

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

"WE" INCLUDES "YOU": -

You may not smoke - but you are a creature of habits. We all are. There are things you have done so often that you now do them without conscious thinking. One habit is more or less like another. It is a custom or practice that becomes fixed through repeated acts. - Yes! Acts repeated become habits regardless of whether they are good or bad.

That's encouraging! A good habit is as hard to break as a bad one. -- They are both made the same way.

Instruction One Hundred One enclosed, and the three instructions following are designed to help one break the cigarette habit, but are of value to one not so afflicted. -- Why? It is a sort of running account of the processes used to whip a habit. As a psychologist or life scientist you will naturally catch the simplification idea --- the idea of the basic plan used in all accomplishment, the unity of the principles utilized in all undertakings.

First, you get the picture of the habit and its history and its results -- and a picture of the new state to be sought by breaking the habit (that is vision). Next, you have the desire for the abandonment of the habit and for the new condition (you want it badly enough). Others have done it, so can you - (faith). You Decide to quit -- You quit.

That is the basic formula of attainment. (It works).

As you see the suggestions unfold and the process explained you see at once the principle in salesmanship unfold. You just sell yourself the idea of quitting and a new order of life. It is simplified. Pleasure (in better health, etc.). Pride (in the accomplishment and the benefits materialized). Profit (financial, physical, mental, spiritual). Caution (health and business threats) and Utility (nerve response - physical benefits, etc.).

Habit is the subconscious functioning. We know the subconscious is responsive to and must respond to the conscious mind, so we have suggestion - and affirmation. We thus apply what we have learned over the weeks and months to a practical end.

We are not reformers or fanatics and we have no desire to bring a horde of them into being. - Habits are broken only by the desire to break them.

Those with the desire we and you should help.

That "you" above is out of place - unnecessary. By long association we count "you" as part of "we" -- and soon we hope to see you attain your second Certificate from The Order, evidencing material advancement.

Sincerely,

THE ORDER OF THE ESSENES

By

J. Hamner Davis

Enc. 101



THE **Essenes**

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INSTRUCTION 101

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

"WHAT A CURIOUS PHENOMENON IT IS THAT YOU
CAN GET MEN TO DIE FOR THE LIBERTY OF THE
WORLD WHO WILL NOT MAKE THE LITTLE SACRI-
FICE THAT IS NEEDED TO FREE THEMSELVES FROM
THEIR OWN INDIVIDUAL BONDAGE."

-- BRUCE BARTON

YOU CAN OVERCOME THE CIGARETTE HABIT

It is perhaps a sad commentary upon the American way of life, but true nevertheless that the tax structure of the Federal Government is greatly dependent upon its revenue from cigarettes, tobacco and liquor. The greatest source of income to the Federal Government of the United States is from income taxes, but the next greatest source of revenue is the tax upon alcoholic beverages and tobacco.

In this statement we have a picture of the United States largely dependent for revenue upon what may be termed the vices of its people, and we seem to be growing in vices since the consumption of cigarettes is steadily increasing.

Countless are the people addicted to the cigarette habit who say they want to break the habit and countless of these people are asking for help in this task. It is of course known that countless persons addicted to the drinking habit are seeking help with their problems. This Instruction is devoted primarily to the subject of the cigarette habit. It is a habit, and being such, the one cure for it must be psychological in nature.

We are fully aware that there are different schools of thought, so to speak, on the subject of the best way to break the habit.

One school advocates a gradual cutting down from day to day upon the number of cigarettes smoked, and finally reaching zero. The other school advocates an abrupt breaking off of the habit -- no dilly-dallying -- just the use of will power.

Both of these schools of thinking neglect the psychological factor involved. Being a habit, it naturally had its beginning. The habit itself is a fact, or an effect. It therefore had its cause, which was in the beginning.

Habit -- any habit -- is an act or a course of action instituted by the conscious mind, and by repetition it becomes a functioning primarily of the subconscious.

The correction of the habit therefore requires a re-education of the subconscious and the re-education of the subconscious comes about by suggestion, whether it be suggestion from another or suggestion by the self, known as auto-suggestion. A re-appraisal of the cause or beginning is also helpful.

At this point let us give a word of encouragement to the cigarette smoker who desires to stop. If the desire is sincere, then it can be accomplished, but the accomplishment of the object requires understanding, and this understanding must relate to all of the factors involved. By the exercise of will alone some few can abandon the habit, but it is not the better way.

The root of any habit is not the thing itself, but it is the desire, and if you repulse the desire, the habit will cease.

In the course of this Instruction we are going to help you, if you are a cigarette smoker, create new ideas of value. You have learned in the course of these instructions the value of substitution -- substituting new ideas of hope and faith for old ideas of fear and terror, so in the breaking of the cigarette habit if we can point to you new and desirable values, and by thinking upon these suggestions be natural, it will be pleasant and it will be unaccompanied by nervous strains which are attendant when one endeavors to break a bad habit by the force

of will alone. This re-education assures a winning battle, and conscientiously followed, it will not be a temporary ceasing.

