

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

AGAIN TALKING IT OVER

WITH YOU:-

We give you in INSTRUCTION 43 an affirmation. - Please remember always that any affirmation that does not convey a picture - any affirmation that does not represent a complete, conscious understanding of the thing affirmed, and any affirmation that does not arouse and stimulate the feelings and emotions, is just patter - rain on a tin roof.

That is why we give you with the affirmation the facts of Life which you can consciously grasp - and they give you a foundation for the understanding that you assert that which is true.

Henri Bergson in his "Creative Evolution" says, "The living body is composed of unlike parts that complete each other. It performs diverse functions that involve each other - It is an individual, and of no other object, not even of the crystal can this be said, for a crystal has neither difference of parts nor diversity of functions" - - -

Continuing as a scientist to reach the conclusion that the metaphysician has always held, that man is one with the universal and is the heir to and possessor inherently of the powers of the universe, Bergson said "Like the Universe as a whole, like each conscious being taken separately, the organism which lives is a thing that endures. Its past in its entirety, is prolonged into its present and abides there actually and acting."

"Every day before our eyes, the highest forms of life are springing from a very elementary form. Experience, then, shows that the most complex has been able to issue from the most simple."

"That life is a kind of mechanism, I cordially agree. But is it the mechanism of parts artificially isolated within the whole of the universe, or is it the mechanism of the real whole. The real whole might well be, we conceive, an indivisible continuity. The systems we cut out within it would, properly speaking, not then be parts at all; they would be partial views of the whole."

This is the letter we suggest you read more than once - Then you can say with conviction "I am wonderful," - And it will come into your heart to desire that your fellow man may know that he too is wonderful, and we are all Brothers in spirit - parts of the whole!

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By

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Enc. 43



THE Essenes

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INSTRUCTION 43

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

WITH THE COMING OF EACH NEW DAY YOU ARE FACE TO FACE
WITH - "IN THE BEGINNING".

YOU CAN DO IT. YOU CAN HAVE IT. YOU CAN ATTAIN AND
ACHIEVE.

THERE IS AN OLD, OLD STORY ABOUT ONE WHO WAS WARNED
NOT TO LOOK BACK, AND VIOLATING THE INJUNCTION SHE TURNED
TO A PILLAR OF SALT.

"IN THE BEGINNING" AND ON THIS NEW DAY LET NOT YOUR
MIND DWELL ON THE UNHAPPINESS AND DEFEAT OF YESTERDAY.
CARRY NOT INTO THIS NEW DAY YESTERDAY'S LOSSES, PAIN, OR
GRIEF. DISCARD YESTERDAY'S LIMITING THOUGHTS.

LOOK NOT BACKWARD, WE ENJOIN YOU. - LIVE TODAY!

"I AM WONDERFUL"

"The law of mind, like other laws in nature, has to be used. But since it happens to be the greatest creative force we shall ever contact, and since it is absolutely receptive to our thought, everything depends upon what our thought patterns are like."

Who is there to deny that thinking has its laws and principles, and that they can be charted and proven? When the law is formulated it works for every man or it is not a law. The surest thing that we can know is that every man is subject to these laws - He will not be punished for a violation of them but he will be punished by the violation.

By the observance of the laws man can choose his destiny and attain his cherished aims. He will not be rewarded for his good deeds, but by them.

With eyes to see, we observe the law in operation. To know and heed them is the new aim of man in the mind era we now approach.

Most everyone has heard of or read of Dr. Coue' who taught the affirmation "Every day in every way I am getting better and better and better."

That, you will of course recognize as a form of auto-suggestion.

He put the suggestion in that form because he found that with the race consciousness and the limited understanding of most people, they could not with faith immediately proclaim "I am that" which they desired to be. Therefore he was bringing them to the point gradually.

That was good metaphysics, and beyond any question Coue' performed many seeming miracles.

If one would at some quiet time in the day, and each day, take a few seconds out and just say "I am wonderful" - "I am wonderful" - "I am wonderful", that would be very helpful in raising the "vibrations and tone of the body" and especially so if they were to do it knowing something of how really wonderful they are.

The study of the human body, and an understanding of the function of the various organs and glands and processes of the body, would enable one to say feelingly "I am wonderful."

Most persons are familiar with vaccination.

