

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

DEPARTMENT OF INSTRUCTION

MAY YOU GO ON
TO MASTERSHIP: -

With this set of Instructions you complete what we call the first year's work.

You have made your own estimate of its value. It is not becoming to anyone to "sing his own praise." If one's work is good the world will find it out. If never discovered by the world at large, the inner satisfaction is uplifting and of itself is reward.

A Doctor ninety-four years of age - a Fellow of the American College of Surgeons, and still very actively engaged in the practice of medicine, upon completion of his Fifty-second set of Instructions wrote us that he had them bound, and that it was the most inspirational and helpful material he had read in his ninety-four years.

Of course that strengthens our faith in the worth-whileness of our devoting our lives to teaching human engineering -- the way of successful living -- Life Science.

We trust that the opinion of one so qualified to judge weighs with you to the extent that it will cause you to desire to go on into the second year's work, and will add to your pride in being helpful in taking this Understanding to others.

It is at this point that we confer the Certificate of Merit upon those we know have read, and reading and studying have understood our Instructions. We know that you will not think we are commercial when we say that the cost of issuing this Certificate comes to Five Dollars.

We of the Instruction Staff trust that you may go on with us - and upon the splendid foundation of an understanding of the Instructions you have had, erect a Temple - The Mastership of the laws governing the worthwhile life.

In all sincerity,

THE ORDER OF THE ESSENES

B. H. Hammer
Director

Enc. 52



THE Essenes

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INSTRUCTION NO. 52 Assuring to the Accepted and Acceptable
HEALTH, HAPPINESS AND SUCCESS

IT IS OUR AIM AND OUR CONSTANT ENDEAVOR TO MAKE YOU
THINK - NOT JUST TO TEACH.

"WHAT IS IT THAT CHARACTERIZES THE THINKER? FIRST
OF ALL, AND OBVIOUSLY, VISION. THE THINKER IS PRE-
EMINENTLY A MAN WHO SEES WHERE OTHERS DO NOT. INDE-
PENDENCE IS THE WORD WHICH DESCRIBES THE MORAL AS-
PECT OF THIS CAPACITY FOR VISION. NOTHING IS MORE
STRIKING THAN THE ABSENCE OF INTELLECTUAL INDEPEND-
ENCE IN MOST HUMAN BEINGS; THEY CONFORM IN OPINION,
AS THEY DO IN MANNERS, AND ARE PERFECTLY CONTENT WITH
REPEATING FORMULAS."

-- Ernest Dimmit

In Instruction Number 51 we found that matter, to be matter, had to have form and occupy space, that spirit and thought and the "I Am" (or life itself) were devoid of form and transcended time and space.

Therein it was said that the concrete should give us some hint of the abstract, the conditioned should bear evidence of the unconditioned and from the relative we should learn something of the absolute. Let us pursue that thought.

We know that the most primitive form of life, the single unit cell, acting upon itself grows and divides and we have two. These in turn grow, act upon themselves, and divide. Endlessly this goes on.

Imagine the countless number when we realize that this process repeated less than fifty times gives us millions. This establishes the fact that in the conditioned, life acts upon itself with the purpose of growth and perpetuation. You have learned that for the single unit cell there is no death except from injury, poison, or lack of nourishment. This shows that the relative has within it the principle of life everlasting.

We note life in all its forms, - vegetable - animal - and human, and we are impressed with the indisputable evidence that this evolution has ever been to advance the race. In the concrete we note that this advance has ever been marked by increased intelligence.

Can we not therefore conclude that the unconditioned acted upon itself to effect creation, and inherent in it is the principle of growth and advancement and perpetuation?

Is it not logical to conclude that if the relative exhibits the principle of life everlasting, that that is the essence and nature of the absolute? What other possible theory could there be, if the concrete advances toward perfection as it advances in intelligence, that the abstract is the ultimate of intelligence or omniscience.

