

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

JUST TALKING IT OVER

WITH YOU: -

If Instruction Thirty-five is as helpful to you as it has been to many others, you too will feel as one has expressed it "It is above and beyond money value. Sincere gratitude and my little helpfulness in lighting the way for others, seem so inadequate."

Because it is about prayer do not approach it with a prejudice or the feeling that it sounds sanctimonious. You will find it in accord with your inner convictions, born of experience and observation, a rationalizing of your unexpressed conceptions of what prayer should be.

The matter of the comprehension of spirit and soul has been neglected by an age of concentrated attention to things material - the mechanical and chemical - to examinations that have to do with breaking down, taking apart and weighing, measuring and analyzing the parts.

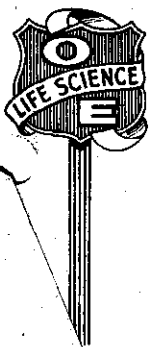
It has been well! Because modern science has now concluded, after breaking down the atom, that the source of all material things is the same, - that the material and tangible are but the manifestation of energy, and now accept that spirit is in and through all things.

In this Instruction we touch upon affirmations. We mean no criticism of any school of thought, but we feel that many have been the attempts of the blind to lead the blind, of the unsuccessful to point the way to success as a means of attaining success for themselves, and of which they sometimes boast.

An affirmation which does not carry to the subconscious a clear and definite picture of what you desire to do - be or have, so that the feelings respond, and you can mentally live in the realization of it, just amounts to a mumbling of words.

Affirmation is a form of auto-suggestion. If one were hypnotized and told he was a horse, he would get on his hands and feet, on all fours, and act the part - If he were told some of the things contained in countless suggested beautiful sounding affirmations, there would be no response.

So affirmation and prayer are effective - the one is suggestion self administered, the other is demand, in accordance with the law of demand and supply, and as in all the worth while things of life - simplicity is the prevailing virtue.



THE ORDER OF THE ESSENES

Enc. 35

*S. Hamur Davis*

# THE Essenes

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INSTRUCTION 35

Insuring to the acceptable and accepted  
HEALTH, HAPPINESS AND SUCCESS.

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"THOUGHT IS A MAGNET: AND THE LONGED-FOR  
PLEASURE  
OR BOON OR AIM OR OBJECT IS THE STEEL:  
AND ITS ATTAINMENT HANGS BUT ON THE  
MEASURE  
OF WHAT THY SOUL CAN FEEL."

-- ELLA WHEELER WILCOX

- THE WAY OF PRAYER -

Early in this course we promised that we would instruct you in the way of resultful prayer.

Later in this course we will give you a pattern of never failing prayer. Now, our effort shall be to point the way more specifically. Prayer is a call and a demand upon the universal for certain materialization.

We must first appreciate that our intelligence is a part of all intelligence, and that it has been given to us that we may understand the laws of harmony that we are expected to obey, and when we attain proficiency we may contact infinite intelligence and by appropriation realize the divinity within, and go forward to the dominions promised.

There is no prescribed posture, time or place for prayer. It takes place when we allow the infinite intelligence to flow through us and to pervade every cell of our body, as we express our desires, by deeply holding in mind that which we sincerely seek.

The mechanics of prayer is not understood universally, because it has been allowed to descent into a petitioning and an asking for things for ourselves, and we permit too much of selfishness and too much of our outer consciousness to enter into it, and our asking takes the form of seeking some dispensation outside of a perfect, ever-working, just law.

Remember this; that prayer is the effort of the individual to reach the universal, omnipotence, omniscience, which is in fact ever present, and to commune or carry a message to this infinite substance; we might call it to the creator of all things, where truth, intelligence, wisdom, and strength reside.

We have instructed you with respect to relaxation, with an object in view. We have given you definite instructions as to stretching, as to tensing and then letting go, and all of this must precede the perfect attitude of prayer. In that attitude, one must realize that the true mission of the individual is to be a co-creator with the great, ever-present creating principle, which we call God, and to be an interpreter of pure intelligence and a supervisor of the work of the atoms of the universe, and an architect of cosmic designs.

