

# THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

JUST TALKING IT OVER  
WITH YOU:-

You are a power-house. Every minute you are creating energies. Every thought and every movement is a utilization of energies. The brain is constantly sending forth waves at all times. All the living tissues in your body generate electricity with every movement. Your heart beats are creating electric currents. An electro-cardiograph can make a record of these waves.

The brain is just a solid mass of nerve cells sending forth messages in all directions. Radio engineers developed amplifiers - so that a faint electrical current could be magnified - So you have radio. The electric currents from the brain by the same principle are being magnified. The records are called electro-encephalograms.

The importance of this? Those currents go somewhere - they travel over the network of nerves centering in the brain. They control the bodily functions and are given off into the Universal. Every person has a distinct sort of wave as different as hand writing. So my friend, as you meet in these instructions - "thoughts are things" don't think it is purely a figure of speech.

You are going to succeed or fail; You are going to be healthy and strong or ailing and weak; You are going to be happy or otherwise, in accordance with your thinking --Yes! You are going to act - achieve and BE in accordance with your thinking -- Your thinking and nothing else will determine your character. With your character right - your personality will be right automatically.

We had all better be doing some thinking about our thinking. Let's not get so busy doing that we can't take time out for a little contemplation. Let's not be like the squirrel in the cage, just going round and round. Instruction 48 is important. There is in it a golden thread, and it will have its proper place in the pattern of beautiful living you can successfully weave with the understanding of Life Science.

You don't study algebra until you have had arithmetic, - geometry until you have had algebra, or calculus until you have had all of these.

Yes! We are going to get to healing, and it's going to be on a scientific basis. Call it mental or religious healing, or what you will.

An effect - any effect - is just the extension of a cause - There is a unity. They are one. The cause is the beginning and the effect is the culmination of one whole thing.

The created is an effect and is one with the Creator - One the culmination and the other the inception - always a unity - You are one with God or the Universal. Acting with that consciousness, there will be no limits to your achievements.

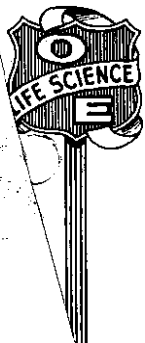
To help redisclose to man his divinity is one of Life's greatest satisfactions and carries the germ of its own rewards.

May we be united in the bonds of understanding.

THE ORDER OF THE ESSENES

By

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# THE Essenes

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INSTRUCTION NO. 48      Assuring to the Accepted and Acceptable  
HEALTH, HAPPINESS AND SUCCESS

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"WE DO NOT NEED MORE NATIONAL DEVELOPMENT. WE DO NOT NEED MORE INTELLIGENT POWER; WE NEED MORE SPIRITUAL POWER. WE DO NOT NEED MORE KNOWLEDGE; WE NEED MORE CHARACTER. WE DO NOT NEED MORE GOVERNMENT: WE NEED MORE CULTURE. WE DO NOT NEED MORE LAW: WE NEED MORE RELIGION."

Calvin Coolidge.

## SCIENCE MARCHES ON

Any science attains its greatest value to society when it becomes non-technical and understandable by the layman.

There is a Life Science, and it has been developed and is being developed by modern methods just as have all sciences been developed. This science relates to the mind and to the reactions to mental processes. It relates to the feelings and emotions and the development of them, and the recognition of the potency of these in the every day life and affairs of people. It recognizes spirit and takes it out of the realm of ghosts and the supernatural and makes it an understandable thing.

It is true that no one has ever seen spirit. It is likewise true that no one has ever seen the forces of gravitation nor has anyone ever seen electricity. Laws have been developed with respect to them and laws and principles are being recognized daily with respect to spirit, emotions, thinking and feeling. By their application seeming miracles are being worked and the truth established.

When all of our experiences prove to us that any statement is the Truth, then that becomes a scientific fact. You may call it psychology, metaphysics, philosophy, or what you will - it is a fact that whatever we accomplish or whatever we achieve comes about by reason of some bodily activity, or in other words, the functioning of the human machine.

In the course of these instructions you have come to realize that the body is made up of billions of single unit cells. The science of biology recognizes this. By the study of these single unit cells there can be no question as to the correctness of the conclusion that intelligence in some degree exists in each and every one of them.

