

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

REVALUE YOURSELF  
AND THE WORLD WILL

CONFIRM THE CHANGE-

Manchester Boddy, of the Illustrated Daily News of Los Angeles, in an editorial once wrote "There is one asset that ranks higher than government bonds, first mortgages, life insurance, or even pure gold. It is a well developed, sound philosophy of life. Aside from being the most valuable asset a man can have, it is the one asset that any man may acquire".

"Let us, then, face life and its many practical, everyday problems with the calm assurance that every day we are learning more and more how to live; not how to run away from living."

If one sorely pressed by trouble would record the fragments of thoughts that dart here and there through his tortured mind for twenty-four hours, he would be amazed at the strange assortment of meaningless words. Confronted with this tangible evidence that his mind, which alone can help him, had turned traitor and was doing all it could to harass and torture him, he would take stern command of himself and put his mind to work on a sane, practical program of relief. In the absence of anything else it would be well if he made it repeat, whenever vague fears and doubts seek to enter, a few solid truths. We would suggest these.

"No matter what I have done in the past, I have learned from doing it how to live in the future. Therefore my past will help, not hurt me."

"Character is what I am. Reputation is what people think of me. Very well. Let them think anything they may for the present. I am building within me the stuff character is made of, and soon character will overcome reputation and people will know me for what I am."

"I am constantly striving to live in harmony with my inner self and with those about me. Therefore, I will await the future with the calm assurance, that all will be well."

Back of every effort is a motive. Unless this motive is right, nothing that follows can be right.

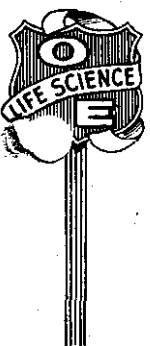
You are seeking a better way of Life. Your motive is therefore right. The rewards - inevitable.

Study Instruction 45. Revalue yourself. Be useful and helpful to your fellow man. Those who help to make this work possible know the warm glow of the heart that follows the act of helpfulness.

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*S. Hamner Davis*

Enc. 45



# THE Essenes

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INSTRUCTION 45 Assuring to the Acceptable and Accepted  
HEALTH, HAPPINESS AND SUCCESS.

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WE UNDERSTAND TODAY AS WE COULD NOT HAVE UNDERSTOOD  
A GENERATION AGO, THE WONDROUS OPERATIONS OF THE SUB-  
CONSCIOUS OR THE SUBJECTIVE MIND; THE NEW MEANING AND  
THE POSSIBLE WORKINGS OF THE LAW OF SUGGESTION FROM  
WITHOUT, OR OF AUTOSUGGESTION FROM WITHIN: AND WE KNOW  
THE IMMENSE INFLUENCE THAT MENTAL ENVIRONMENT HAS UP-  
ON THE INDIVIDUAL.

THE RELIGIOUS SPIRIT IS AT LAST GRASPING HANDS WITH  
THE TRUE SCIENTIFIC SPIRIT AND IS MAKING CLEAR AND  
PLAIN THE POSSIBILITIES OF MIND AND ITS POWER OVER THE  
INDIVIDUAL.

## TRIUMPHANT THINKING - MORE IMPORTANT THAN CAPITAL

Think of the almost inconceivable amount of mechanical force exerted to crack the atom and work the wonder of transmutation, then stop and consider that within the human system transmutations are ever taking place by the processes of thinking. The fear thought with its resultant poison - the joy thought with its nutritive and curative substances.

What is catalysis within the human system but a decomposition and a new combination affected by one substance acting upon a compound body, itself remaining unchanged. That is atomic change. What are enzymes but a chemical compound of animal or vegetable origin which causes chemical transformations in other compounds. That is a rearrangement of atomic structure.

By synthesis we proceed from the simple to the complex. Man within himself shatters the atom - hence has resident within himself undreamed of, undeveloped and unused powers. Every movement, every thought is the utilization of power. Matter turns into energy as positrons collide with electrons of nearby atoms.

We eat food - within the system many are the transitions. The vital elements are absorbed, the waste eliminated and the elements themselves are transmuted to forms of energy. Life itself is a form of energy (the constant endeavor of organisms to harmoniously meet existing conditions) and this by transmutation - and transmutation is the rearrangement of atomic structure.

Why then is an almost instantaneous cure by prayer or faith a miracle? Nay, it is natural, and so simple that man, looking ever outward, has failed to discover within himself his own divinity, his unity with the universal wherein is the unlimited and inexhaustible supply - nucleous - proton - neutron - electron - awaiting selection for combination - to realize and materialize as atoms and to combine with other atoms and thus give material expression of the infinite purpose.

Man's thinking gives to the nucleous, the central core or sun of an atom, its attractive and selective vibratory, circulatory or energy rate or whatever it is which determines the number of protons, neutrons or electrons which shall become a part of its miniature planetary system and thereby assume a given identity that it may fulfill the purpose projected into the all-filling and ever fulfilling fluidic surrounding something by the creator man.

Can you not therefore grasp that thoughts are things - because when once released into the circumambient they become - they are potentially. Never are they void and without effect, and enlightened man accepts his own creation - without complaint. Having conceived, he lives with the children of his thinking.

If the conditions he creates are not to his liking, he has this divine principle of forgiveness as his light. The same power that is given unto him by which he creates, carries with it the power to disintegrate.

Now is "In the beginning" - The new condition is without form and void, and but awaits the Creative word (which is your mental chemical formula of attainment, Vision, Desire, Faith, Will to Do, Be or Have and Paying the Price.) First will come "Let there be light!" (Understanding, attunement, wisdom, truth and right-use-ness). Next gratitude and thanksgiving that the laws of the universe are so just, so undeviating, so immutable that as man gives so shall it be given unto him and that only as man forgives is he forgiven.

