

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

Dear Friend:

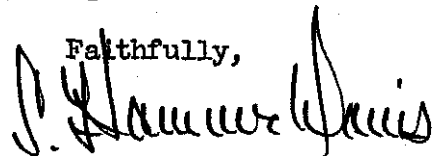
Because of your loving gifts, we are busy giving also, in the form of research, in writing of manuscripts, and in passing on our findings to those who are occupied in other ways. All ways are good ways, but there are a variety of ways to make up the kingdom.

Now that you have learned something of your power to attract and repel things, you should consider what things you ought to attract to be prosperous, but surely you do not want to attract anything that will burden you. Will prosperity burden you? The word prosperity comes from two words, pro, and sperare, which means to hope. Prosperity is defined not as an abundance of money, but as a gain of favorable, helpful things. Happiness and prosperity are synonymous terms. If money is helpful and brings happiness, then it is most certainly a part of prosperity. One of our great teachers says that poverty is a disease.

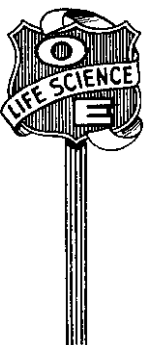
We want to be sure we possess our possessions and not let them possess us, for material possessions can be truly enjoyed only by those who fear not at all to lose them. We do not want to discourage you from attracting money, but we want to attract it in such a way that it will bring happiness. Before you begin to put into practice the Truth method of attracting prosperity, thoroughly imbue your conscious mind and your subconscious mind with the right conception of prosperity, so that you will truly benefit from that which you attract.

Money is a symbol, and our means of exchange, so we are grateful for it in abundant measure, and use it for happiness, in which you have a part, by reason of your gifts.

Faithfully,



A Sorry we cannot send the lessons every week. The only exceptions we have ever made are for people who have never failed to write after each four booklets since #1.



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THE PROBLEM IS OURSELVES: --

Miracles? We teach there is nothing supernatural. The nearest thing to a miracle that we can think of is "a changed man."

In our contacts we have witnessed innumerable individuals who have acquired through the years habits, beliefs, prejudices and personalities which were neither pleasing, profitable nor perfect --- and in a short time they become changed individuals.

They have abandoned long standing habits and beliefs - found truth and facts to supplant prejudice, and almost overnight have changed personalities. From failure or mediocrity to success and leadership is a near "miracle".

---and what does it? Just the touching off of the right thought or right course of thinking.

If you have not experienced a near miracle, be not discouraged. When you determine it can be done - then the thing narrows down to the "right idea", and the courage to put it to the test. --- Yes! The courage to do things springs from ideas and ideas only.

-- If you would change your condition and situation in life - you must change your thinking. Let us accept as truth; "As a man thinketh, so is he."

On this matter of habit --- habits of acting and thinking make tracks or paths or grooves in the nervous system of our bodies. With use these paths grow and are strengthened. That is why the more often and the longer we do a thing, the easier it is to do the next time. And mark this -- if you break a habit, the longer it stays broken, the easier it is to do without it.

So when you break one - don't backslide and don't waver in your decision. When you broke away, you took the hard step - so affirm: "It took a good man to do it --- and it doesn't take such a good one to hold to the decision. I am that good one - and will not yield." And right then and there you get a lift -- self confidence and self respect grows.

As one approaching mastership in the science of living, you will want to be helpful in supplying to yourself and to others "the right idea." It comes naturally when you are "right" within, so the problem is OURSELVES.

Let us be like good merchants. Take an inventory, and if we have a "habit" we would be better off without, let's eliminate it.

The doing of it might produce a near Miracle - a changed individual - You.

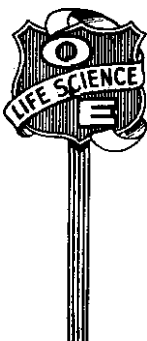
Sincerely,

THE ORDER OF THE ESSENES

By

*S. Hamner Davis*

Enc. 102



# THE Essenes

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INSTRUCTION 102

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

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ANY ACT OFTEN REPEATED SOON FORMS A HABIT;  
AND HABIT ALLOWED STEADILY GAINS IN STRENGTH.  
-- AT FIRST IT MAY BE BUT AS THE SPIDERS WEB,  
EASILY BROKEN THROUGH, BUT IF NOT RESISTED IT  
SOON BINDS US WITH CHAINS OF STEEL.