We start with the premise that to do, be, or have requires some activity by the individual, and we progress naturally to the point that all bodily activity is caused or controlled by one's thinking. No one ever saw a thought any more than anyone ever saw electricity, but all have seen the results of changes wrought by thinking, just as we see the manifestation of electricity in the form of light, power and heat.

All of this leads to a conclusion, and this conclusion is approved both by reasoning and by intuition. The conclusion we refer to is that we must first employ the mind to bring about any accomplishment.

Every minute that a person lives there is being generated by the life processes energy and power. It is a fact that a human being is a dynamo, metaphorically speaking. That the powers and energies being created, unless dissipated and wasted can make each a perfect manifestation of the Infinite. There is a dividing line between success and failure. That dividing line is at the point of moment when people cease drifting aimlessly and begin to devote their powers and energies to a purpose, aim or ideal.

We trust that in these instructions we have impressed you with the fact that there is no place on this earth where energy is not found. The air is loaded with it. The water you drink is but a union of the two gases, hydrogen in two parts and oxygen in one part, and these are charged with energies. The very food you eat which sustains life is a combination of single unit cells, and every one of the cells in your body originated in a vegetable. You eat meat

- yes - but the animal ate vegetables or meat and it all relates back to the vegetable kingdom. It became whatever it was by some force or power that existed in the cell itself. Thus you witness evolution.

Surely you remember the early lesson about trees, vegetables, oil bearing plants etc., all being produced on the same piece of land, drawing from the same atmosphere, and from the same water or moisture. How reasonable it is when you think about it. All of these energies came from the same source. They enter into the human body and supply force and energy. Therefore, man by observation and reasoning recognizes that he is coupled with the universal energies and is a part of the Infinite. By the utilization of his energies (the unseen) he accomplishes.

Why therefore is not the study of these energies and powers the most important study of earth. Why have we so devoted our thoughts and energies to the material, visible and tangible things to the neglect of the creating principle and energies? Where there is life, we repeat, there powers and energies are being created and being stored up in the human body. The question therefore naturally comes up, why do some succeed and some fail? The answer can only be that some dissipate or spend their energies without aim or purpose, perhaps unconsciously, while others direct these energies and use them for a purpose.

From this reasoning there can come but one conclusion, and that is the Purpose, invisible and intangible, is the all important thing.

How do people waste their energies and lose these powers? Every thought, every movement and every activity is the utilization of these energies.

If a person walks in a loose and flabby manner and shuffles along in a negative manner, he is leaking power. Whereas, if he stands erect and has the support of the body correct, as we have pointed out in these instructions, then his walking is a form of giving, and creates energy. So from this we learn that the very movement of the body creates energy or evaporates it.

If in sitting down you slouch, twiddle your thumbs, rub your hands, or do some of the countless things that indicate nervousness or mental vacuum, the power or energy is leaking away.

If you have a plan or intention and something in mind that you plan to do, and you tell every Tom, Dick and Harry about it and talk about it, you are letting off steam and releasing energy. (See Instruction Twenty-nine, Page Five.)

Do not tell other people what you intend to do. Hold that as a purpose in your mind, as your secret, and it will keep attracting and accumulating power that will give you ability to do that thing. Man can control all of the great energy within him and being created every moment, by concentrating his attention upon the activities which he wishes to control.

You have just studied instructions upon the subject of imagination. It is a fact that by the creating of mental pictures of achieving certain accomplishments the energy is being created that will force man on to success despite obstacles.

It is a form of autosuggestion if he tells himself that certain desired conditions exist. The reason that this is effective is that by that process of reasoning, he inhibits or shuts off contradictory ideas, thereby his energies have a clear channel from the Infinite energy which sustains it.

Further pursuing this thought, the metaphysician knows that when no contradictory ideas are in the thoughts we come to believe the thing that predominates

the mind, and believing, as you are admonished to do in true prayer, is All-Powerful.

By these instructions you have been prepared over the course of nearly a year for the understanding of the deeper meanings of life. We would first have you analyze your daily thinking and your daily actions with the view to conserving the energy and power that is being manufactured within you. Every person wastes some energy every day by useless thought and wasteful action. It is sad but true that most people waste most of their energy. One sure way is to read and be disturbed by news of scandals, graft, economic disorders, and anything that generates hatred, fear or negative thinking.

