

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

DEPARTMENT OF INSTRUCTION

A BETTER OPINION OF

YOURSELF HELPS IN LOTS OF WAYS: -

One Hundred and Three! One more Instruction and we complete the series which constitute "the psychological aid in the banishment of the cigarette habit" -- and at the same time we complete the second year's work, another important milestone in our journey onward and upward.

Those of you who have mastered this second year of study are eligible for the Certificate of Merit. As you will recall, we told you when you completed your first year's study with us that there was a nominal cost of five dollars to make these certificates, and that situation still remains.

The value of a certificate is not in the instrument itself. The value in it lies in the fact that it evidences study, effort, and a striving for a better way of life and expression. To the owner it is a reminder and as such an incentive. To others it is evidence that the study and effort of the owner has received recognition by duly constituted authorities, and that he possesses proper understanding and has achieved mastership in the subject or subjects taught.

When you have read the Instruction herewith re-read from One Hundred One through this instruction. There is great value in repetition, especially when the object is a re-education of the subconscious with a view to the correction of a habit.

The decision "to smoke or not to smoke" can come after the next Instruction.

All who have quit are enthusiastic over how much better they feel and how much better they are. If you are one "in the toils" and quit I don't think you will be an exception. You really will have a better opinion of yourself - and that helps in lots of ways, too.

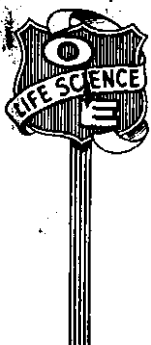
Very sincerely yours,

THE ORDER OF THE ESSENES

By

S. Hamner Davis

Enc. 103



THE Essenes

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INSTRUCTION 103

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

SOW AN ACT, AND YOU REAP A HABIT; SOW A HABIT,
AND YOU REAP A CHARACTER; SOW A CHARACTER AND
YOU REAP A DESTINY.

--- G. D. Boardman

REFRAIN TONIGHT, AND THAT SHALL LEND A KIND OF
EASINESS TO THE NEXT ABSTINENCE; THE NEXT MORE
EASY; FOR USE ALMOST CAN CHANGE THE STAMP OF
NATURE, AND EITHER CURB THE DEVIL OR THROW HIM
OUT WITH WONDROUS POTENCY.

--- Shakespeare

BREAKING THE CHAINS OF BONDAGE TO CIGARETTES

Naturally, those desiring to excel in athletics, do not smoke. It is just generally accepted as true, and it is true, that smoking slows up reflexes; one does not act or react to a thought as promptly as he would if a non-smoker. The muscular reactions are slowed up. The brain messages over the nerve networks seem to take longer to get results. The responses to a subconscious command are delayed. No athletic director, football coach, or conditioner of men would sanction smoking. The outstanding men of this profession give it as their studied opinion that it not only stupifies the brain, but lowers morale, and definitely weakens the muscles and even more definitely affects one's control of the muscles.

Here is an opportune time to suggest that if one's deep desires should turn to excelling in athletics or sports he would easily drop cigarette smoking. He sets up new values - excelling in a sport. He revalues health - and readily accepts the facts about his smoking.

That is good psychology. If one gets an ambition to sing, or to have a beautiful and trained voice for speaking or singing - he easily re-evaluates. It's either the one or the other -- smoking or singing or speaking.

Let us further illustrate this mental principle. If one has been at it (smoking) long enough and often has indigestion, sour stomach and a hot throat, or has a sallow complexion and oft appearing skin blemishes - a thin, tender skin and easily subject to razor nicks in shaving, and finds himself nervous and irritable and that he cannot begin or carry on a piece of work without smoking - and gets his working habits all tangled up with the smoking habit, he is or should be one who would want to do some revaluing.

Let him get an enthusiasm for health, a better appearance - and leadership - and the breaking of the habit is in the language of the day - "a natural."

The mental picture of abounding health - just feeling good all the time - and of clean, clear skin and clear eyes, poise and calmness, can bring into play the forces of the emotions. New objectives - plus the acceptance of new values - plus clear-cut new desires - plus will - plus enthusiasm and emotional backing - and you have a winning combination.

There is a sort of truism on the subject of age --- "Man is just as old as his arteries." Hardening and thickening of the arteries is promoted through the paralyzing and constricting effect of tobacco poisons.

Smokers generally have what is called a case of "nerves." The high pressure of the pace of American living has its roots in the constant stimulation of the emotions. People seem to be ever seeking excitement and stimulation.

The American diet is also a contributing factor. Too much soft food -- too much fried food. It is toxin producing, high in heat and other putrefactive proteins and starchy and fermentable foods.

We are not food fadists, but it would be helpful in breaking the smoking habit to choose a diet rich in fresh fruits and vegetables and low in the stimulating foods such as meats and starchy foods.

If you make such a change a short time before the final decision to quit (cigarettes) the appetite for smoking will definitely be curbed.