-- Tryon Edwards.

HABIT IS EITHER THE BEST OF SERVANTS OR THE  
WORST OF MASTERS.

-- Emmons

SLAVES TO "LADY NICOTINE" - IN TRAINING

Only one who has been a smoker can successfully give the outline of how to quit the habit, because he alone can give forceful expression to the thrill and the uplift derived from the breaking of the habit. Only he knows how in the smoking days his mouth had that dark brown taste - like an Okie family had just moved out. Only he knows how eating used to be a habit and there was not much difference in taste between beans and peas, and juicy steaks were judged by price and looks, the true flavor drowned in catsup and pepper sauce, and how after quitting smoking the sense of taste returned and eating became a joy and not a routine.

Only he knows what a sweet breath means in terms of social enjoyment and what a feeling comes from clothes that have a clean, fresh odor and are not smoke drenched and foul smelling. Only he knows that twitching and turning in a state of nervousness vanishes and sound sleep returns with the banishment of smoking; that digestion improves, as does the complexion and skin texture and that pains in the heart region vanish with the smoke - and he knows that he is not so subject to colds - sore throat - or uneasy feelings in the sinus or nasal passages, and he feels and senses the fact that he is lengthening his life span - and can express convincingly.

No man could live on smoke alone. The cleaner and fresher the air one breathes the more perfect is all bodily functioning. That is fundamental and basic and not seriously disputed by any one.

He who would supply the successful suggestions must be one who is tolerant, and must not have the crusading-reformer type of mind and must not possess any feeling of contempt or even pity for one in "the toils of an enslaving habit."

He must know that one to quit must want to quit - and when he does, that all that is necessary is to truly present to him the facts - and supply the true picture of the benefits and joys of ceasing - and how to pass this all to the subconscious in convincing manner and the trick is done.

It is not a matter of reforming in the accepted sense. It is simply an educational process.

By no means would we oversimplify it. The first three or four days will present its problems, but if one looks forward to the thrill and real joy of the moral victory - the quickened sensibilities to follow - he will surely experience it.

To smoke or not to smoke -- That's the question! Each must decide it for himself. To do so intelligently and wisely each must weigh the benefits and advantages against the loss and cost.

So far as the benefits and advantages of smoking are concerned, no reputable physician, scientist or philosopher could name a single one other than a psychological one - and that comes and could only come from a false belief or the acceptance of an erroneous suggestion.

The loss and cost items are measurable in terms of injury to the human system, the temple of mind and spirit - and in its last analysis this means in terms of life itself.

Who is the smoker who has not smoked on an empty stomach or in the morning before breakfast or in the middle of the night and experienced dizziness and the breaking out in a cold sweat?

What took place was - the muscles in the walls of the arteries contracted - the natural consequence was that the blood stream was impeded - and the blood supply to the brain was diminished. There was your dizziness from inhaling one cigarette - smoker though you be.

If one can do that - what must the cumulative effect of twenty or more a day be, even though the human system struggles, as is its nature, to compensate for all our errors?

The endeavor to harmoniously meet that condition is an energy and force which otherwise directed would make your days more resultful, your nights more restful, your life more satisfying.

The smoker is ever seeking self justification -- some benefit he derives from smoking. He even feels that the facts presented against smoking are exaggerated or are fiction. Does he himself not get relaxation from a smoke?

Sitting still long enough to smoke - a change of mental attitude - the accepted suggestion of "Smoke and relax," gives the relaxation - not the cigarette or the smoke therefrom.

Again he says, "Sure - I get a "pick up" from cigarettes, - Don't I know?"

Here he may not be "kidding" himself entirely. The facts being that smoking causes a rise in blood sugar, and temporary energy is the result -- but let us follow through. This rise in blood sugar from smoking is immediately followed by the depletion of the glycogen stored in the muscles and we have in fact a loss of potential muscular energy.

The smoker who justifies it with the "pick-up" idea, experiences it but does not recognize it -- the repeated smoking for a "pick up" continues the depletion of glycogen and leaves him fatigued.

No one perhaps ever wrote upon the subject of smoking in recent years, who was not familiar with the work of Dr. Raymond Pearl of Johns Hopkins.

