

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

JUST TALKING IT OVER

WITH YOU:-

You read the biography of some great man, one of the world's accomplishers. You are thrilled - You marvel. You want to take it from the realm of simples.

There was never yet an individual who performed any feat of accomplishment who was not simply a medium by which a higher power, which he himself did not create, was able to create or bring into manifestation the objects of his vision.

The purpose was an unseen thing - the power was an intangible thing. It was a demonstration of the law that power always flows from the greater to the lesser, from the higher potential to the lower.

What you need to understand is that you are dealing with an impersonal law - available to all alike - not to a chosen few. You obey the laws and you can be the medium through which the higher power operates. It must not be a matter of theorizing - but a matter of practice - Think! Of course. But ACTION for results.

Perhaps you are one who procrastinates. Many people know they should write to someone and put it off. If they would just put the paper and ink and pen in front of themselves - and sit down and start, it would be all over with and done in a short time. It would make them feel good - It would result in a glow of satisfaction. The next time it would be easier. It is just the matter of starting.

If you should call someone on the phone, it's just a matter of lifting the receiver and dialing the number - the hard part is done.

The so-called psychology of it you will come to understand.

Overcome the initial inertia and the task grows simple - Procrastination dies a natural death.

Act! Gain confidence in yourself and the law of reflection will work - the world will gain confidence in you. The world is like a mirror. We see objectified in it our deep sincere mental attitudes.

Read understandingly the front cover of Instruction 38 and then the text.

Your mental attitude is the spirit in which you labor.

Work not in the spirit of fear but in the spirit of faith, for truly FAITH is the substance of things hoped for, and that which you greatly fear will come upon you.

It works! - Put it to the test.

THE ORDER OF THE ESSENES

By

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# THE Essenes

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INSTRUCTION NO. 38      Assuring to the Accepted and Acceptable  
HEALTH, HAPPINESS AND SUCCESS

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" A HUMAN SOUL MAY BE THOUGHT OF AS AN OPENING THROUGH WHICH INFINITE ENERGY IS SEEKING A CREATIVE OUTLET. IF THAT OUTLET BE A CLEAR, OPEN CHANNEL, ALL IS WELL. IF, ON THE OTHER HAND, IT SHOULD BECOME OBSTRUCTED BY ANY MEANS, THEN THE INFINITE ENERGY, THE LIFE FORCE, IS FRUSTRATED, DAMMED BACK -- AND ALL SORTS OF LOCAL STRESSES ARE SET UP IN THAT SOUL: AND THESE WE SEE AS SICKNESS, POVERTY, FEAR, ANGER, SIN, AND EVERY KIND OF DIFFICULTY.

NOW WE ARE IN A POSITION TO UNDERSTAND WHAT THE REAL ART OF LIVING MUST BE. IT MUST BE TO MAKE THIS CHANNEL CLEAR, AND TO KEEP IT CLEAR. -----"

EMMET FOX

BRINGING SPIRIT DOWN TO EARTH

As a basis for understanding Life Science we must observe that development, growth and unfoldment is a fact. It is true in all nature, in the physical man - in the mental man, and the tremendously important fact is, it is true with respect to the consciousness, the intangibles, the subconscious, what religionists call the spirit or the soul -

That man fails to grasp just what the spiritual essence is - that it is - and its contact with what we term the powers of the universe or omnipotence, is the reason why the study of man - the science of man - life science, in this day and in these times, is a transcendant need, and vital to further progress -

Why is it difficult for man to understand spirit? You go to a concert, if you love music, as it progresses you catch the spirit of it - you thrill to it - you are lifted up by it -

You go to hear a great lecturer or orator; as he develops his theme your attention becomes centered upon his utterances -- it is not words that strike you - it is ideas - you get the spirit of it -- Your heart beats faster - you burst forth with applause - your feelings are aroused - You have tangible physical results, increased blood pressure - you have spiritual changes - your emotions are aroused - The feeling or spirit of the speaker has permeated your whole being -

