

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

A VICTOR IN THE ARENA OF LIFE: -

With this Instruction you complete your work in the second year of study -- a work which steadily and surely is leading you to the Mastership of yourself - and ultimate success with whatever you meet in life.

Having read and studied one Instruction for each and every week in two years, there is no possibility that you have not in some way been changed. The real you of your being does change with the implanting of every idea.

We trust that it has brought an inner peace. If so, you have gained a control of your thoughts and emotions and hence are self-possessed and can call into being such ideas and forces as will make you a victor in the arena of life.

Confusion is a forerunner of defeat. Fear and doubt rob you and society of initiative. Poise born of understanding and peace born of discipline are the true parents of courage. As one advanced to this point you possess that which can generate faith, that which can create poise and bring inner peace, self-possession and courage.

That you may effectively utilize these abilities in your own life and affairs and be able to take this understanding to a world in need by, example and precept, is the object of our next year's instructions. --- A year of practices, disciplines, application of principles, observances of laws and living a life of vision, initiative and accomplishment. -- In a word - achieving health, happiness and well-being materially.

If you have your First Year's Certificate - and have studied these Instructions 53 to 104 and feel that you are entitled to receive material evidence of that worthiness - we suggest that you write to us stating that fact, and it will speed up the process. You will be helpful to us by so doing. It is a long process to carefully review the files and correspondence of all second year students. -- We are in the midst of it now.

If you do not write and claim your own, it may take us some time to reach your file and write you that you are entitled to this honor.

The life values are in your understanding gained from the study and the attendant actions and reactions. But there is real psychological value in a certificate, a reminder of the effort to attain it, and a reminder to continue to prove your worthiness.

Very sincerely yours,

THE ORDER OF THE ESSENES

By

J. Hamner Davis

Enc. 104



THE Essenes

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Instruction Headquarters - Tampa, Florida

INSTRUCTION 104

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

"WHEN A KING ASKED EUCLID WHETHER HE COULD NOT EXPLAIN
HIS ART TO HIM IN A MORE COMPENDIOUS MANNER? HE WAS
ANSWERED, THAT THERE IS NO ROYAL WAY TO GEOMETRY. OTHER
THINGS MAY BE SEIZED BY MIGHT, OR PURCHASED WITH MONEY,
BUT KNOWLEDGE IS TO BE GAINED ONLY BY STUDY, AND STUDY
TO BE PROSECUTED ONLY IN RETIREMENT." -- Johnson

CONGRATULATIONS! You now complete one hundred four
instructions -- one for every week in two full years.
-- You sought not a royal way - You studied.

"IMPATIENCE OF STUDY IS THE MENTAL DISEASE OF THE PRESENT
GENERATION." -- Johnson

THE SOLILOQUY OF THE MAN QUITTING CIGARETTES

(Affirmation and Suggestion Patterns)

And why quit? For one thing - look at those stained fingers. That is just carrying around a badge saying I am "a cigarette fiend." Even cigarette smokers think a fellow is pretty far gone when he carries around cigarette stained fingers.

Since I come to think of it, while cigarette smoking is pretty general, there are millions of people - adult people I want to do business with who do not smoke, and who have a prejudice against cigarette smokers.

It is the "little things" in life that turn out to be the "big things." I have met with turn-downs. I have met with refusals. I have had my share of failures, and many a sale I have muffed. A lot of those may have been through prejudice against a cigarette smoker --- Now maybe that "prejudice" as I call it, has some sound foundation.

If an individual cannot resist temptation in one line, perhaps he might not be able to resist in some other. I have heard some psychologists express some rather radical ideas along the line that cigarette smoking was a certain indication of "loose links in the moral chain."

"Prejudice" I called it! This thing is serious; it has affected my life and my position -- everything has -- I want to get this thing straight in my mind. Re-education and revaluation is the way to all desirable changes.

It is a fact that the cigarette smoker is more or less a "nervous type." Every time he comes to a decision he smokes -- every break or change in his work schedule is an excuse for a cigarette. His work habits, his recreation habits, his eating habits, his thinking habits and his smoking habits are all tied in together. It is just possible that this fellow who would not select a cigarette smoker as a worker or co-worker or for a certain piece of work or for association in joint interest is not governed entirely by prejudice. Some very careful and painstaking studies have been made - and the smoker doesn't hold his own with the non-smoker in the matter of efficiency - accuracy - or quality of work or decisions.