The law of mathematics tells us that two times two equals four. With the factors given us as known factors; (1) Man has life, (2) Life itself is perpetual or everlasting; (3) Life acts upon itself with the intent and purpose of growth and perpetuation and advancement; (4) That the ultimate principle of intelligence is the supreme principle of the absolute; (5) That man the relative is endowed with intelligence and embodies spirit and has the power and ability to think; (6) That these attributes are not limited by time or space and therefore are of and in and through the unconditioned, the abstract and the absolute. Can we not conclude, with the same certainty that the mathematician arrives at his answers, that we are "One with the Father" - That we are in the image and likeness of the Creator - That we are the embodiment of the God Principle?

Viewing the works of man we know that he is a creator, and that his creative abilities are limited by his recognition of a limit. This is the logical conclusion that we must arrive at when we compare the accomplishments of man.

We just naturally go on step by step. Man is the conditioned, the relative and the concrete, but he is in the image and likeness of and embodies the unconditioned, the absolute and the abstract. Why?

Because he is inseparably a part thereof by the ties of spirit, thinking, and life itself. Why again? Because he was made from it (the unconditioned, absolute and abstract are a unity) - lives, has his being in, and cannot be separated from it.

If therefore we want to know more of the nature of the universal, can we not gather our clues from "the image and likeness" -- Does not one drop of water of the ocean give us the nature of the whole? To know the nature and action of one wave is to know the principle of all waves. A ray of light from a distant star tells the story of its component parts.

If we view the world with eyes to see and with understanding hearts it must be apparent that the first law of nature is harmony and order - Otherwise the countless suns and stars and worlds would swing from their orbit and collide and be self destroying, and all the powers we know would by conflict instantly render desolate the earth.

Effect corresponding to cause is harmony. Harmony is the arrangement of all things in a perfect order.

If all evidence of the universe points to order and harmony and these work for perpetuation and man is a part of the universal in so far as spirit. Life and thinking are concerned, how natural it is therefore that if man creates discord or brings about a lack of harmony as a free will agent, self destruction eventually comes about.

The results of a lack of harmony are evidenced by disease, sickness, unhappiness and lack in man's physical being and affairs. We are coming more and more to understand the results of various kinds of lack of harmony.

For instance - An upset in the love life of an individual, jealousy and self pity in the affairs of the heart seem to effect the teeth and bring on tooth decay and disintegration.

Extensive research indicates arthritis in many cases is caused by a feeling akin to resentment, the feeling of not being appreciated, of merit not being recognized. The intensely held feeling that love, honors, awards, and other things are being unjustly bestowed upon others when they should go to one harboring this feeling, tends to the creation of substances which tend to manifest as arthritis.

Paralytic strokes often follow violent fits of anger, or intensely held feelings of frustration or fears of coming inadequacy, or inability to meet life problems - a tense feeling that grips one in an embrace related to the thought "defeat is at hand."

Asthma appears to be related in some way to an inferiority complex, the feeling of inadequacy to meet a situation or hold a position, to situations (habitually met with) the thought of which makes breath come in short gasps.

Bacterial invasions of the body seem to be aided by mental tensions. Common colds often come when the victim is in a state of anxiety.

Longings for love, care and protection, pent up and guarded as a secret, seem to cause gastric ulcers. Endlessly we might go on and name specific ailments usually attendant upon certain states of inharmony in one's thinking or attitudes.

The point of it all is that harmony is the natural - the attribute of the universal; when harmony is violated by man he violates the law of the whole, of which he is a part, and destructive or disintegrating elements are created. Thus as humans we violate the perpetuating principle, and hence we know life as limited.

It may be of intense interest to those studying Life Science to consider the "why" of the poisonous or destructive effects of fear and anxiety and negative thinking.

Primitive man was ever being thrust into situations where he either had to run or fight. These demands gradually built into the body an automatic scheme of swift adjustment for action (the principle being; Nature was ever working for perpetuation, preservation, and in the end, perfection.)

