

THE ORDER OF THE ESSENES  
2527 SUNSET DRIVE  
TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

FROM THE ORDER OF THE ESSENES  
TO ONE SERIOUS IN THE MATTER

OF SELF IMPROVEMENT -

Contemplate this: "A change in circumstances starts with a change within ourselves. Never before."

Some wise poet has said "It takes a deal of living to make a house a home."

"Hundreds of thousands of men and millions of dollars constantly are at work seeking to create better and ever better houses. Radios, comfortable furniture, heating and cooling systems, and innumerable other devices are continually being improved and brought within the range of the average pocketbook."

"But the sole opportunity of creating a home belongs exclusively to the people who live in the house."

"When a bulb burns out we call the electrician, who quickly supplants our loss. But when discord and neglect dims the light in mother's eyes, who may restore it?"

"The carpenter, the plasterer, the paperhanger and others are all at our beck and call to repair or rebuild when the house needs it. But who is there to encourage and comfort father when he finds the going hard and his ability to cope with fast-moving competition weakened?"

"When we buy a new mechanical device for the house we study the printed instructions carefully. We know that we must follow these instructions or the machine will not work." - This from "Thinking and Living" by Boddy.

Week by week - month in and month out, these instructions come to you. All credit to you. You are one who is not trying to make life's mechanisms work without studying the directions, and are happy in the thought that these instructions are being shared with others.

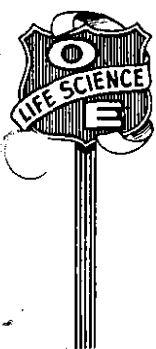
Change your conception of yourself and automatically change the world in which you live. Instruction 46 will help.

THE ORDER OF THE ESSENES

BY

*B. H. Hamner*

Enc. 46



# THE Essenes

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INSTRUCTION 46    Assuring to the Acceptable and Accepted  
HEALTH, HAPPINESS AND SUCCESS.

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HEREIN WE DEAL WITH IMAGINATION. IMAGINATION IS A FORM OF AUTOSUGGESTION. IT GIVES TO THE SUBCONSCIOUS A PATTERN, A DESIGN, A WORTHY OBJECTIVE. THE SUBCONSCIOUS RELAYS IT TO THE SUPERCONSCIOUS. IT BECOMES A MAGNET TO ATTRACT FROM THE FOUR CORNERS OF THE EARTH ALL SIMILAR AND RELATED THOUGHTS. THE SUBCONSCIOUS - A PART OF OMNISCIENCE - IN THE SILENCE WORKS OUT THE SOLUTION. BY MEDITATION, AND IN THE SILENCE, THE CONSCIOUS MIND IS GIVEN THE TRUE ANSWER. THUS IS MAN A CREATOR.

## EXERCISE YOUR IMAGINATION

In the attainment of health, happiness or success, there is a definite procedure as we have pointed out. The first step was the exercise of the faculty of visioning. This means that we must have imagination. The way to develop imagination is to use imagination. It is the law of the universe that man is given that which he uses. To develop muscle, you use your muscles. To develop your voice, you use your voice. To develop skill with your hands, you use your hands.

So, we suggest that you imagine something about everything you see -- just ordinary every day things of life. You now walk into your neighborhood grocery store and glance casually at the display of canned goods, etc., you make your purchase and leave.

The next time you enter the grocery store, don't give the display merely a passing glance, but look at it - really look - and imagine how the display could be improved. Would you move some of the items now displayed in the front of the store to the back of the store, and replace them with different type products? See, in your mind's eye, that grocery store with a new, different appearance. Imagine how you would arrange the rows of canned goods and packages and the bins of fruit and vegetables to attract the attention and excite the interest of customers. Imagine yourself changing the locations of the various displays and rearranging them, and all the while answering to yourself the question, "Why would it be better that way?" or "In what way is this going to be an improvement?" Many a store position has been obtained by one suggesting to the proprietor certain changes.

It was by just such exercising of the imagination that Clarence Saunders conceived the idea of the Piggly-Wiggly Stores, and created a fortune.