If you are definitely neurotic, or definitely living with some fear, or are hiding and suppressing an uneasiness - or if you are never at ease but have a quaking -

shivery feeling inside - or your mind is going "fifty miles a minute" on how to get out of embarrassing situations; or you are futilely jumping from one "plan" to another; or have the feeling of being between a "frying pan and a fire" all the time - and are a "nervous smoker" or "chain smoker" - you want to do some straightening out of your thinking before you say: "I am going to quit smoking" -- and put into execution the suggestions made in Instructions One Hundred and One to One Hundred and Four.

This last suggestion is not in the least necessary to any one who has carefully studied and followed instructions One to One Hundred in this course.

Such "nervous" condition would have been conquered - and "This too will pass away" has been vigorously administered to disturbing situations and poise and calmness has taken the place of strain and tension.

This should be the case - countless of our students so report.

Many people have quit the habit. Among the number are some writers and authors who have written of the experience. Courtney Riley Cooper was one of these. A study of his experience reveals that it was purely a feat of will. J. P. McEvoy was another whose stopping was largely a matter of will power.

In these two cases both mention that when the hands by force of habit reach for a cigarette, or the urge or pull to smoke hit one of those occasions where a cigarette was the usual thing, they had candy or gum or a substitute activity. Both warned against soft candy, as the tendency to eat too much was there. Hard candy they stressed.

Cooper mentioned that J. C. Turnas had made an exhaustive canvass of smokers and found that "you'll either cut smoking off short and take it on the chin, or you won't cut it out at all." McEvoy said that "the way to do it" is just to stop short -- quit and dump all your smoking material, so that they will not "flag your attention at every turn." "Banish the 'accessories before the fact' as the law puts it and you will greatly reduce the number of crimes you commit in the name of tobacco," says he.

Scientists, who have studied the "tense" smokers, have found that usually they cannot be induced to stop smoking unless one or the other of the main factors feeding the tension is eliminated, such as too great pressure of work, marital difficulties, inferiority complexes, self consciousness and quaking fears.

Excessive smoking in ninety cases out of one hundred will be found to be tied in with unsatisfied aspects of life and adjustments or readjustments of life situations will mitigate or ameliorate some of the factors which arouse and increase tension, and often ceasing smoking just naturally takes place.

So we say if you've really decided that you want to quit smoking, and you are a tense smoker, better do it at once and don't fool around with any 'tapering off' process. It won't work. It probably won't work anyway unless you have some understanding of what you are doing and why you are doing it.

That is the reason for these instructions. Even though you may not be a smoker or may have no desire to quit, you will get a technique that will apply to most any habit. Alcoholics Anonymous work upon the same psychological principles.

You want to quit smoking -- You really do? Then let us prepare for it. Why do you want to quit? Reread all the instructions on this subject (from 101) and fix it in your mind that you certainly are doing yourself no good by continuing - and find just what you are doing to yourself, so that when you set a new objective, and

train the subconscious it will not be "rote" or empty affirmation, or suggestion without conviction.

This is your case. It needs some study. You are doing a lot of things unconsciously. You want to find what these things are and when they take place. You want to become conscious of them.

When you get up, do you reach for a smoke? Have you put them in a certain spot just automatically? Study the lighting of it. You go through the same identical motions with respect to the match - the lighter, the cigarette and the lighting -- Note it! Put it down -- Yes! Write it. It's your life - your health, your feelings, your success at stake, so you can afford to write out the course you are now following so you will know just what you are going to work with, and where the substitutions are to be made - and what suggestions are going to be effective.

Your next smoke comes just after breakfast, let us say. Watch yourself - analyze those movements. What did you do? Why did you do it? What was the feeling just before you lit up? What was the effect?

Your next one comes as you get in the car, take the bus or board the trolley - perhaps.

All day long watch yourself. You will find it an interesting game. You will find out much about yourself. When you get to a pause in your work, you smoke. When you have a decision to make, you smoke. When you change from one task or piece of work to another, you smoke. When you are waiting and have nothing to do, you smoke. When you get there, you smoke. When you read your paper, you smoke. When you go to bed, you smoke; when you wake up in the night, you smoke.

There is a very distinct pattern to your smoking. Take plenty of time to study it. You have been smoking a long time, so a few days to study your case may not make a lot of difference anyway.

Note the pattern of your thinking at each of these smoking stages. You may surprise yourself by finding the frequency of your negative thinking, and an emotional weakness in your manner of thinking.

Seek out **this** so-called tenseness you think you get away from by smoking. Get the straight of this "smoke and relax" business. Put your finger on this mental attitude of tenseness. Just what were you thinking about, fearing, and desirous of avoiding?

While you are thus making a study of your smoking pattern and an analysis of your accompanying thought patterns, see if you can awaken and refresh your sense of smell by liberal exposure to fresh air or by smelling some flowers, perfume, toilet water or sachet powders. Then go in your room where you smoke, or in your car in which you smoke while driving, and observe what a stink and a stench you leave behind.