The object of vaccination is to give a person the disease vaccinated against in a very mild form. When this is done the cells and substances of the human body marshal an army to fight and overcome this stranger within their sphere, and they do overcome it and then they have a trained army to fight the thing, and when a person is exposed to that disease in the ordinary processes of life, he is immune to it

because the wonderful processes of the human body have built fortifications to withstand it, metaphorically speaking. Isn't that wonderful?

Those who become addicted to the use of morphine or opiates, to get the desired effects, have to keep increasing the amount of the drug administered because the antidote chemical factories in the human system, by production, are immunizing the bodily substances from the ravaging effects of the poison. Isn't that wonderful?

The life processes are harmonizing processes, meeting every condition and anticipating every emergency. Isn't that wonderful?

A disease, or a diseased condition is so to speak, a stranger and a poison within the portals created in the image of perfection and always endeavoring to bring about balance, harmony, and perfection.

As you should remember, in Lecture 32 we touched upon the miracle working sulfa compounds.

The observation was there made that these compounds merely weakened the enemy within the gates and enabled nature's process to win the battle over the weakened enemy.

Every such chemical, medicine, or compound introduced into the human body has what might be termed two effects, the one desired, effecting the germ condition or symptom, and the other is what might be termed a poisoning effect or a disarrangement of the natural processes, and then it is nature's job, and nature does overcome the germ or diseased condition and then eliminates from the system the foreign material introduced as medicine. Isn't that wonderful?

It is no longer a matter of mysticism that thoughts can quicken the pulse and stimulate heart action and the blood pumping processes. It is no longer a matter of conjecture that certain thought processes actually create poisons within the system, and it is not a matter of speculation that harmonious thinking tends to create harmonious conditions both within and without.

Certainly if a fear thought can kill a person, and there are countless authentic cases where it has, why should there be any wonderment or surprise or doubting when miracles of healing take place? Certainly if it can work to the extremes in one direction, it can work to the extremes in the other. Isn't that wonderful?

It may seem childlike to say "I am wonderful," and thus convey encouragement to the intelligence in every call of the body, but that Master Metaphysician, Jesus, often said "Ye must become as little children."

This organization makes no claim to being miracle workers, nor do we take credit for the countless seeming miracles that are reported to us as a result of understanding by reason of our instructions.

We give the credit where the credit is due, to Omniscience and Omnipotence. All Knowledge and All Power in which each and every one of us is immersed and bathed and live and have our being, and to the operation of immutable laws, and we further give credit to each individual whose conditions are corrected and who by his conscious thinking has set the laws to work as is the right and power of each individual.

We are now going to capitalize the secret of all seeming miracles:

"TO RISE IN CONSCIOUSNESS TO THE LEVEL
OF THE THING DESIRED AND TO REMAIN THERE
UNTIL SUCH LEVEL BECOMES YOUR NATURE
IS THE WAY OF ALL SEEMING MIRACLES."

You want health? Then don't think in terms of getting rid of gall stones or diseased conditions. That places your consciousness upon the condition to be rid of.

By the true laws of life, banishment of disease is not a battle, or fighting a condition. It is a process of substitution.

Get a consciousness of YOU as a perfect you. Just picture vividly in your mind that you go to a mirror and you look at the ideal you, which you have held in consciousness - and just imagine the surprise and joy you feel, that it really worked. Just live that picture. That is what is meant by "rising in consciousness to that level and remaining there, etc."

Do not confuse this with something you may have heard about "holding a thought." This is knowing and fully realizing a law, a working principle, the truth - and a compliance with it - and a rightful exercise of your inherent and inborn creative powers. That is the meaning of the symbolic expressions of "you and the Father being One." It works! The Trinity is mind (the ideal), spirit (consciousness), material (materialization) - Verily, "The Kingdom of Heaven is within you." Make it manifest!

You will note above that we said that the banishment of disease is not a battle, and yet before that we pictured the life processes as battling anything foreign within or attached to man's physical body.

The subconscious, a part of the superconscious, knows that process. The conscious man does not know it. He knows and observes the effects.

But man's conscious mind does control the subconscious and superconscious, and controlling it, and not knowing the inner processes, he has no business by his conscious mind, to be engaging in the battle.

That's why we advise that the ordinary person do not read medical books, and center his consciousness upon symptoms, diseases and disorders.