The supreme gift to man - free will and free choice is liberty in its pure and original form and with it was given a self perpetuating principle - "Not for transgression, sin or violation of consciousness of good shall man be punished, but by them." As he sows so shall he reap. There need be no judgments. Man shall not be rewarded for his good deeds, but they shall bear an appropriate fruit, and by it shall he be rewarded.

The purpose of the instructions of this Order is to teach man to see clearly his real interests, to see afar the distant results of his deeds, to criticize and coordinate his desires out of a self cancelling chaos into purposive and creating harmony. This is Life Science.

Man, knowing that he is not to be judged, but that by his own thoughts and actions he prescribes his own rewards, and punishments and realizing that these rewards or punishments are inviolate and inevitable and appropriate, he should see the wisdom and the philosophy and the self compensating possibilities in the teaching found in every religion to the effect "Do unto others as you would have them do unto you." That is not a matter of religion, or service to God - That is good sense and self service -- and the beauty of it is - It works.

He who claims to be a mystic and capitalizes upon mysticism is not. Even Socrates did not claim to have wisdom, but only to seek it lovingly. Upon the frieze of the Temple of Wisdom is inscribed "If you would understand life's meaning - woo wisdom."

As one launched in the study of Life Science you can rest assured that you will attain your cherished aims if you but have a consciousness of and obey the principles we set forth. The way is plain - constantly review the instructions the way a religionist studies his Bible, and it will surely dawn upon you that it could not be otherwise.

You say you are beset with difficulties and troubles - you have doubts and fears, you can't see how to get out of the dilemma. It is an inherent desire of man to emerge from the maelstrom of daily circumstance. As Will Durant says "Our life is full of sound and fury" and "chaos is about us and within us."

Accept this - you get the understanding of these eternal principles and the way is open. You are united with us, and we with you. United we are one with the Universal - with Omnipotence.

Suppose you entered a moving picture theatre just as the feature picture was coming to its end. All that you saw of the picture was the happy ending. Because you wanted to see the whole picture you waited for it to unfold again. With the anticlimax sequence the hero is displayed as accused, surrounded by false evidence and all that goes to wring tears from the audience. But you, secure in the knowledge of the ending, remain calm with the understanding that regardless of the direction of the picture the end has already been defined. We have seen the end of the picture. Hence our assurance to you. Remember too the assurance that where there is united asking, it shall be done. So you remain calm, regardless of the direction of the picture. You may be surrounded by false evidence - but the end has been defined. Marshal your faith! Live in the is-ness of the happy ending - Your ideal made real - It is in accordance with the law.

You have already been instructed that expression means a pressing outward. Every accomplishment and every achievement and every effort and every form of work whether it be a trade, art or profession is expression. It is easy enough for you to understand that the orator, speaking, is expression, and too you can understand that singing is a form of expression. It is likewise true that the artist is engaged in expression as is the cabinet maker, the bricklayer, the sculptor, the carpenter and the ditch digger. Every ability, talent, knack, skill, or energy in use is expression. If any form of inherent power is being used by anyone, that person is expressing.

Comprehending this we arrive at a principle, and that principle can be very simply stated; To be, have or do, man must express. The action or movement is from within outward - first a giving, first a sowing, and then a harvest.

These instructions come only to those who have expressed a need and a desire. The great majority express a need and a desire for money to carry out some desire, and to the credit of most of them they add "with which to do good," - but just what that is, is in most cases vague and indefinite.

If it is money or means with which to do things that you desire, you must realize that money and means comes as a natural result from some form of expression - there must first be a giving, or a sowing. It is quite logical therefore that a solution of the problem must go back to the answer to another question and that question is "What can I do?"

If this question is of paramount importance, we want a practical answer. That answer must originate in the mind. You have advanced far enough in this study to know that if you give that question serious thought in the Silence, you will have the resources of the infinite working with you for a solution.

To be intensely practical you must inventory your assets and abilities as a merchant would inventory his stock. List the things you can do especially well. Then list the things you do fairly well, follow this with a list of things you could do which it would be a source of satisfaction and pleasure to do.

If you are seeking a solution of a life problem, it is not a matter for snap judgment or superficial thinking; it is something that calls for whole-hearted study. As you make these lists you will find that it will start your mind into activity.

Be assured of this. If you can think of some work or effort that is worthy and that you would love to do, you have the power to carry it out. Your ability is measured by your belief in that ability.

Review in your mind the past lessons with respect to the progressive steps in accomplishment. You first find what you can do and thus set your vision. Next you make a decision and you have a desire for that form of expression, you warm it with deep emotion and make it a "loving desire." Next you put behind it the faith power element, you confidently expect and determine to do the thing.

This is triumphant thinking, and far more important than capital. Following the formula you then determine to do the thing. You put behind it will power, always remembering that the only legitimate use of will power is within, exerted upon self, not upon others.

The last ingredient you then add - DO SOMETHING ABOUT IT. The law of Balanced Compensation is that no effort goes unrewarded, and that when you think and act for good and that which will be to the injury of no man, you are reinforced by, draw upon, and utilize unlimited power. There are thousands of useful things to be done, and great accomplishments of the earth have started in a small way.

Elsewhere in this course you have learned that "He can who thinks he can." Your need you state is for money or means. These come naturally as a result of expression. The great search therefore is and must be how you will express; what you will give to the world in the way of goods or service that will fill a need and a desire. Forget the ultimate objective, money or means, it comes as a result of law and order which exists throughout the universe. You chart your course of expression - Send out the ship - and on the sea of life your ship will return heavily laden.