Sometime when you have had a fresh air treatment as above suggested take your coat or clothing and smell it. It stinks with "dead tobacco smoke."

No wonder nature has fixed it so that the sense of smell tires easily and becomes anaesthetized.

There does not live the person who goes into a room drenched with the stench of stale tobacco smoke who finds it pleasant - and people do not consciously want to stink - or offend others with foul odors given off by themselves - but it is being done "in the best circles."

If rooms, draperies, upholstery of rooms and autos catch and hold these foul odors, how could one avoid knowing that it lingers in clothing - outer garments and under garments.

People are just too considerate of the feelings of others to go about telling them they stink, and that their breath is foul.

Sure - that sounds exaggerated! But wait until you quit and your nose gets to functioning normally again and you pass a veteran confirmed smoker on the street - and you get stench even in the open air, and you will say - "Was I ever like that?"

After you quit, if you have been driving a closed car, every time you get in the car that tobacco smoke permeated interior, which hangs on for months will fill you with disgust - and you can hardly believe that you used to get in and out and drive and not be conscious of that.

It's quite simple. If you carry the same odor around with you in your clothing - you are immune to the same odor in room, car, or others. It would be the same were it perfume or incense.

Having thoroughly satisfied yourself that to quit smoking is the part of wisdom, and knowing the effects of smoking and having in mind a differing picture of yourself, you are ready to give yourself the proper suggestions preparatory to the "break off." You have the equipment and the tools -- Now for their proper use.

From a sifting of the ashes of the discussion, we find that this new condition to be sought is just like any other new condition to be attained. First you vision it (as a desirable); next, you desire it (sincere desire is prayer); next, you have confidence it can be done (that's faith); then you determine to do it (will power) and finally you do something about it (you quit). -- It's just that simple.

You need some aids in preparing to take the step - and when you have taken the step, to hold you to the charted course. These aids are available. The use of suggestions - new objectives - revaluations - substitutions, and reeducation of the subconscious.

That is too general. -- Let us just go through the process of preparation and quitting and meeting temptation and overcoming momentary urges. Thus we can make this a successful venture, and it will not be just another "dissertation on the evils of smoking."

What started me to smoking, anyway? Imitation? - That was silly. If I had it to do over again I would not imitate that person.

To appear sophisticated? There is no sense to that -- Either I was or was not, and a cigarette sticking out of my face didn't weigh one way or another on that question.

"To appear" - maybe that's the clue!

I am not blaming myself on the weakness of wanting to "appear" as something - most everyone has that urge at one time or another - but the honest to goodness thing to do is just to strive to be the genuine, the 18 karat, the sterling, and the perfect blue cut, and not show a complex or an admission of weakness and try to "appear" as something.

Maybe it was contrariness? They told me I couldn't or must not - and I did it just to show my "independence."

Well, looking at it from this distance, I know they meant well. It sure was to my

best interest they were looking. I can't blame them for their "Don't do this" and "Don't do that" -- that was the best they knew in the matter of guiding my conduct. I can't take too much blame on myself for being "contrary." I realize I acted quite naturally in view of my (then) understanding -- but anyway they were right and I was wrong, and I have paid the penalties. Now I am going to get right.

Perhaps I started because I thought "It was the thing to do" or "to be sociable" or "it was universally accepted." My! Oh, my! How susceptible to suggestion was I. Make a smokestack out of myself "to be sociable" -- "to be among the accepted."

When it gets to that point - that's slavery. I sure am not going to admit being a slave to anything or anybody. So that idea of being "sociable" and "accepted" was just self deception. I know now that the way to social acceptance is to really "be something" to have within me "something" that will be called personality (but that "something" must be a reflection of true character).

How ridiculous to think that sucking on a cigarette could attract people to me or endear me to anyone!

Well, we are getting at the true of why and how I started - and any angle at which I view it, it was a mistake. I am not going to over emphasize the blame on myself for that, either.

Millions of others have followed the same trail - but I am going to quit, and millions would like to, but have tried, and have admitted they are licked and that they "can't" -- That's where I can show strength of character - not just strength of will.

I am going to quit - because it is my life - my health - and my future at stake. I made a mistake, yes! But I am not going to keep responding to encores.

Remember! Reread from One Hundred and One to here (in one sitting if possible) after the study of this instruction.

The next instruction will complete "the psychological aid in the cure of the cigarette habit" series.

If one reviews it will give an appreciation of the subjects covered, of the great volume so easily studied, and great will be the surprise at the new meanings found in the earlier instructions, and as you progress these new meanings will give greater understanding of the subsequent instructions. -- We recommend a review from #1 to #104.

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THOUGHT GEMS

He that studies only men, will get the body of knowledge without the soul; and he that studies only books, the soul without the body.

He that to what he sees, adds observation, and to what he reads, reflection, is in the right road to knowledge, provided that in scrutinizing the hearts of others, he neglects not his own.

Dryden.