Again, you go to a meeting where the discussion is with respect to troubles, friction, war problems, economic difficulties --- The prevailing sentiment is fear, resentment and complaint. You get the spirit of the meeting - your thoughts are centered upon the past, upon the negatives, and the intensity of feeling held by those about you, or expressed, engulfs you -- you are depressed, dejected, discouraged, perhaps anger and hate are aroused, and the life principles immediately throw into the system the corresponding poisons which accompany that spirit -

Again you can sing, and singing about joy - about happiness - about love - you put your whole soul into it, - you do it feelingly - and the spirit of joy is in you.

You say of some person that he puts spirit into his conversation, that he throws his whole soul into his effort; you even say of horses, that they are spirited animals - You say that you like the spirit of suggestion, or that you do not like the spirit of someone in connection with some of his efforts.

You say "He entered into the spirit of the occasion." Your whole language shows that you recognize spirit - and yet when you see poise, charm, wisdom, personality and power in another, and one says that they are highly developed spiritually - it does not register -- Your mind seems to wander in a daze, or a fog - and you think of it in terms of anything and everything, except what it is -- an attribute or quality every individual possesses inherently - in some permitted and encouraged to grow, develop and unfold, but ever a fact or truth of life. Within you is the Kingdom -- You have to come to it for the creative power that is all, and that brings all into manifestation - yourself included -

Reread front cover of Instruction Number 25.

Truth is all about you - as nature, as law, as life, as growth, as beauty, as love, as power - Look not with unseeing eyes - recognize the good - the life principle in everything and every body - - perfect your spirit - your attitudes, your feelings, your emotions and your desires and you can transmute them into higher values, and you will neither be ill, weak, poor, friendless, nor will you lack in anything -

We often say that "It is the spirit in which a thing is done" that measures the results. Therefore spirit must be very real and actual because by the spirit of the action are the results obtained.

Spirit is coming into its own, with the intellectual, it is being accorded recognition in all literature. In the book "The Man Nobody Knows" by Bruce Barton, is found this comment with respect to Jesus - - "There came the majestic conviction, which is the very soul of leadership, the faith that his spirit was linked with the eternal" - It was then and is now the "soul of leadership" -

Every science has its technique of investigation. Every principle accepted must have some form of test of its soundness and proof that it is principle and not theory. Each student is a laboratory unto himself.

The efficacy of spirit is demonstrable.

In many the approach is wrong. Some desire or pray that they may have friends -- fighting loneliness, whereas the idealizing principle should be exerted to the acquiring of the qualities which would attract friends - studying the art of friendliness - - learning love of fellow man and its true expression, desiring ever to be a friend - to say and do that which would bring joy and happiness to another or be a source of encouragement or an inspiration.

The effective way to materialize desire is never to think in terms of getting friends or anything else - but in terms of worthiness of self, of deserving, of preparedness to receive and thus acquiring the spirit of the things sought - and the consciousness of its is-ness, and not of its is-to-be-ness.

Truly material blessings are wafted to us on the wings of the spirit of giving or service. -

In an analysis of some of the things we desire, let us be certain that we, like the man who seeks equity in the courts of the land, come with "clean hands" -

Perhaps you are resenting, fault-finding, nagging, disagreeable complaining -

Make sure that this is not a reflection in the mirror of life of some of your qualities -- Perhaps your closest friend in an analysis of you would point that out as your great fault or failing -

Can you not see that that is a matter of spirit - a spirit of resentment? -

Again you may want to correct the shortcomings of or make over some other person, to change another, to force compliance with some rule or standard you may set.

If this be so, look about you and see if you do not find that among the most unhappy persons of earth are those who want to change or correct some one else - - and as a study in human nature observe closely and see if that which they

desire to alter is not a projection of some of their own shortcomings -

It is too often true in life that those who judge condemningly of others, are discerning faults that they themselves possess and have projected, like the movie projector puts a picture on the screen. Here, too, the matter of spirit manifests.