It should be a source of satisfaction to know that there is a way to direct into constructive channels this endless, boundless store of energy. Above all things, we must banish from the mind thoughts upon unpleasant experiences and avoid projecting the mind in the anticipation or fear of unpleasant or undesirable things.

How do we accomplish the holding of a constructive purpose and banish the consciousness of the negative and destructive?

In the making of a sale in the ordinary transactions of life, there are certain definite steps. The first step is to gain favorable attention. The next is to create an interest in the thing desired to be sold. And the next step is to fan that interest into a desire to own or possess it, and then at the psychological moment to close the deal.

We may ask, "When is the psychological moment?" That moment is when the interest has grown into a desire. From a scientific standpoint, it is that moment when the interest in it has inhibited or cut off all resistant ideas, all ideas of objection. At the moment when the thoughts are affirmative and concentrated upon the idea, you have a state of super-attention. All thoughts of every other nature are absent, there is bodily relaxation, and the thing offered completely fills the consciousness of the person being sold.

Now what has this to do with the subject at hand? It has everything to do with it. We have told you in these instructions that you would come to learn of the possibilities in meditation, concentration and affirmation. When you want to plant an idea in the subconscious, when you want all the powers of the individual and of the universe to work for healing, for a change of conditions in your life or affairs, you have but to sell the idea to the subconscious.

If it is a sale that you're to make and you must have attention first, it must be concentrated attention upon the thing desired and not a vacillation between various things. It must not be a doubting, or a fearing that the thing is too good to be true, or an affirmation that a thing is impossible, because if you do you are scattering the energies that you have created and stored up. Without full attention, how can you expect deep and sincere interest to come about, and above all, how can you expect to gain control of an all-consuming desire for a thing when you are dissipating your energies in the contemplation of the very opposite.

It is a law of thinking that attention determines and concentration automatically controls all bodily activities. Affirmation and visualization are two means of bringing about mental and physical states necessary for achievement.

You really live within your mind. If your mental pictures are associated with

failure, with unhappiness, with disease, you are actually feeding that condition upon the powers and energies the life processes are creating within you. If your mind in which you live is filled with the constructive pictures of success, of happiness and of health, and you act intelligently in harmony with these pictures, you may reasonably expect to attain your cherished aims.

Most certainly the purpose of thinking should be to develop beliefs upon which to base rules of conduct, to govern right living.

What good is it for a man to come to the realization that he is a part of the infinite, that God and Heaven are within him, if the world with its problems and needs is to be forgotten and he does not utilize his God-given faculties in the service of mankind?

Countless are the people who say that they lack will power. If a man wants will power, all he has to do is to develop his desires and make them intense. Whenever his desires are focused upon a thing that he needs he will automatically banish his desires to take it easy. He will not be overcome by temptation, or even by habit itself.

We would call again to your attention the often quoted phrase of Professor William James, to wit: "Every time a resolution or a fine glow of feeling evaporates without bearing practical fruit is worse than a chance lost; it works so as to positively hinder future resolutions and emotions from taking normal paths of discharge."

The metaphysical reasoning behind this is that something gets your attention, an interest is created, there is born a desire to do, be, or have, and life forces and energies being constantly created within you are directed in a channel. They are dammed up ready for the bringing about of an accomplishment. Then you blow up the dam, waste the power and energy, and use it for no useful purpose. In other words, you do not complete the sale and make a delivery of the goods, and every life cell and energy responds to a disappointment, just as do you.

Every day in your life energies and emotions come from your environment and from those you associate with. Therefore, you should choose these carefully.

When you listen to an inspirational lecture or when you read good books or when someone interestingly imparts to you that which tends to uplift and bring you good intentions, your reservoir of energy is being built up.

It is good metaphysics that when you receive help which strengthens you, assistance in some of your problems, some kindness or inspiration is given you, or when you receive a spiritual gift or uplift, you must not store up or hold within you that which was given to you. You must release it by some form of expression. You must pass it on. Otherwise you have a fine glow of feeling and it does not bear fruit.

By passing it on you deepen the channels of constructive purpose and as we have heretofore illustrated with respect to the syphon, you keep open the outlets, and the infinite takes care of the supply.

This should help make understandable why the teaching that "As you give, so shall you receive," like the other truly interpreted teachings of the Bible, are sound philosophy, sound reasoning and sound science.