He took seven thousand persons - divided into groups of non-smokers, heavy smokers and moderate smokers. From the group, up to the age of forty-five only, twice as many heavy smokers died as non-smokers. Now that is painstaking scientific investigation. The findings - facts. So here is neither exaggeration or fiction. Another smoker may say, "It keeps down my weight." Well! Here are the facts about that. One cigarette alone can keep down the perfectly natural hunger contractions of the stomach for as much as an hour.

That result, reduced to a common sense conclusion is "malnourishment by starvation produced by nicotine poisoning."

The very fact that smoking does affect the natural contractions of the stomach is a true indictment of smoking - what the legal profession would term - "a true bill."

If, with a full understanding, you are going to quit smoking and are going to give yourself the required autosuggestion to make it easy - pleasant - and a moral victory (moral in the sense that you will accomplish that which you heretofore thought you could not do) let me give you a preliminary suggestion -- Do not tell anyone you are going to quit smoking.

If you have carefully studied your early instructions you know why this is psychologically sound advice. If you are going to undertake any accomplishment do not talk about it -- Do it! -- The more you talk about it the more you drain off the force and energy that should go into the accomplishment. You surely

have observed that the individual who is always talking about doing great things is generally the last to do anything.

The cigarette, particularly, by reason of being deeply inhaled and by reason of certain poisons in burning cigarette paper (all paper) has a very decided effect upon the nerves which control digestion, breathing, blood circulation, and the bodily heat regulation. It is immediate, positive and measurable - so is neither fiction nor exaggeration.

When one smokes and inhales a much larger area of mucous surface is affected than one imagines. It is the same surface area one uses in breathing.

The lining of the air tubes and cells of the lungs presents an absorbing surface of about 1000 square feet. Coming to the extremely delicate covering of this "respiratory field" is a volume of blood equal to all the blood in the body - and it makes a round trip, so to speak, every minute.

When you are breathing correctly, as heretofore pointed out in these instructions, and are breathing fresh pure air - you have a burning up of impurities in the blood stream by the absorbing of oxygen and the eliminating of carbon dioxide by the air cells.

This contact of air with the blood stream is through these extremely delicate coverings of this 1000 square feet, comprising the "respiratory field." By smoking one irritates the air cells, they become inflamed and exude a serum, in the defensive process of meeting an existing condition.

In cigarette smoke, besides the nicotine so stressed in the "scare" articles upon smoking, there is creosote, pyridine, carbon monoxide, carbon dioxide, prussic acid, furfural, and other "tar products." Examination of smokers' lungs at post mortem reveals a black lung filled with carbon deposits.

There is not much difference between tobacco smoke and other smoke except for nicotine and pyridine - and that (pyridine) would be in "other smoke" if paper was included in the burning material.

The cigarette smoker would get a shock if he could view the air passage lining of his anatomy, this one thousand square feet within the "respiratory field" -- It's just black with resin, tar and creosote.

One seeing it wonders how the purifying oxygen ever gets through to the blood stream. The fact is that the lung lymphatics are black with tar-like irritants, the breathing capacity of air cells are diminished one half, and hence resistance to lung cancer, respiratory diseases or infections is about half normal.

If you want to get a visualization of just what a few "puffs" will do - smoke a cigarette and do not inhale the smoke, but blow it through a handkerchief or white cloth of fine texture. No! All that brown stain is not nicotine as some rabid reformers might have you believe -- It's a creosote, resin and tar product largely. Having made a half dozen of those ugly spots on the handkerchief or cloth, you now change your procedure. Smoke your cigarette - inhale the smoke and then blow it through your handkerchief or white cloth. It may be you get some discoloration with the inhaled smoke, but nothing to compare with your stains previously made.

There is one thing certain - the staining material was in the smoke in each instance. In the first tests the cloth got part of it. In the second tests the lung lining and delicate membranes of the respiratory field got what the cloth did not.

Can you imagine it? No wonder so many want help to quit. The life principle does put up a battle for the life of a man, even against his own folly. It is largely through the injury inflicted upon the mucos membrane that smoking impairs the hearing and the sense of smell.

When you injure the sense of smell you of necessity injure the sense of taste. Taste and smell are senses so interdependent that few of us distinguish one from the other as heretofore pointed out in these instructions.