Having put one's self in the perfect attitude of prayer, one must then be fully conscious and have implicit trust that he is about to work with principle, and that he is going to do something in accordance with a law which, properly applied, always works.

We can certainly have the trust that the universe is subject to laws and that the results are dependable, and that you are not going to address some pagan god, who could be influenced and changed by appeals of discontent and dissatisfaction. That the contact is going to be with an intelligence which is ever active, ever living, and ever present, and that it is a self existing principle which fills the universe and surrounds us on every side. It manifests every second by creative activity, and is always at work in compliance with an orderly law.

Prayer is in fact - Power. Our slightest impulse toward prayer has a dynamic and beneficial effect upon our lives and effects all creation.

In the Silence, in perfect calmness and with this frame of mind, and with this attitude, you must realize you have a law to follow, and that you are about to put forth invisible emanations from the real You of which you learned in the first lesson, and that you are going to exert one of the most powerful forms of energy of this earth.

What is the orderly arrangement of prayer? How is it done in accordance with the law?

Of course, you must know that for which you pray, and this is vision. Prayer is of course a call and a request being dynamically communicated to the universal, and therefore your desire in accordance with your vision must ring with sincerity and it must have the approval of that conscience within you that it is one hundred percent in accordance with justice and right, and that when granted, it will be guarded and used in the furtherance of right, justice and truth.

Being very clear as to the request, and the desire being powered with a deep feeling, we must then pass to tranquility, which is a natural result of confidence, or faith that the overruling law has always, does now, and will ever work when properly contacted as you are in the process of doing.

At this same time in the process of prayer, you must give forth a sort of pledge of fidelity. You have learned it in these lessons as "persistently determined to do or have." This means that your desire is deep, sincere, and not just passing, and that you will hold in mind the consciousness of the realization of the prayer, which in effect means, that you are going to hold the mold or model until such time as the universal, in an orderly manner, shall fill the mold; -- this is living with and living the prayer -- this is faith vitalization, faith in action.

The final element which you learned in your formula of success is known as the Law of Balanced Compensation, and this means that you must add, in your attitude of prayer and asking, that you will rightly use that which you know is coming as a result of the prayer, and at that moment you give forth thanksgiving and a feeling of gratitude that the petition has been granted in accordance with the universal and unchanging laws of the infinite.

Dr. Alexis Carrel, whom we have mentioned a number of times in this course of instructions, who is an outstanding scientist and perhaps the world's greatest coordinator of scientific laws and cosmic laws five centuries has produced, says; - "The influence of prayer on the human mind and body is as demonstrable as that of secreting glands, and its results can be measured physically and mentally." He makes the positive statement, too, that "Prayer is a force as real as terrestrial gravity, and that as a physician he has seen men, after all other therapy had failed, lifted out of disease and melancholy by the serene effort of prayer." He says that "Prayer, like radium, is a source of luminous self generating energy, and that it is a definite way for humans to augment their finite energy by addressing themselves to the infinite source of all energy, and that prayer does link us with the inexhaustible motive power that spins the universe."

Prayer is simple. It is but asking that a part of the infinite power be apportioned to our needs; and even in asking, our human deficiencies are filled, and we arise strengthened and repaired.

Awhile ago we said there was no particular time or place, but like any undertaking, it must be given time and consideration, as Dr. Carrel has wonderfully said, "True prayer is a way of life; the truest life is literally a way of prayer." Prayer is truly our deepest source of power, and perfection. We have lived through an age when it has been sadly neglected and left miserably undeveloped.

In the course of preparing these instructions our workers have been guided by infinite intelligence, and we demonstrate by these instructions which have been so effective in the lives of many. Prayer in accordance with this plan should be actively practiced in your private life, and should be the basic exercise of the spirit.

When the power of prayer is released and used in your life, then will come a transformation, and you will come to realize yourself as one with God, and that you are a part of the great and infinite universal intelligence and source of power.

