

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE
TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

JUST TALKING IT OVER

WITH YOU: -

What you want and what we want is for you to succeed and materialize your visions.

That is not easy if you have fears, doubts, and question your abilities or our good faith.

One man saw printed on our Instructions "This manuscript . . . always remains the property of the Order" - and was afraid that if he lost one we might send for them and charge some great sum for any lost. He was looking for a bug under a chip.

You surely understand. We do not sell them. There are dealers in used mail order courses of instruction, who pay little for such courses and sell them at greatly advanced figures. It is therefore there to prevent advantage being taken of some one. That is why they are copyrighted too, so no one would copy them and sell them.

Don't you let any worries like that keep you from putting all you have into the understanding of them. If you lose one, we will send you another. If the baby tears them up or they are burned, lost, stolen or what not, we are not going to attempt to charge anything. We are not going to ask the serious and earnest student to give them back.

The world is going headlong into conditions, and the time is rapidly approaching when there will be a great need for an organization dealing in spiritual values, such as the Order of the Essenes.

We are constantly expanding this work, and we have students in every state in the Union.

May you be blessed with understanding, and prove worthy.

Most sincerely,

J. Hamner Davis

THE ORDER OF THE ESSENES

Enc. 31



THE Essenes

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INSTRUCTION 31

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

IF WE ASPIRE TO AND WOULD BE WORTHY OF
THE TRUE FELLOWSHIP, WE MUST SO LIVE,
LABOR AND GIVE THAT WE MAY TOUCH THE
STARS, AND BRING DOWN GIFTS OF GREAT
TRUTH FOR MANKIND.

IN THIS LIGHT - THE LORD'S PRAYER

OUR FATHER, (which is a symbol of fountain source) WHICH ART IN HEAVEN (the invisible). (Note: Our Father - Establishing the Brotherhood of Humanity).

HALLOW'D BE THY NAME, (which is the spirit of thanksgiving and praise and recognition that it is the source)

THY KINGDOM COME, (meaning that the invisible, or Heaven, becomes the visible)

THY WILL BE DONE, ON EARTH AS IT IS IN HEAVEN, (meaning that the patterns and the designs as in the invisible, shall materialize and come into being)

GIVE US THIS DAY OUR DAILY BREAD (which is a recognition that the source of all things is nature, or the invisible, and this is but a call or demand upon the source of supply)

FORGIVE US OUR TRESPASSES AS WE FORGIVE THOSE WHO TRESPASS AGAINST US, (which is a recognition that as we give so shall we receive -- as we forgive, so shall we be forgiven)

LEAD US NOT INTO TEMPTATION BUT DELIVER US FROM EVIL, (the temptation and the evil are the errors in thinking and the errors of assumption that the material things are the important, and the temptation is to overlook the all-important realm of the invisible)

FOR THINE IS THE KINGDOM, AND THE POWER, AND THE GLORY FOREVER. (the recognition that the invisible or Heaven is the source of and contains all the power - omnipotence, and that the glory, or credit, should be to the invisible, and that the recognition of this fact is a point of contact for attaining one's desires).

AMEN.

The Lord's Prayer is an affirmation and a call upon the universal ---- The value of affirmation is acknowledged by all psychologists. It is a message to the subconscious and a claim upon the universal.

IN THIS LIGHT - OUR AFFIRMATION

The source of all things, which is the universal or invisible, we recognize with reverence and understanding. Knowing that the invisible becomes the visible we accept that the pattern or will in the invisible shall be the design at materialization. Daily we receive from and call upon this source for, our material needs. May we recognize our contact with infinite supply and avoid the error of thinking other than as a creator. May we ever be conscious that as we give and forgive, we shall receive and be forgiven. And, to the invisible and intangible we ever look for the real power, - recognize it as the supreme source, and to it we give the credit and glory.

AMEN

"RESIST NOT"

You have observed an electric toaster, heater or stove. - What lesson do you get? The electric current flows through the copper wires from the power plant to your home, and through the copper wiring in the house to the toaster or heater. To this point there is no wear and tear, no friction, no heat, and no very appreciable loss of power. The channels are open, so to speak.

When it reaches the heating units or coils, what takes place? They become red hot. Why? They are made of alloys or materials that resist - refuse to make an open channel, or are to a large degree non-conductive. The resistance creates the heat. Then there is wear and tear, friction -- and finally these elements fuse, burn out and become useless.

Resistance - resistance -- resistance!

You will learn that electricity acts like faith - and other human powers. Every living cell is in fact an electric unit.

The trouble with most people is that they are constantly resisting - worrying, fearing. Result? Friction - heating - fusing, and becoming useless!

Can you now understand why the Bible and the Bibles before our Bible and all philosophy teaches "Resist not evil." - Don't fight it. - "Overcome it with good."