I may or may not by my smoking have affected my qualifications or performances, but I must not think that the man who judges, acts entirely on prejudice, when he uses a proven standard as a gauge. Certainly all my business life is more or less dependent upon the judgment and decision of others - and if smoking can throw even one decision against me, I can't afford it - because that might be the big decision.

Looking at myself in a mirror with a cigarette in my face, I am rather prejudiced against myself.

Since I come to think of it, these high priced artists who paint the costly pictures to adorn the advertisements of the cigarette manufacturer are careful to avoid profiles with cigarettes sticking out of the mouth. I guess I am not above prejudice myself -- a cigarette sticking out of a face sometimes disgusts me --- and -- oh me, oh my - how many times may I have disgusted others --- and that is no way to attainment, I grant - and maybe I missed many "a sale" from a "little thing."

If I yawn that is nature's call for more air, more oxygen for the human incinerator. If I sneeze or cough, that's nature's effort to get rid of something

that is not for my best interests. As a smoker I do cough - at times it's bad. I go to a doctor and he gives me a gargle and some cough syrup - and says - cut down on your smoking. That's fine and dandy. He smokes - he can't tell me to quit - and he doesn't know any medicine that will make anyone quit - and he can't quit --- and anyway, he thinks it is his business to stop the cough - the symptom - nature crying out for relief from error - human errors. The cause - smoking - he just says "cut down on it" - and not a suggestion as to reaching the cause.

I look in the mirror, and I see that my eyes are always just a little "blood-shot" -- The whites of my eyes are never white but cloudy. I go to the optometrist. He does not even ask me if I smoke. He has all the gadgets in the world through which I read letters large and small on a card and on the wall - and he fits me with glasses. He doesn't tell me that smoking definitely affects the vision and to quit and give my eyes a chance to adjust - and nature a chance to harmoniously meet the situation. He sells glasses -- he finds a symptom -- meets the situation - and with my glasses I see "normally."

I put my watch up to my left ear and I cannot hear it "tick." -- I put it to my right ear and can barely hear it.

I go to the eye, ear, nose and throat specialist, and he puts me through all kinds of tests and he says my hearing in the left ear is impaired 20% and in my right the impairment is 10%. He doesn't ask if I smoke, and probably tells me it will progressively get worse, and that there is nothing particularly that can be done about it --- that's encouraging, isn't it?

Someone says, - "I smell onions cooking. Can't you smell them?" No - I cannot, or by deeply inhaling I can say yes. Someone else says, - "There must be a gas leak somewhere; can't you smell it?" No - I do not. It turns out that one of the jets on the gas stove was not fully turned off.

Finally by degrees I learn that my sense of smell has lost its keenness, and I can walk through an orange grove in full bloom, or through a bed of tube roses and do not smell the fragrance of the bloom.

Pretty soon I wake up to the fact that my food tastes pretty much alike -- Chicken, turkey - duck or goose are the same -- Veal - mutton and beef are alike.

By chance I pick up a magazine of general circulation or a Sunday supplement to a newspaper and find that some fellow somewhere had the same experience and he found that smoking affected his sense of smell and sense of taste, and he quit smoking and in "no time" he was functioning normally. -- That's encouraging. After almost every meal I have a hot throat -- or "belch sour" or have "sour stomach" -- I go to the doctor - He says, "Oh, you ate too much" - or "you ate too fast" - or "you have a little indigestion" -- Take some bi-carbonate of soda and that will get rid of that "hot throat" and "sour stomach" - and "then maybe you better take some calomel or castor oil and clean out."

He did not know whether I smoked or not. Didn't ask, in fact. Well, the "sourness" and "hot throat" keep up. It begins to dawn upon me that smoking affects digestion.

My skin gets blotchy - complexion sallow or muddy looking. - I find out that the blood at the surface of my skin is materially affected by every puff of a cigarette.