Running as a thread through all of these instructions you will find that if man centers his consciousness upon love, upon good, upon

truth, and upon principle, and gives conscious recognition to the fact that he is wonderful, and realizes and lives the knowledge that he is one with ALL, and that if we call the divine order God, that he is one with God, and as it was expressed by Jesus, he is one with the Father, then he has perfection within him and it will manifest in perfection. It is not his battle. It is the process of God.

So be as little children, and often say "I am wonderful," in the full consciousness that you speak the truth. To You we say You are Wonderful, and you may prove worthy of Fellowship with all those others to whom we give the word "You are wonderful."

When you are fully aware of the intricate and matchless performances of the within so marvelously and harmoniously synchronized - you can feelingly and knowingly assert "I am wonderful."

Every living thing depends intimately on its surroundings, and adapts itself to any modification of these surroundings by an appropriate change.

All living cells depend absolutely on the medium in which they are immersed. They modify this medium unceasingly, and are modified by it. They are inseparable from it.

Man is comparable to a living cell. He is immersed in a surrounding medium which he modifies, and by it is modified. Isn't it wonderful that man by his conscious thinking can control that modification?

Think how wonderful! Supreme intelligence is exhibited in every cell and every functioning within the human body.

The blood plasma contains proteins, polypeptides, sugars, fats, enzymes, metals and the secretions of all glands and tissues. Each cell finds in the blood plasma the food stuffs indispensable to its maintenance, and also substances accelerating or retarding its activity. Certain fatty compounds linked to the proteins of serum contain substances opposing the multiplication of bacteria, the antibodies. They always appear when the tissues have to defend themselves against invading microbes. There is in the blood plasma fibrinogen, father of fibrin, whose shreds adhere to wounds of blood vessels and stop hemorrhages.

How marvelous are the blood corpuscles. The red ones are tiny sacks full of hemoglobin - not living cells. The white ones are living cells.

The red ones as they pass through the lungs take a load of oxygen which they deliver to tissue cells. Simultaneously they unload carbon dioxide and waste products on to the blood. The white corpuscles float in the blood stream and have the ability to escape the capillary vessels, slip through their walls into the tissues and creep on the surface of all the organs of the body. The blood acts as a mobile tissue, a repairing agent, and is both solid and fluid, capable of going wherever necessary. It surrounds microbes attacking a region of the organism with a mass of leucocytes, which

fight the infection. It brings to the surface of a wound of the skin or of an organ white corpuscles of the larger type, virtual material for the reconstruction of tissue.

What do we not owe to the men who have spent their lives in scientific research to learn these things and who make us conscious of the marvelous properties of various gland secretions, and that we are in every part and cell wonderful?

Then stop to think! What do we not owe to those whose life work is to now teach that man by his thinking and his conscious states can enable this wonderful aggregation of parts, activities and organizations we call the human body to attain perfection - its end and purpose, so created by supreme intelligence. It should give a thrill, a feeling of exaltation, to feel that one is a contributing factor in a work so vital - creating health, happiness and prosperity!

Can you not truthfully assert - "I am wonderful!" - The very affirmation is mind at work. Try it. Make a habit of it. Believe it. Be-live it.

.... THOUGHT GEMS

Ed Bodin says "Jacques Romano, a chemist and world authority on iodine is said to reserve one hour of every day to go out and actually and physically put his feet on real 'earth.'"

In his youth Romano passed some time in a lamasery in the Orient. There among the unexcited, low voiced priests, he learned the philosophy, the science of soil strength. It is a wisdom known to all animals and primitive people, but civilized man has largely forgotten it. A dog knows by instinct. Ned Corey, nationally known kennel man says: "Shut a dog of any breed in a cement-lined kennel, where there is only a square yard of soil. Place soft blankets or pillows at convenient spots on the cement surface. The dog will ignore them. If left alone he will make his bed on the earth every time."

Many people intensely believe that there is some virtue in the soil which passes into the body.

"Commander Lemarc, middle weight boxing champion of the French Navy during the World War, would never dream of imitating what to him is an uncivilized practice. Yet he is numbered among the men I have known who insist upon standing on soil for some period at least once a day. -- Soil strength is no imaginary factor in human life. I do not present it as a panacea. But I do submit that the nervous breakdown, the whole chain of physical disorders due to jangled nerves could be prevented, if not treated, by this ritual. Once each day to walk in communion with the cosmos, feet treading confidently the life giving bosom of Mother Earth."