Therefore, we must practice with the spirit and learn to declare our desires clearly and boldly, and we must do it without a fear and without a doubt. That great Essene teacher of Nazareth laid it down as a principle that that which you ask, believing that you have it, is given to you. "Believing that you have" certainly connotes, "without fear or doubt."

When you have clearly worked out your aim or vision, and when the desire has truly become a heart's desire, and when you have boldly and definitely stated it, and then have exerted your Divinity by having perfect confidence and faith, it is not a matter for kneeling, repeating, and asking; it is a matter of showing your faith by acting as though the answer was here and now, and living a life expressive of gratitude and thankfulness, and as we have so often said, - acting as though failure were impossible; - the answer has been given. The condition or thing exists potentially -- use its potentials - It is to be.

To keep asking shows a doubt, and into the cosmic mold or thought form by doubt you put base metal, substitutes and imitations, instead of the real and the genuine. Put the prayer. Then live the life triumphant - confident it is to be - is cosmically - and must come forth in the material.

As you know, you are composed of millions and billions of cells, and cell activity in the body and in the universal is not dependent upon us, but the form that these cells take is our responsibility, and this depends upon the images or visions we hold.

Having practiced prayer in the manner we have outlined, and made our lives prayers, we must learn perfect calmness, perfect tranquility, perfect relaxation, and perfect open-mindedness, that we may get the answer and may have the way pointed to us - Reread Lesson Number Thirty - and as Dr. Elmer Gates did - Seek the Silence - Expect and receive and follow the guidance of infinite intelligence.

True ideas are transmitted to us from the infinite intelligence, but they can only reach us through a pure and unobstructed medium, and we must learn to control our human, negative beliefs, to control our fears and worries which put destructive elements into the cosmic molds, - we must practice receptivity by expecting an answer - That is faith in action. Doubt not - the way will be opened to you.

Recognize this; the body but houses the essence of life. The real You which can become a creator of conditions and things you rightly vision, is a part of the universal, and the great Essene teacher taught it in this form: "You are one with God." Know and commune with the God in you.

Comprehending this, and working with principle, you will find within yourself the power to manifest perfect conditions in your body, in your outlook upon life, and in your material affairs. It is but finding the true pathway, and the true pathway has been and will be pointed out to you, and it will come about by prayer in the effective form we here suggest. In prayer we "achieve that complete and harmonious assembly of body, mind and spirit which gives the frail human reed its unshakable strength."

Ask, and it shall be given unto you. Reread the Thirty-fourth set of instructions, and learn to reach forth your hand, and take from the world health, happiness, and success, ever keeping in mind the right use you will make of it, and ever keeping in mind that as you give, so shall you receive, and that constant giving keeps a clear outlet, and then doubt not the supply at the intake, for it rests in the infinite, and the inexhaustible, and is yours to appropriate.

WHY SOME FAIL IN REALIZATION

Many say, "I pray but I get no response, no results. Why is that?"

The principal reasons seem to be; First, The holding in mind (casting the cosmic mold) disease and health, lack and plenty, faith and fear, serenity and tension, happiness and worry, confidence and discouragement.

The positives, health - plenty - faith - serenity - happiness, and confidence, are forced mental pictures - fleetingly held, - lacking in warmth and depth of conviction; the negatives, disease - lack - fear - tension - worry, and discouragement, are propelled by emotion, vibrant with feeling and hence are magnetized and draw the substance from the universal for materialization. These are the messages that get over to the subconscious and contact the superconscious.

If the vision or desire embodying health, plenty, faith, serenity, happiness and confidence carries with it a solid conviction that the universal laws work, not sometimes, but always, and you can live mentally the enjoyment of these things (believing that you have them) you put motive power behind your ideals - you give them the power of attraction, and they go forth to the universal for fulfillment via the subconscious to what some term the God mind.

Second - We grasp mentally or intellectually enough of the life principles to work an instant revolution in our lives, but we fail of spiritual conviction.