Perhaps you are one who has decided to quit and has quit for a short or a long time, and then has taken up the habit again. This taking up the habit again has brought unhappiness, because it brought a self acknowledgment of weakness, and acknowledgment of weakness is not conducive to well being. It engenders a repression within the subconscious.

A thorough study of this instruction and the following three instructions will lead to the defeat of the cigarette habit, and if you have been one who has quit and acknowledged defeat and have again and again resolved to quit, but failed, you now have the opportunity to accomplish a final victory. -- You may have lost battles, but you will win the war!

We must begin a study of tobacco, and its effect. We must study the habit and learn the physical reactions that accompany it, and we must draw some sane conclusions and apply them in our lives.

The facts that we are going to present as a basis for the re-education of the subconscious are not going to be sensational headline presentations, and we are not going to implant fears in the mind. As an example of sensational headline attack, we might say, "The poison absorbed by the water in an ordinary goldfish bowl from the smoke of one cigarette blown through it is sufficient to kill all the goldfish! One-half to two drops of nicotine will kill a dog! One-sixth drop will kill a cat or rabbit! Eight drops will kill a horse in four minutes! One drop of nicotine is fatal to a man if he takes it all at once! One pound of tobacco contains from 300 to 400 grains of nicotine, enough to kill 300 men if given in concentrated doses!"

The response of the ordinary cigarette smoker to such a scare line is that he knows of men sixty or seventy years of age who have smoked most of their lives and are not dead yet.

The statement above quoted is true, and is a scientific fact, but the smoking of one pack or a hundred does not give to the confirmed smoker a concentrated dose of one drop of nicotine, and the human system being a part of nature and filled with life, builds up defenses against unnatural attacks, and ever endeavors to harmoniously meet existing conditions. This you have met with throughout these instructions. This you know.

Let us begin now the study of the cigarette, of smoking, of habits and results, and we give you the assurance that the results can be a complete victory. We give you a psychological technique which can be applied with results to any habit, whether it be smoking, or drinking, or other undesirable and deleterious personal habit.

We give you the assurance that you can stop smoking if you have a true and sincere desire to stop. Therefore, the technique must take the line of convincing yourself that it is more important to you to desire not to smoke than it is for you to desire to smoke. You must be convinced and convince the subconscious that to stop smoking will contribute to your health, your happiness and your success, and convinced of this, the habit pattern will drop away. You must be convinced, and it is a fact, that you will feel better, sleep better, work better; that it will be helpful to your senses, such as sight, smell, tasting, hearing and feeling, and it is a necessity that you stop if you would sincerely desire to develop extra-sensory perception.

In the first place, you must understand that smoking is not an irresistible hunger, such as is created by what is known as dope. By smoking your system

has not become a slave to a drug. The fact is that you think you are a slave to a habit. When the habit is broken, the joy of a sense of independence and the joy of winning a victory will be helpful to the physical, the mental, and the spiritual.

There would be no sense in endeavoring to break the smoking habit if no physical harm were done, but the fact is that smoking is harmful to the body, and unprejudiced scientists have conducted many experiments with tobacco, and not one single instance reported where a constructive factor resulted from smoking a cigarette or any tobacco.

Let us make a sincere and scientific study of what smoking does. -- In the first place, it does paralyze the nerve endings, the same as an opiate would do, and many smokers think that their nerves are quieted by smoking, but it is largely a matter of psychological effect and comes about from suggestion in tobacco advertising, and by reason of your having repeated this to yourself, or having made the assertion, which in effect was an auto-suggestion.

The effect of a cigarette upon the body temperature, even in the extremities of the human body on the big toes, has been described by Dr. Johnson, the Medical Director of the Life Extension Institute of New York. He placed an instrument to measure temperature on the skin under the nail of the big toe, and the temperature was recorded for a half-hour. Then the patient was told to smoke a cigarette and inhale it in his customary manner, and before the cigarette was half consumed, the temperature of the skin on the big toe began to drop and went down as much as seven degrees while the smoking was continued.

The maintenance of the bodily temperature at a normal is highly important in the maintenance of perfect health, so it is demonstrable that the bodily temperature is lowered by the smoking of even one cigarette.

Dr. Johnson had another interesting experiment. A special high-powered microscope was set up with which individual blood cells could be seen floating through the capillaries in the skin. Observation was made upon the patient when he was not smoking; then he was told to smoke and inhale in his usual way, and a very distinct slowing of the movement of the blood cells in the capillaries was observed.

If smoking has a distinct effect upon the blood circulation in the skin, as these two experiments proved, then we must know that it had very material effect in the veins and arteries of the smoker.

Some smokers suffer with a severe pain over the heart, and it is called "tobacco angina" - and this pain is caused by a lessened blood supply to the heart muscle, brought about by smoking. The proof thereof is that when smoking is discontinued, tobacco angina disappears.

We have in these instructions told you about the electrocardiograph machine which records heart action, and abnormal electrocardiograms were found one and a half times as often among those who smoked, as among the non-smokers, and the evidence is indisputable that smoking does unfavorably influence the coronary circulation in the heart, and hence all physicians agree that smoking must be stopped by anyone who is suffering from coronary heart trouble.

