuality.

The way will be opened unto us,

THE ORDER OF THE ESSENES

By

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THE **Essenes**

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INSTRUCTION 24

Assuring to the Acceptable and Accepted
HEALTH, HAPPINESS AND SUCCESS.

"THE WORD IS CREATIVE, AND THE STRONGEST AND MOST CREATIVE WORD IS 'I AM.' WHENEVER YOU SAY 'I AM' YOU ARE CALLING UPON THE UNIVERSE TO DO SOMETHING FOR YOU, AND IT WILL DO IT. WHENEVER YOU SAY 'I AM' YOU ARE DRAWING A BLANK CHECK ON THE UNIVERSE. IT WILL BE HONORED AND CASHED SOONER OR LATER AND THE PROCEEDS WILL GO TO YOU. IF YOU SAY, 'I AM SICK, TIRED, POOR, FED-UP, DISAPPOINTED, GETTING OLD,' THEN YOU ARE DRAWING CHECKS FOR FUTURE TROUBLE AND LIMITATION."

SINGLE CELL - EVERLASTING LIFE

You, of course, will recognize the changed form of these Instructions. The fact that you receive this set of instructions is evidence that we believe you are worthy of further instruction in this Order.

We are going to continue upon the subject of retaining youth, because it is tremendously important that those who lead purposeful lives should have a long life span in which to work out their ideals.

The earliest records show that the ancient Egyptians considered a thirty year old man a patriarch. He was revered because of the great wisdom a man so advanced in years must have accumulated. At a later date, Biblical records establish "three score years and ten" as the length of time man should live on this planet.

As civilization dawned and shed a greater light by which man could scrutinize and study himself and his environment, the life span was advanced to forty, fifty, and sixty useful years.

We repeat, that there have been many instances where individuals have known to pass the 150 year mark, and one individual, a Chinaman, was acknowledged, and positively proven to be 257 years old when he was gathered into the arms of his noble ancestors.

You might say that this was a freak of nature, but a freak must be the result of certain definite group causes. If identical cause can be produced, then identical effects must and will result.

A very eminent authority, says "It is my firm conviction that with the comparatively meager knowledge and understanding which we already have in our possession, it should not be difficult for any average able bodied, alert minded man or woman to stretch the useful life span to 150 years;" and he further adds, "It is even quite possible that within the next few years we will be able so to combine human nutrition and environmental influences as to create a constant and everlasting rejuvenating influence on mankind."

Sir Christopher Wren, who built St. Paul's Cathedral in London, started to study architecture after he was sixty years of age, and after that, built nearly a hundred churches and cathedrals.

William Henry Jackson is the man who first introduced the picture postal card. At the age of ninety-four, he painted the historical murals in the Department of Interior Museum in Washington.

Benjamin Franklin, between the age of seventy and seventy-nine, served as probably the most successful Ambassador America ever had anywhere, winning from France aid to serve the American Revolution. Some of Benjamin Franklin's discoveries were made after he was eighty.

We have assured you that this course, properly understood and conscientiously lived by, would result in health, happiness, success, and we add, long life. So, in the course of these instructions, we have suggested certain things to do.

We are not food fans, nor a sect with peculiar ideas with respect to food, but we give you the latest findings of science. Science will uncover within the next few years many valuable secrets that will add to longevity. We make this positive statement, that within each individual is the greatest power for perfect health, and that some day the world is going to learn that every chemical, every medicine, every remedial substance that the human body needs or can use, can be

manufactured within the body if the need is great enough and the desire and the demand strong enough (remember our mental formula for attainment).

Find the physician if you can who will not tell you that old age, sickness and pains are the results of failure to get rid of impurities and waste matter that clog up the system, or the result of poisons manufactured within the human body.

There is no principle limiting life - this is a scientific fact. Of course, people die and there are countless reasons for death, but no physiological reason why they must die.

The human body is a composite of single cells. There is no death for single cells. They have to be killed by force, by starvation or by poisoning. Scientists have observed single cells over a period of 5000 divisions or generations. Single cells grow and divide, then the divisions grow and divide, so a division is a generation.

The very famous experiment of Dr. Alexis Carrel of the Rockefeller Institute, taking the heart of an Embryonic chicken, putting it in a glass jar containing a liquid solution of the sort of food living cells require to maintain life, was for the purpose of proving that there is no principle limiting life.

If you have been a careful student of this course you will remember that we advised drinking plenty of water, the reason for which was that every living cell, vegetable, animal or human is immersed, laved, bathed and has its being in solution - the life giving water, so to speak.

We also have instructed you that all food and nourishment can only reach the life cells in solution. That is why we instructed you to chew your food well, to eat fairly slowly.

A well known scientist says, "All cells, animal or vegetable, are essentially alike in structure; they live on the same sort of food, and take it in the same way. It must be in liquid form. As the cells in man (and in a tree) are confined to one place, and cannot float about like the primitive one-celled water-plants, the nourishing stream is made to flow past them. It all amounts to the same thing."

All experimentation leads to the inevitable conclusion that two things are essential for retaining youth; proper food - and seeing to it that the cells are properly cleansed.