In time of fear or anger, in accordance with this scheme of adjustment, powerful changes go on within the body. The heart muscles are stimulated to more rapid pulsations, circulation is shifted from the stomach and intestines to the heart, brain, lungs, and skeleton muscles preparatory to and in anticipation of "flight or fight." The mechanism of these endings secrete powerful substances. Fear or anger starts this biochemical mechanism to prepare the body for action.

Contemplate modern man. He does not fight or run. These changes in heart beat and circulation fill his system with powerful substances he does not use as intended, hence does not need, and we have an internal conflict.

The strange part of it all is that the less one is aware of this penting up of anger, anxiety, fear and the negatives, the greater is the poisoning effect of these so-called involuntary secretions.

That is why in psychoanalysis it is well to bring out the cause of the fear, anxiety or negative thought - lay it on the table, so to speak, view it in terms of that which is past, and see that it was not such as to warrant the feelings connected with it - It is also one of the reasons there is scientific value to "confession."

Here we have at least a reminder of the true meaning of "forgiveness of sin" as we have shown it to be; Man's ability to disintegrate, which naturally accompanies the power to integrate, or call into being from the undifferentiated universal.

When we know the qualities of this Divine creation and align our own qualities to correspond, or rather learn not to violate the divine order, then we can manifest Health, Happiness and Well being. It will be a natural sequence. We will have attained the "understanding" of which Jesus often spoke when He said that the things we desire will come about with "Understanding."

By aligning ourselves with, and imparting to our thoughts and actions the qualities we shall thus discover in the Universal, we will find literally true "Greater works shall ye do also."

JUST TALKING IT OVER

With this set of Instructions we conclude the first year's work. Satisfactory evidence of understanding, qualifies one for the Certificate of Merit. The next year's instructions mastered make one eligible to the second year Certificate. Following that is work for the third and final Certificate of Merit.

If you fulfill one duty it generates the power to fulfill another, and life ascends. Fail in one, and burdens are not added, they multiply. That which you cannot do is not a duty, but use care that you judge not duty by what you desire to do. Life is on a descending scale when we neglect our duties.

Robert E. Lee well said "Duty is the sublimest word in our language. Do your duty in all things. You cannot do more. You should never wish to do less." Man's first duty to himself and to society is to advance - to improve - to go forward - to add something to the sum total of human happiness and well being.

To you who have faithfully and seriously studied these instructions to this point, we offer our sincere commendation. We trust it has been a source of pleasure and inspiration. An intellectual grasp of these truths is not enough to work the miracle of change you perhaps have wished. The great end of life is not knowledge, but action.

Action is the flowering and fruiting of knowledge. It is our observation that a mere conscious understanding of the great truths of life is not enough to induce action. There must be a spiritual grasp. They must feelingly and emotionally become a part of your consciousness, and just naturally prompt the act and deed upon each appropriate occasion to correspond to that consciousness.

An understanding of the instructions to date will enable you to grasp the great truths to be presented as we advance. May you be one to go forward with us.

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THOUGHT GEMS

It is not the eye that sees the beauty of the heaven, nor the ear that hears the sweetness of music or the glad tidings of a prosperous occurrence, but the soul, that perceives all the relishes of sensual and intellectual perfections; and the more noble and excellent the soul is, the greater and more savory are its perceptions. -- Jeremy Taylor.

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No one knows what strength of parts he has till he has tried them. -- And of the understanding one may most truly say, that its force is generally greater than it thinks till it is put to it. -- Therefore, the proper remedy is, to set the mind to work, and apply the thoughts vigorously to the business, for it holds in the struggles of the mind, as in those of war, that to think we shall conquer is to conquer. --- Locke.

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If we have not peace within ourselves, it is in vain to seek it from outward sources. -- Rochefoucauld.

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The more quietly and peaceably we all get on, the better -- the better for ourselves -- the better for our neighbors. In nine cases out of ten the wisest policy is, if a man cheats you, quit dealing with him; if he is abusive, quit his company; if he slanders you, take care to live so that nobody will believe him: no matter who he is, or how he misuses you, the wisest way is generally to let him alone; for there is nothing better than this cool, calm, quiet way of dealing with the wrongs we meet with.