Whatever little thing you handle or see or use, just question whether it has to be that way. One man was working on the idea of a sewing machine, and he never could make it work because he just accepted the old-time theory that the eye had to be at the blunt end of the needle, and finally he began thinking, "Well, why does it have to be at the blunt end?" and he put it in the point and solved the problem of the sewing machine, and so today you have the sewing machine which you could not have if the eye were in the blunt end of the needle.

If you were going to be a farmer, what would you have on the farm? And how would you arrange it?

If, for instance, you had an excess of milk, what would you do with it? Figure out ways of using it, such as feeding it to pigs or chickens or making cottage cheese, take every other thing that would be raised on the farm and see what you would do with excesses, and figure out how you would coordinate every activity on this imaginary farm, and figure out why you would do each of these things. Then figure out clever ways of marketing the products from this imaginary farm, and new ways of packaging the farm products. Fortunes have come out of such things.

Whenever you see a product of any kind packaged in a certain way, try to figure out some other way of packaging it and making it more useful.

In the old days, toothpaste came out of a round hole in the end of a tube. One man made a fortune by making the outlet flat so that the toothpaste came "out like a ribbon and laid flat on the brush."

If you were going to build a house, how would you build it? Does a house have to have plaster? Fortunes have been made in inventing wallboard and ornamental material that could be put on the walls in sheets and in big blocks.

The designs of table knives have been changed. The blade is made smaller in new designs, because someone looked at the long blade and wondered if it had to be in that shape, and figured out that he didn't use but a very small part of the blade - the first three inches - and therefore he designed a new form.

If you work in a store and there are certain items that give large profits, put yourself in the position of the manufacturer of them and invent new ways of displaying them. Figure out new ways of calling them to the attention of people who do not now use them.

Look at the menus in restaurants when you go in and let your imagination figure out new kinds of menus and different combinations of food.

Figure out possible new shapes for dinner plates. The designing of compartment plates made money for the manufacturer and designer.

If you see a street paving being laid, see if you can figure out some way that it could be laid more economically, more rapidly, or in a better manner. Cement highways today are being built by the mile, by machinery. Formerly there could only be a few yards of it laid in a day by hand labor and wheelbarrows. A fortune was made by the contractor who figured that out.

Everything that you see displayed in stores and every instrumentality by which they are displayed is the result of an idea. The originating source was imagination. There is absolutely no limitation to the idea world and you have just as much access to it as has anyone else.

In all the simple daily functions which you perform and in all the things that you handle and use, see if you can figure out some other way to do it more economically, more easily and more swiftly. The object of this would be to exercise the faculty of imagination.

After you have exercised it, there will come into your mind a new idea about your plans, your future, your business, your activities, and then with an active, exercised, and functioning imagination, you will be able to plan and make your life purposeful.

As you progress in the study of this science it is going to become apparent to you and you are going to know by the processes of reasoning and intuition that all things first had their beginning as mental images. Imagination is therefore the ideative principle, and the power of imagination was exercised by the Divine Mind in the beginning and has been exercised by every individual since that time, and it is a part of the causative principle. The faculty of imagination each has, and its development is essential because it is significantly and practically related to the daily life of man in this work-a-day world.

Throughout these instructions we tell you that the development of a consciousness is a necessity for accomplishment.

When you develop a money consciousness or a health consciousness or a happiness consciousness, it merely means that in your imagination you can recognize it as a perfectly normal thing for you, and that it is not something "too good to be true" or "not for me" but that it is a way of life suitable, acceptable, reasonable and attainable, and that you are adaptable to it and it is adaptable to you in the present.

The beginning of such a consciousness is in the imagination. Its crystallization comes about by desire, faith, and the other elements we have outlined to you.

Some night after you have retired and you have perfect silence, and perfect relaxation (lying flat on your back) look at your toes, or feet, and just imagine that the blood of the body is rushing to them, and just picture the blood running through the heart and being pumped down through the legs, and just imagine that the feet tingle with this rush of blood, and just imagine that they get pink and red with the blood rushing there, and concentrate on this for two minutes, three minutes, four minutes, - five minutes, and don't let outside thoughts interfere.

After you have done that, if you have some part of the body that needs repair, or if you have some part of you that you think is sick, just shut your eyes and imagine that you can see the blood rushing to that spot, and carrying with it the chemicals manufactured within the body needed for repair, and just feel a tingling at that spot and feel the working of it and just realize that Nature has the only cure and that it is working. We don't advise too much of this form of imagining, because the tendency would be to think of the disease.