The evidence of our failure to grasp the deep meaning of these truths of life is that we do not reach out our hands to grasp the good that is for us - If it is health we seek, we cease our efforts when we "feel all right." We do not carry on to the vibrant, magnetic stages, and we fail to reach out for material supply, for love and harmony and the different kinds of good things.

If it is the material we seek - plenty - we limit our periods of prayer to the time required to emerge from our temporary embarrassment or difficulty - When this amount of supply has come, we heave a sigh of relief, and let down in our efforts in contacting the universal supply.

Third - We comprehend in a vague sort of way that all Nature, all creation, the life principle is ever working for good, that life itself is the constant endeavor of organisms to harmoniously meet existing conditions -- to repair injury, to adjust errors committed by the mortal man. It has ever been so from the time of the single cell floating on the surface of the waters, up through the ages, giving to the camel his hump on his back and multiple stomachs, that he might withstand long periods without water and food, that he may live and meet the conditions of his environment. Yet we fail to take this truth to heart, to rely upon it without wavering - without doubts, and act accordingly. We fail to live the life as though we were (and we are) a part and parcel of that triumphant principle.

The power of this principle can only manifest itself to the extent that we are conscious of it, recognize our Oneness with it, and use it. There is a definite answer to every prayer. The universe is set to bring perfection. Properly sought and permitted to manifest, good will ever be the response from the infinite.

Fourth - We are prone to seek a major blessing, without regard to the law of balanced compensation, without earning it. We are given to desiring to enter a race, without first learning to walk.

As we learn the laws of the Infinite, we do not apply them in small things, and like the child, learn to walk by taking one step at a time.

When we do apply them in small things and get results, we fail to recognize that it was a demonstration of our contact with principle, we think of it in terms of "luck changing" - a fortunate break, or chance, or "just happened" - We do not accept it for what it is, a working out of our creative powers, and then go on and on with our prayers and materializations. We rest on our oars - we cease rowing.

To attain the perfect contact with the infinite, we must use each day the degree of understanding that is ours at that particular state of our unfoldment.

Fifth - We often fail by reason of our reliance upon friends, influence, material means, and contacting these by means devised by the intellect or conscious mind, and by our reasoned approaches and seeking, and into such efforts inject our self-seeking aims and ambitions, and the thoughts center upon "getting."

The error of this way should be apparent to those who have advanced through thirty-four or more of our lessons.

That great teacher of Nazareth, gave you the key to health, happiness and success when He said "Seek ye first the Kingdom of Heaven (the universal or infinite -- the invisible) and all these things shall be added unto you."

In the first place - in the seeking of the contact with the infinite intelligence and power, you must be (at least in the early stages of the realization of your unity with the universal) in the Silence --- meaning, Alone, quiet, uninterrupted, relaxed, receptive, and with your conscious mind stilled from passing and fleeting thoughts. You must have given your heart's desire to the subconscious, ceased your reasoning and conscious thinking or planning with respect to it, and have put forth with the desire,

the question, "What is the answer" - "Oh, what is the answer!" Then you must know that in that attitude the answer always comes back. It will if you expect it, and then open the avenue of the mind to receive it.

"From within are the lights of interpretation that fall upon all roads, all scenes, all plans."

"From within springs the only God we can ever know. When the heart is great enough to give birth to a God who is great enough, the life will be turned to glory. We need not be beaten back or discouraged by the threats from without. They cannot destroy or harm him whose inner life is buttressed and protected. The tides of destiny wait upon the phases of the heart. That which comes out of a man alone can defile him and his life or make them magnificent. When that which comes out of a person runs from springs of faith, appreciation, and love, he and all upon whom falls the light of his soul are healed, guided, and strengthened. The world shines with a radiance that he brings with himself. He walks with God, for God is within, and he and God are one!" says Sheldon Shepard.

Doubt not you will know and recognize the answer when it comes from the Infinite. There will be something about it telling you to do and be.