The dishonest do not ascribe honest motives to another - The greedy, grasping, and avaricious think that all others are thus constituted and they ever view them with suspicion - Is it not ever so simple to see that the point of correction is the within of the dishonest, and that a change of spirit would work a transformation? It is easy to see that with a change from greediness to generosity, that suspicion would be changed to confidence, and that the returning tide would bring its rich rewards.

A great truth is thus brought home to us most forcefully - Change must take place from within outwardly and the great proving ground is within ourselves - and not in another - The spirit is within us.

Seek ye first the right-use-ness within - and all else you shall receive -- It is not a matter of striving -- It is a matter of letting. From the beginning of the world and the single cell life in the waters, to the present day, all nature, the life principle, and the all-power, has worked for good, for perfection, so just let it --- The only interference in man is in wrong thinking - the spirit in which he lives.

In the Silence - In relaxation - In calmness and serenity - and in meditation - you will find your strength. You may be certain that if you will just open the door of your mind - and confidently expect the answer to your problems, the answer will be forthcoming. Make sure however that love, the universal solvent, is the spirit of your seeking.

How to attain this realization of spirit, or our soul, and how to contact the infinite, is our problem. The world's condition today presses for a solution.

In "Sadhana" by Rabindranath Tagore, it is said, (and we repeat what you should have seriously studied on Page 2, Instruction 23:) "There was a time when the earth was only a nebulous mass whose particles were scattered far apart through the expanding force of heat; when she had not yet attained her definiteness of form and had neither beauty nor purpose, but only heat and motion. Gradually, when her vapours were condensed into a unified rounded whole through a force that strove to bring all straggling matters under the control of a centre, she occupied her proper place among the planets of the solar system, like an emerald pendant in a necklace of diamonds. So with our soul. When the heat and motion of blind impulses and passions distract it on all sides, we can neither give nor receive anything truly. But when we find our centre in our soul by the power of self-restraint, by the force that harmonizes all warring elements and unifies those that are apart, then all our isolated impressions reduce themselves to wisdom, and all our momentary impulses of heart find their completion in love; then all the petty details of our life reveal an infinite purpose, and all our thoughts and deeds unite themselves inseparably in an internal harmony."

"When we select for observation a limited area of our activities, our individual failures and miseries loom large in our minds; but our life leads us instinctively to take a wider view. It gives us an ideal of perfection which ever carries us beyond our present limitations. Within us we have a hope

which always walks in front of our present narrow experience; it is the undying faith in the infinite in us; it will never accept any of our disabilities as a permanent fact; it sets no limit to its own scope; it dares to assert that a man has oneness with God; and its wild dreams become true every day."

"We are on our way to overcome disease and death, to conquer pain and poverty; for through scientific knowledge we are ever on our way to realize the universal in its physical aspect. And as we make progress we find that pain, disease, and poverty of power are not absolute, but that it is only the want of adjustment of our individual self to our universal self which gives rise to them."

The instructions of the Order of the Essenes are of untold value if from them you are prepared for this understanding.

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THOUGHT GEMS

Of course, we are unhappy only because we concentrate our attention on things that we believe cause or represent unhappiness. It is easy to see that unhappiness is a state of mind, for only in mind is the experience possible. But not everyone knows, and not everyone who knows always remembers, that in mind is the cause as well as the most unpleasant part of the effect of his mental state.

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Cultivate joyous expectancy, instead of ominous forebodings, anticipate happy surprises rather than disappointments, expect kind and thoughtful expressions from others instead of slights, insults, and hurt feelings, count upon good fortune and good news, instead of bad luck and bad news, and then watch for better experiences to come to you.

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The way of fortune is like the milky way in the sky; which is a number of small stars, not seen asunder, but giving light together; so it is a number of little and scarce discerned virtues, or rather faculties and customs, that make men fortunate. - - Bacon.

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