Likewise, persons who suffer from stomach ulcers should never smoke, because smoking increases the secretion of acid into the stomach by reason of irritation of the stomach lining. We shall in the course of this study learn that smoking definitely causes irritation to the nose and throat, and persons therefore who have chronic sinus infection, or who suffer from catarrhal deafness, should most certainly avoid smoking.

In careful studies by the Life Extension Institute two thousand smokers and non smokers were studied. There were three smokers to one non-smoker in this number who complained of cough, and smokers complained of irritation of the nose and throat 167 percent more often than non-smokers.

Smokers complained of palpitation fifty percent more often than non-smokers, and they complained of shortness of breath 140 percent more often than non-smokers.

Heretofore in these instructions we have told you of the power of suggestion, and we mentioned the advertisement "Smoke and Relax," and that many smokers believed it.

The fact is that smoking causes a stimulation and not relaxation, so if suggestion is so powerful as to make a man believe he is relaxed, when he is in fact stimulated, then it will be quite simple to re-educate ourselves with respect to smoking and the results from it, and to cease the habit.

As a suggestion, some of the cigarette advertisers have suggested to smoke their particular brand and get a "lift." The result of smoking is like the result of a shot of adrenalin. The pulse will increase, as will the blood pressure, and the skin temperature will drop and blood sugar will be increased -- so that was one case of truthful advertising of tobacco -- but who wants "a lift" at such tremendous cost?

The fact is that smoking is a habit and not an addiction, and therefore it is quite simple to break the habit, and the basis for breaking it is a sufficiently good reason for stopping it.

If you are a cigarette smoker and have built up in your mind a picture of pleasure derived from it, then we shall give you a true picture of the health hazard, and hope to inspire you to gain a vision of health and to accept the testimony of countless people who have stopped and who testify how much better they feel and how much more efficient they are, and truly picture in your mind the pleasure and profit that comes from ceasing the habit.

We have stressed the fact that smoking is a habit. If you are a cigarette smoker and will stop and think about it - you will find this habit intertwined with other habits. It fits into a pattern.

With your coffee, you want a cigarette -- The enjoyment of your coffee is tied in with the cigarette.

After a meal you automatically reach for a smoke. Eating and a smoke is a united habit.

When you start to read your paper - you perhaps unconsciously light up a smoke.

If your working habits are regular you could, if you stopped to analyze and observe, find the exact pattern of when you smoke. Perhaps when you change from one routine or task to another -- when you get into your car - when you are waiting on an appointment -- when you do anything that fits a habit pattern. You have fitted it in with all of your activities - and even some fit it into the sleep period - smoking during the night when awake or aroused for any cause.

To find this pattern and recognize the fact is a sound psychological procedure. The same principle is involved in psychiatric practice, when we trace back to the basis of fears and repressions - and recall the incident or incidents - and lay them on the table and re-appraise the reactions - the over-stressing of the importance.

Finding the tie-in with your other habits, you know first it is habit. Second, the weak link in the chain and third you know the new mental picture you want to substitute for the delusion of the pleasure of smoking at a given habit period.

The cure is in suggestion - auto suggestion, but it must not take the negative form. You cannot successfully accomplish the simple feat by saying - "I am a weak-willed so and so - and can't stop. I wish I could but I can't" -- and then start a line of self justification like this - "Well, millions of others do it. It doesn't seem to hurt them. I have been doing it a long time and it hasn't killed me yet."

The subconscious will accept you at your word, if you do, and when the coffee is poured, or one of your habit periods arrives, automatically your hand will reach for the smoke - the match or lighter - and your will in all things gets a set back. We repeat, it is not so much a matter of will power, although you must will to do anything; it is a matter of reeducation of the subconscious - and the eradication of a wish or desire to smoke - the making of it repulsive rather than pleasurable, the setting up of a new ideal or objective. A psychological procedure, but sure and certain when conscientiously followed.

This Instruction, together with Instructions One Hundred Two, One Hundred Three and One Hundred Four, is in the nature of a manual.

Study it carefully. Then study One Hundred Two carefully when it arrives -- then study the two together.

When One Hundred Three arrives in due course, study it and then study the three together. And when One Hundred and Four arrives, after study, study all four together.

Then you are in a position to set the time and quit smoking - if that is your desire, without undue strains or stresses.

If you are not a smoker, or are a smoker and have no desire to quit, follow the same procedure as above outlined, and think in terms of "psychological technique" -- in terms of "treatment" -- in terms of "effective suggestion." -- They have been commended by "Masters."

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THOUGHT GEMS

Charity should be the habit of our estimates; kindness of our feelings; benevolence of our affections; cheerfulness of our social intercourse; generosity of our living; improvement of our progress; prayer of our desires; fidelity of our self-examination; being and doing good of our entire life.

When we have practised good actions awhile, they become easy; when they are easy, we take pleasure in them; when they please us, we do them frequently; and then, by frequency of act, they grow into a habit. -- Tillotson.

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The chains of habit are generally too small to be felt until they are too strong to be broken. --Johnson.

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