When you are thus informed in answer to true prayer - follow it up, - do the thing - see the person or persons - use influences or the means as directed in full faith that only good and only the true answer can come from the infinite.

But of all things, be sure that you have not, in stating the problem, put into it base metals, and that that which you seek comes from a pure well spring - and is meant to materialize the good and the true, and will add meaning and purpose to life.

Sixth - Finally, the attitude after the period of prayer must be right. What is right? Simply stated it is that you must be thankful and grateful that the world is built around unchanged and unchangeable laws, that by attunement with them, that which you seek from a purified heart, will be given unto you.

In this spirit of praise of the wonderful enfoldments about to take place, begin to live, be, and do the things you would do upon complete demonstration or enfoldment - beginning in small things and progressing to the greater - knowing that as you give, it shall be given back to you.

Know ye that the world is not a finished product. Creation is taking place every second. Above all, realize that the real You of your being is in contact with the infinite and that you are a creator - casting molds and patterns for the infinite to fill - and fulfillment is inevitable if the cosmic form is earnestly, sincerely, and trustingly given to the infinite. Likewise - cosmic forms impelled by fear - worry - and despair, materialize, -- so be ever alert.

Pray for - seek - and confidently expect - "the eternal miracle, the awakening of the inner consciousness of power, the realization of your oneness with the eternal." Then with faith - expect the good you seek, and live and act as though the prayer has been fulfilled - and lo! It is at hand. It's just that simple -- It works -- It is a never failing law.



AN APPROACH FROM ANOTHER ANGLE

Whether you realize it or not the Bible contains comparatively few basic principles and laws of life. Its volume is great because of the many approaches to these Divine laws. Christ knew quite well that the same key would not fit the locks of the many doors which lead to the human minds.

In the course of our instructions, we too approach conscious understanding ever mindful that the key to understanding must fit the locks of the present day minds, and hence we quote the following precepts from a mind which is crystal clear and as orderly as the laws of the universe.

"What do you want? Is it fame? health? romance? money? peace of mind? Select what you want most. Then prepare to meet the only person whose pull and influence can get it for you --- yourself.

For the most part, people spend their lives in mad pursuit of happiness, fame and fortune, running madly from one thing to another. -----

"Why? Because they looked for the answers to all their dreams and problems in sources outside themselves, never realizing that they individually were the center of their own universe, and that all capabilities and possibilities lay only within themselves" -----

"Now what is it you really want? You alone know. But whatever it is, be it some secret ambition cherished by you from childhood, or some change in your present mode of life, makes no difference. Phrase it clearly in your mind, and visualize it in perfect clarity. Don't try to figure out how to get it. Just hold in your mind a picture of what you want, as clearly as you can see it. This is creative imaging --- We all have our pet ambitions, but most of us seldom realize them because we do not make them live in our minds - - - - Picture it clearly as if you were watching a private movie with yourself as the star actor in your favorite role - Do this for about fifteen minutes a day" ----- Do not tear down the picture by doubting your own efforts, for your efforts are potentially as great as those of any one who has ever lived -----

"Tell no one. Secrecy avoids the ridicule of friends and consequent discouragement and loss of faith. Keep it to yourself and give it a fair chance. This formula is based on a sound law of nature."

"When we follow this technique, we make the most powerful law in creation work for us. Know what you want; have no fear that you will not get it; admit no doubt. Believe it with every bit of force in your being, and it is yours."

"Do not keep continually picking at your brain child to see if anything has happened as yet. When a farmer plants a seed he does not constantly dig it up to see how its growth is coming along" -----

"Select one small problem and work on it. When that is solved you may feel it was nothing more than a coincidence. OK. - try a second problem and when that comes through, you will not be quite so sure that it was just an accident. When the third, fourth, fifth and so forth develop, you begin to feel that you are a bit of a miracle worker. And you are. But the miracle does

not lie in the fact that you found your solutions but rather in the fact that you have realized the miracles of the laws of nature, and can now work with them" -----

"Don't try to rationalize - to your friends or to yourself - the idea on which you are working. Don't explain. Explanation is a type of defense mechanism; it means you don't have enough self confidence in your own ideas, and you are seeking means of bolstering up your plan. Avoid it. Know what you know, believe what you believe, and keep it up until you see the results. ----- The only thing under the sun that can prevent you from obtaining your goal is yourself. Be patient, train your mind in seeing what you want, and keep your idea to yourself - and the results will be more than worth your while. There is only one way of proving it. Try!"