The sense of smell is a rather strange and a very delicate thing. You step from a clean atmosphere into a smoke laden, or poisonous atmosphere of most any kind, and your sense of smell gives you a quick response - a warning and a message of danger, in accordance with your collateral understanding.

Stay in that contaminated atmosphere for just a few moments and you become unconscious of it -- Your sense of smell seems to tire easily - or it becomes anesthetized to an odor by exposure to it.

Knowing and understanding the breathing process as you do or should, you are aware that gasses pass into the blood with the greatest of ease. The absorption within the system is much more rapid than would be anything taken in liquid form into the stomach or even by hypodermic.

"Smoke in your eyes," might be a subject of sentimental gush, and provide a vehicle for a play of literary or musical fancy -- but it is a very real thing to a smoker - a thing he does not "fancy" -- It causes his eyes to smart - and water and turn red. That is just the poison in the smoke, known as acroline at work. Smoking affects eyesight. How could it help from doing so. It affects breathing, digestion, blood circulation and other functions - life processes - and one thing we know and ever hold in mind is the unity within the human body - and we strive toward a full realization of the unity with the Universal.

You understand that we are working toward a technique for one who desires to quit smoking. In the developing of any technique we have to know the whole problem with which we have to deal -- the man -- the habit or problem -- the effects.

We have to apply our Socratic system of questioning who, what, when, why and where and like the radio comedians, Amos and Andy - - check and double check.

That is why we are fully exploring the effects of smoking. Then we can make our psychology effective - our suggestions pointed - our affirmations meaningful and our subconscious minds cooperative and our whole process a success and not a succession of well meant resolutions and a series of heartbreaking, morale crushing back slidings and admissions of slavery to a habit, and broken resolves.

It is possible that any individual for one reason or another might come upon the day when an abdominal operation becomes necessary. Of itself it might be neither serious nor dangerous - but if a complication of the lungs develops it is an entirely different story.

Many smokers suffer from chronic inflammation of both trachea and bronchi. Under normal circumstances, the condition is without symptoms and often overlooked. The facts are - that heavy smokers are six times more likely to develop complications of the lungs following abdominal operations than non smokers. This is not fiction or exaggeration. Dr. H. J. V. Morton reached this figure after the study of 1257 cases of abdominal operations and reported upon them in the British Medical Journal, the Lancet.

Here is the why of the danger of lung complications following abdominal operations. After an abdominal operation there must be no restriction of efficient coughing. If there is a restriction, such as inflamed trachea or bronchi would be likely to cause, there comes about a stagnation of bronchial secretion - it accumulates and becomes infected and purulent and then serious trouble is at hand.

Where there is little or no post-operative interference with the vital capacity of coughing, this succession of events is probably avoided at the outset. So the heavy smoker has six counts against him in that eventuality.

In the case of artery injury segmental spasm of the artery is common and the constriction of blood vessels that cigarette smoking may cause, may cause "irreparable damage" -- That is why on every battle front the warning is posted against the habit of giving a wounded soldier a cigarette if an artery has been severed or injured.

One generally has not reached the stage where he desires a divorce from Lady Nicotine without being aware that any exertion is followed by shortness of breath. This shortness of breath is often the deciding factor in athletic or recreational events.

Gene Tunney, former heavyweight boxing champion of the world, contended that heavy smoking is a disease symptom, saying, "Whenever I see a chain smoker in action I know at once that he is plain sick and should submit to a searching medical examination to discover the underlying cause of his smoking."

"On the physical side, this may range from a thyroid deficiency to a faulty diet or lack of exercise. My psychiatrist friends tell me that most of their patients are frantic smokers. When their lives get straightened out, the craving for tobacco falls away." --- That's a suggestion we can keep our eye on.

May we now suggest that you reread Instruction Number One Hundred and One, and continue through this Instruction. Instructions One Hundred and One to One Hundred and Four, inclusive, must be considered as a whole.

There is sound reason for giving these Instructions separately, just as there is effectiveness in receiving all of the instructions in this study of Life Science separately, and at stated intervals, instead of in one bound volume. Those who have progressed to this point are naturally conscious of this.

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THOUGHT GEM

We first make our habits, and then our habits make us.

All habits gather, by unseen degrees, as brooks make rivers, rivers run to seas.

--- Dryden

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