People who are always fighting poverty - fighting sickness, fighting discontent and discord, are just burning the fires of metabolism too fiercely - and resistance is wearing them out and shortening their lives. They close the channels for the coming of good things into their lives -

By giving (good) the channels are cleared for getting.

Health (perfection) is the constant endeavor and aim of Nature. (God).

Happiness (harmony) is man's natural heritage. All creation is working for harmony.

So why all this resistance, when it is just a matter of thought, - of consciousness, - of your attitude, of the relation of ideas, and how you let them affect you, and how you act under the impulses of the mind.

You are a part of the working principles of Nature (God) just as much or more so than a drop of water is a part of the ocean, - alike in all respects. Men and women who awake to the divinity (perfection) within them, from that moment attain and accomplish and achieve, according to the thought forms they vitalize and project into the universal, as we so painstakingly direct, and perhaps oft repeat.

HEALTH CONSCIOUSNESS

Very definitely there is such a thing as being success-conscious - or being failure-conscious. Wealth-consciousness and poverty-consciousness are very real.

Being health-conscious is a foundation stone to abounding health - to vibrant, glowing, self-perpetuating health.

You ask - "What is health consciousness." "How do you acquire it?"

The first step is to completely realize how irresistibly you are united with the universal, - that you are a part in it, and it is in and through you.

To be more definite, to make it more understandable, contemplate the wonders of the human body - Back in Section 2 of Lesson Number 3, we tucked away a detailed outline of the digestive organs; think how marvelously designed, then contemplate the beating of the heart, the flow of the blood through the arteries and veins; and nerves, - a telegraph system to every part of the body; the tiny glands here and there, - life process regulators; the bones; muscle; the brain, the pilot.

There is design to the interplaying functions of each - and such design had to come from an infinite intelligence, - man can hardly comprehend it, even as it functions.

Add to all of this, that it cannot function without a constant interplay with the universal - It must be supplied with air, water, food. It must keep its contact with the universal - for it is constantly being renewed, - old is passing out - new being added.

Can you imagine an infinite power designing all of this and failing to design it to be perfect? - Man has definitely discovered that all Nature works for perfection; when perfection is missed it is due to some impediment or obstacle placed in the way of the perfect working process, and then nature strives to circumvent and overcome that.

(Here it might be well to re-read Instruction Number 3 - pages 10 & 11).

To be conscious of these mighty powers moving in you, that they can and will add new substance (cells), direct their location, coordinate all of life's fluids, processes and organs, create new substances of repair if necessary, and correct any adverse conditions, if just let alone, is a first step in health consciousness.

Certainly no doctor can affect a cure or create health - They may clear the channels, or make straight the way - but Nature (the circumbient - the universal - the God in you) makes the change - perfect health. The conscious you cannot make the repair - but very positively, you can make straight the way, and believing and desiring can give the command, and the inner and universal power (life forces) will respond.

Perhaps we had better approach health consciousness from the negative side - You say, "But I am sick. I am afflicted - Look! - You can see the evidence of it - My limbs are shrinking - " Yes, but you are holding to the sick thought. Before that condition came about, you were probably perfectly well - Did you, with the persistence that you now assert sickness, assert you were perfect? - saying, "Look! I am perfectly well!"

We tend to accept health, when we have it, as natural; we give it not a thought. - But, with an ache or a pain or change in condition, we pay attention - we face and accept a sick condition.

We don't take the positive mental attitude that ailing is unnatural, and assert with conviction the laws of the universe are at work to correct the condition.

There is one thing certain - Life is motion. - We are never at rest; - we move in the direction we face. If you are fighting sickness, a defective condition you are facing it, - recognizing it - feeding it upon the substance that nourishes it.

Certainly the fact that a condition exists today is no evidence it will be so tomorrow - this should be easy to understand. - You were well and "got sick" - conditions changed.

Health consciousness consisted in looking to the changed condition
- Health

A health command to the army of billions of cells, of which you are Commander-in-chief will set the army to work to bring it about. Assert you are perfect - in perfect health, - knowing that that is true with respect to the real You. - This frame you inhabit may be out of repair in one spot or one section, - but you and you alone have the instrumentalities to make the repairs. - Every moment, you are given new life building, body building units, and with health consciousness they hasten to the spot where there is activity - where the repair is going on - that is Nature's way.

But when those new cells come into being, and are being imprinted by your mental attitude, if they are addressed "Poor me! I am sick - there is nothing I can do about it - I can't do this and I can't do that," then, that is their mind also, because the real You - the sum of your consciousness - is the mind of your cell army. Any army needs encouragement - an objective - a positive commanding head - a leader who has faith and confidence, and can impart it.