Another little exercise in imagination. You know that the body is composed of millions of single unit cells just the same as the first living cell on earth.

Magnify these cells in your imagination to be millions of them of a size that you can see them vibrating, and parts of them revolving about other parts, just like the heavenly planets are revolving, and just see food and substances being absorbed into them just like water goes into a sponge, and see this being utilized and changed and a waste being sent out, and that these little cells are all related to every other cell of the body, and that they all work together. Be conscious that if something goes wrong in one spot that they can all rush to it like so many firemen to a fire, and that every one of these little cells will obey your command and believe what you say. Remember the pixies, elves, and fairies? - Add to it a cry of victory - "I am." "I am that -- I am" -- and the marvelous part is that then you are.

In other words, just by your imagination, picture yourself as a commander of this whole army of cells and then give them a task to do. The thought is not to be of a defect or disease. The thought is to be that the real you, perfect in all respects, and the bodily you, are to become one and the same. To say "I am health" - "I am happiness" - "I am success" is to set the task.

In the early instructions in this course, we gave you an outline of how the body is constructed, so far as taking in, handling and receiving food is concerned; the stomach, the intestines, the colon, and all of that. Now go back to that early lesson (Number Three) and as each one of these canals or passages is described, just see each organ perfect. Remember! - No forcing, no coercion. The law works. You but direct its field of activity. The picture you hold is perfection, and not of defects or the repair job. Nature knows that better than any man. You set the pattern. The law knows perfection and works to that end.

Another little exercise in imagination.

If it is a position or a job you want, just imagine yourself going to the person who has control of that position, and picture yourself seeking it in the way that would be successful and in a way that would make you grant the request if you were in the other person's position.

Picture yourself, not as going to him and saying "I want a job" or "I want work" or "I need a position," but picture yourself going to him as one who recognizes that as you give, so shall you receive. Picture yourself as one who can do something for that other person that he needs done.

If you are a carpenter, and a man is going to build or is building a house, picture in your mind what it is that he wants in that house, and why he wants it, and picture yourself saying to him something like this, "Mr. Smith, you're building a house. I know that you want it built right, to be mechanically right and you want it to go up economically and rapidly. It's perhaps going to be your home. I am not only a carpenter, but I am one who is accurate. I am careful. I know what I am going to do and how to do it, and can be very helpful to you on this job, because I would do my work just as though I were building my own home. If I serve you beautifully and you like my work I am not only going to receive the fair pay you are going to pay, but you will tell other people that I am a good mechanic, that I'm conscientious, that I recognize that by service men are known. In getting another position when this job is done, I am sure of your help. I just got through working for Mr. Stone, and he can tell you how helpful I can be."

Remember, in making such a talk that it isn't what you want, and that it isn't your necessities that interest the other fellow -- it's his wants and his necessities that are of interest to him, and when you talk in terms of what can be done for him and his interests, you are making a good sales talk and making a proper application for a position.

Many people in this world are out asking for jobs and telling how much they need them. Most of the world is sympathetic, but new positions and extra positions and extra men are put on jobs only because those particular persons can be of service.

A great civic organization known as the Rotary Club has as its motto "He profits most who serves best," which motto has many counterparts in the Bible.

In this course of instructions there is work outlined for weeks and months ahead. To some the use of the imagination in this manner may seem childish, but it has been said that "Ye must become as little children."

In accordance with our mental chemical formula for achievement, visioning is the beginning. The world is yet to learn and consciously comprehend that now, the present, is "in the beginning."

The understanding of Life Science will become simple and easy when we no longer think of "the beginning" as something past, and in the long ago. We are forever dying to the old and being born to the new, as is everything in nature.

Man is a creator and as each day is born it brings with it new opportunities to live a more abundant life, and today, this moment, is **THE BEGINNING**.

"In the beginning was the word," so speak it - "I can - I will - I am!" ---  
Court the presence of some definite concept.

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#### THOUGHT GEMS

The light of nature, the light of science, and the light of reason, are but as darkness, compared with the divine light which shines only from the word of God.--J. K. Lord.

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The soul without imagination is what an observatory would be without a telescope. -- H. W. Beecher.