Thus says Mildred Mann in "Ourselves."

Success comes for value given, at the right time, and in the right place, when and where it is needed.

Tune in to the universal. There is the answer found as to the value you can give - the time - the place - and the need.

- AND HERE IS THE USE OF AFFIRMATION -

Many are the organizations, brotherhoods, preachers, teachers, and societies stressing the use of affirmations. There is and can be no question of the great value of this principle, but to have a new affirmation for each morning, noon and night, or for each weekday, or for each week, might prove a dissipater of energies, very ineffectual, and lead to discouragement.

A positive affirmation, oft repeated, is a message to the subconscious, and calls for a mold or pattern for presentation to the fulfilling power, to make real the thing affirmed.

Oft changing the claim upon the universal for fulfillment of a desire, by affirming this at one moment and affirming that the next, throws the billions of life cells into confusion as to just what is the good design they must unite in creating for materialization.

Do you long for something? Does not that very expression put a time element into it - a sustained and a continuing desire - "long for" -

You surely pray for that for which you long - You must if you would experience answered prayer.

Therefore let your affirmations be - "I am" "I have" "I do" that for which you pray.

That takes to the inner consciousness the message - "the prayer is fulfilled" and that is praying, "believing."

If you are praying for one thing today - another tomorrow. Don't. If you affirm this in the morning and that at night. Don't.

Observe the growth of trees, of grass, of flowers, and of grain. Note the time element. Your affairs, your desires, your cherished aims and heart-felt longings - - - your prayers which will be answered need the time element

too - for natural unfolding. It may not be obvious or even apparent, but there is a growth taking place in your affairs. There will be a natural flowering of the mental seed you sow. Causative prayer is a seed. It is fertile, it germinates, it grows, flowers, and bears fruit.

The patterns and designs your subconscious presents to the infinite require time to reach their affinities in the universal, to cast and fill the cosmic molds and fulfill the demands upon it.

So let your affirmations be plain and simple and sincere, following the line of your prayer. In substance - "It is done" -

Why not? It is the law - Being demonstrated every day in the lives of men and women - It is within you to do likewise.

The affirmation can be made in full faith - potentially it is - in the material it will be -

When the prayer has been uttered, and the call has been made upon the infinite, and the affirmations made "so it is" - The channels for receiving are opened, the mind is made receptive - You have "made straight the way" - Listen for the answer - Trust your intuition -

You will know the prayer is answered, if as you affirm it to be, you feel exalted, uplifted, thrilled, and you can act and live the new condition - The prayer fulfilled.

. . . . . THOUGHT GEMS . . . . .

Thomas Edison was surely one who could speak with authority upon the subject of "From whence comes successful ideas and methods." He said "The key to successful methods come right out of the air. A real new thing, like a general idea, a beautiful melody is pulled out of space - - a fact which is inexplicable."

It is our aim to take it from the inexplicable, to the understandable, and to make the practice of drawing upon the infinite not casual, but habitual. This is the source of abundance - health, happiness and success.

. . . . .

Get this --- it is the very essence of an understanding faith --- You can be, do or have anything you desire (desire is prayer.)

Having formulated and expressed it as we have directed (spoken the word) then live in the Is-ness of it, not in the is-to-be-ness of it. It is potentially - The child of the brain - the thought projected, is conceived.

As the Mother-Father live the joy of it. The great miracle is the conception. The coming forth from the womb of the universal is a natural process. It is -- it lives from the moment of projection - fertilized with faith - Thenceforth it is not be-lieving; - it is be-living it.