Turn back and read Instruction #1. - Can you not truthfully, believingly - and confidently assert that that You - that I-dentity you there are introduced to is perfect and in perfect health?

Assert therefore boldly "I am in perfect health," and that vehicle you inhabit - that ever changing physical body so many know as "I," will change to meet your idealized "I" - for that is the purpose of life's renewing process.

CONCENTRATION

Concentration is a state of inward contemplation which allows us to shut ourselves in from external things, so as to engage our thoughts solely on the subject which we have set before ourselves.

Concentration is one of the most marvelous forces that can be conceived. Without concentration, no success is possible; concentration develops all our senses and brings them to a degree of remarkable acuteness.

Fidelity to an idea is always the initial step to all success. For if an idea has no time to become at home with us, if what is called the crystallization of thought does not form the foundation of every decision, we will find it impossible to give it definite shape, and it will fade away like impalpable smoke.

If, on the other hand, we know how to exercise concentration, this idea will soon become a focus of organization around which the association of ideas will come to marshal the reasons that determine the action which we have in mind.

To think of the act which we are performing, to think of it alone, to concentrate everything, and forget everything outside of it, there is the secret of so many successes, the explanation of so many good fortunes, and the immense influence which certain persons exert over their fellows.

He who succeeds in concentrating himself on a manual labor is certain to perform it with a minimum of fatigue, for he will be able to husband his strength, he will save himself from dissipating it in useless exertions, and he will concentrate all of his faculties of attention, of calculation, of ingenuity, and of muscular power in order to succeed.

This is how so many jugglers achieve perfection in their art; by concentration they have reached such a point of self-absorption that for them nothing exists outside their own particular performance.

To learn and practice concentration it is best to "go into the silence" - this is called isolation - Shut yourself in some quiet room, or go beside a lake, or in a dense woods, or unto a mountain where you will not be disturbed, and in this spot get perfectly comfortable, nothing binding or tight about you. (You would be surprised how many great thinkers, capable of intense concentration prefer to be perfectly naked).

Without isolation (going into the silence) meditation is extremely difficult if at all possible, and consequently there is great difficulty of concentration.

The Japanese Philosopher, Yoritomo says, "He who would influence others should above all things know how to influence himself in order to acquire the faculty of self concentration which will allow of his reaching the highest degree of discernment."

It is most interesting to know that the rosary used in the Catholic religion was invented or devised in about the twelfth century by St. Dominic as a means of teaching concentration.

The following from the Mental Efficiency Manuel, edited by Eugene Thwing, from which much of the above has been taken, is an explanation.

"Day dreaming is a dissipation of energy; it carries us away and we cannot direct it. For this reason it is particularly dangerous, for it destroys our psychic forces, and injures the development of strong mental powers.

It was with this in view, it is said, that about the twelfth Century, St. Dominic invented the rosary.

He thought that one should seek to control day dreaming by removing the temptations arising from the volatility of the imagination by means of a physical rallying of the idea.

The telling of the beads has no other object; all the decades end in a different prayer from the ten preceding it and, granting that the attention has wandered during the repetition of the ten "Hail Marys," the eleventh bead, separate from the others and appreciably larger, comes to remind us of the change of the formula and brings back the most wandering minds to the subject of the meditation. - In short, such a director of souls as the Castillian Friar knew well that day dreaming always possesses a pernicious charm which it is well to nip in the bud."

Note: -- Day dreaming is quite a different thing from visioning, planning, and purposeful thinking.

. . . . THOUGHT GEMS

Webster, in his definition of spirit, says, "Spirit is life, or intelligence conceived of, entirely apart from physical embodiment. It is vital essence, force, energy, as distinct from matter."

Faith is the substance of things hoped for and the evidence of things unseen.

Things which are seen were not made of things which do appear. In some way, then we understand that whatever we want is in this surrounding invisible substance, and faith is the power which can bring it out into reality to us.

Desire for anything is the thing itself in incipiency.

As knowledge advances, science ceases to scoff at religion; and religion ceases to frown on science. The hour of mockery by the one, and of reproof by the other, is passing away. Henceforth, they will dwell together in unity and good-will. They will mutually illustrate the wisdom, power, and grace of God. Science will adorn and enrich religion; and religion will ennoble and sanctify science.

Thinking leads man to knowledge. He may see and hear, and read and learn whatever he pleases; he will never know anything of it, except that which he has thought over, that which by thinking he has made the property of his own mind. Is it then saying too much if I say that man, by thinking only, becomes truly man? Take away thought from man's life, and what remains? -- Pestalozzi

All that a man does outwardly is but the expression and completion of his inward thought. To work effectually, he must think clearly; to act nobly, he must think nobly. Intellectual force is a principal element of the soul's life, and should be proposed by every man as the principal end of his being. -- Channing