We suggested certain breathing exercises early in this course. These are for the purpose of causing internally, contraction and expansion, just like wringing out an old, dirty sponge, and that's just what the cells of the body are - sponges. You can't let them dry out and get clogged; they won't absorb the nourishment.

A group of distinguished physicians, biologists and other scientific men, inspired by the Josiah Macy, Jr. Foundation, wrote chapters in a book edited by E. V. Cowdry of Washington University, St. Louis, on the problems of ageing. Several contributors to Dr. Cowdry's book mentioned the fact that elderly persons usually have more of the liquid in their bodies outside the living cells, and a smaller proportion of it inside, as though old age tended to dry out the cells themselves, and at the same time provide them with a more copious external bath.

The cause of this condition you will understand from the reading of this set of instructions. These cells have not been wrung out.

The net result of all the facts and expert opinions assembled under Dr. Cowdry's

editorship confirms our statements that no single cause of old age has been discovered, and that there is no single organ or group of organs which necessarily must break down at a certain time and bring life to an end.

We would at this time call to your attention the fact that the liquid material, or serum of the blood slowly decreases in viscosity, and flows more nearly like water as the body that possesses it gets older. This is due also to the fact that these aged people have not wrung out the sponge of the cells of the body and forced the impurities and waste matter into the blood stream.

We have heretofore stated that men of science will find the statements in this course of instruction scientifically correct.

We have suggested exercises. The purpose of these is to make the pump (heart) put the blood stream to the tips of your fingers and the tips of the toes, from the head to the foot, and the tightening and relaxing of the muscles is just a matter of wringing out the sponges (cells) so that they will remain soft and pliable and absorbent.

We have taught you to learn the simple lesson of relaxation, by tensing your muscles and then "letting go" - "getting limp" - That is another form of putting the cells through their paces, and like the great value of massaging, of osteopathic treatments, turkish baths, and rubbing, it wrings out the sponge. Wild animals caged up, (and your house cat) stretch and stretch and stretch. That is wringing out the body sponges (the cells).

We have told you that when you are tired, stretch. In the middle of your card games when you are tied up in knots from concentration, get up and stretch. Stretch when you go to bed and stretch when you get up. Stretch when you have a headache. Stretch when you are young and stay that way. Stretch when you are old and get young again. Stretch when you feel stiff or cramped -- stretch when you feel dull and logy.

Heretofore we have stressed the value of relaxation and have suggested that most of our ills are due to tension, or high strung nerves - - (keep in mind the illustration of the cells as sponges) - Can you not see that tension keeps these sponges compressed, wrung out, and incapable of absorption?

Just like any sponge, it must be wrung out, but too it must be allowed to expand with moisture and kept taking in and giving off to keep pliable and capable of functioning. It can't be allowed to dry out and get clogged with grease and dirt. If it does, it must be immersed and take in a little water, squeezed out and next time take in a little more, then squeezed again, then soaked again and finally, by squeezing and immersing, it takes in and gives off its full capacity.

In the human body you want muscular tension, rather than nerve tension to do a good job of sponge rinsing, and all tension wants to be followed by a let down, a relaxing, a rest - an absorption period, and this goes for thoughts and ideas as well as for physical nourishment.

Thoughts and ideas are fluid, etherially fluid. You will come to learn that in this fluid, you are laved, bathed, and have your being - and available to you all the thoughts that are, have been, and ever will be; that it is a machine keeping in repair, tuned to the universal and knowing the mental powers of your perfect instruments. Not the least important of your instruments is faith - faith that all of this is fact and that it works.

By every thought and by every movement you kill innumerable cells - always being added - youthful cells, clean, absorbent sponges

that can take in and absorb nourishment and expel waste.

Think therefore, in your breathing (deep breathing) in your tensing and relaxing, in your exercises, your stretching, your bathing and in all the things we urge you to do, in terms of keeping the sponges clean and fresh. Have a mental picture of the billions of cells of your body as single cells with everlasting life, if not killed by force, poisoning or starvation. Picture every one of these little helpers as constantly circulating fluid through its tissues, and to do it realize they must be cleansed (wrung out). Just have and hold a mental picture of this cleansing, life giving and life renewing process going on in your cell array.

In Instruction Number 23 we said, "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."

Instruction Number 25 will be very specific as to the process by which to bring about this transmutation.

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THOUGHT GEMS

Our thoughts are like roots which reach out in every direction into the ocean of energy about us. Those thought roots set in motion vibrations like themselves and attract the affinities of our desires and ambitions.

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There is much said by present day theologians about repentance. On every hand you are admonished, "Repent ye!" If this is accepted to mean to dwell upon the errors of the past regretfully - to feel a sense of shame or abasement - we denounce it; there is no good in it and good cannot come from it. If it is accepted to mean, "Change your mind" - it is the essence of wisdom.

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It is time for man to mark his goal -- It is time for man to plant the germ of his highest hope. We would give you the religion of healthy mindedness.

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A pool that is ruffled by every passing breeze cannot reflect the still beauty of the stars.

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No matter how often defeated, you are born to victory.

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In Christianity the discerning can see a moral value far outweighing its theological defects.