If I walk up steps or run or get strenuous with work or exercise I find my

breath "give out." I pant - I am short of breath. I can lay that at the door of smoking.

I attend an auction sale. - There is something offered that I want and need in my business -- before the bidding begins I am shaking like a leaf - during the bidding I shake -- and the catalogue in my hand shakes as though it were held by a man with the palsy, instead of by a vigorous man in the prime of life. Well - I find smoking definitely affects the nerves.

To sum it up - I find a lot of things the matter with me -- not sick - not confined - going top speed every day - but the more I go, the more I smoke. My kidneys don't function just right. I get up two or three times in the night and smoke a cigarette to and from the bathroom.

This begins to sound like an exaggeration and not just a normal cigarette smoker - but if you are one who has arrived at the point where you want to quit - you recognize yourself.

As I look back my smoking experience is dotted with accidents. Some painful, all costly, and when I total it up I am sure it is not worth it. Many a time I have lighted a match and off of it there flew some fire, as though it were shot from a Roman candle and in one or two instances it came very close to the eyes of bystanders, and some of these flying sparks have burned holes in the clothing of others.

Speaking of burned holes, I just wonder how many trousers I have ruined; how many shirts I have burned holes in, and how many coats I have scorched and burned.

Since I begin to total damage in my viewing of my smoking, I cannot overlook the burned desks where I have laid down a cigarette and got busy and forgot and it put a long scorched hole in the edge of beautiful furniture. I have burned up doilies on dressers, put scorched places on chiffoniers. I have had them drop back out of ash trays on beautiful furniture and leave charred holes impossible to repair. On two occasions I remember trying to throw the cigarettes out of car windows, and the wind blew them back and two automobile seats were nearly ruined by smoldering fires and a coat tail was scorched before the damage was discovered. And smoking in bed put a big hole in an expensive mattress, and might have been fatal had others not smelled the smoke and awakened me and helped put out the fire.

I almost shudder when I think of the near accidents I have had in driving cars, caused by striking matches or lighting cigarettes while traveling. When I add up all these things, and I know it to be the common experience of most cigarette smokers, I sometimes wonder what it really takes to awaken us to the total price we pay for smoking.

I, like most people, have said that I desired health, happiness and success. Surely I know that this trinity must be the end result of the proper coordination of another trinity -- Body, Mind and Spirit.

Health! -- Through more than one hundred instructions in this course of study - I have found it stressed that there is a unity in all things. Yes! particularly body and mind. Now I know why in the early instructions I was provided with suggestions as to breathing - drinking water - eating - bathing - exercise - voice training - things physical.

Maybe there is a health I have not known anything about -- an abounding health

- a vibrant health --- When I wake up in the morning perhaps I will fairly bounce out of bed - glad to be alive - When I hit the bath - I can take it hot or cold - and with the rub down I will fairly glow and tingle, be ready for and enjoy my breakfast, and eager to get to my work --- and just sort of feel like a conquering hero --- that must be spirit --- that comes with health.

That is a worth while objective! I haven't felt that way! That certainly is a desirable! If giving up cigarette smoking can help bring that - then I have been dealing in some false values.

That's logical! I can see that! With health as an objective, I breathe right, I eat right, I exercise, I think right --- I live right - and smoking is no part of that kind of a regime.

What's more natural than that with health I feel good? That's happiness budding. Sure! With different feeling and thinking I would "do differently" --- That's success sprouting.

It dawns upon me now, that back in the early instructions there was one devoted to voice training. I read it - and maybe I tried some of the suggestions for a half hour or for a day or two. Smoking has naturally affected my voice. Maybe it has done more than that. I haven't followed through on things I start like I should. Does cigarette smoking and procrastination go hand in hand? Perhaps there is something to this "ah uhm" - "aum" business these mystic organizations advocate and promote.

Among the first things we learn upon coming into this world is to talk - and in this modern day of soft living and smoking - and improper breathing - ninety percent of the people have not good speaking voices - they have "nasal twangs" - "high pitched" or "squeaky" voices, or they "chew their words" or speak indistinctly and do not articulate clearly. And some have "harsh" or "rasping" voices, or have something else the matter with the voice - and smoking doesn't go very well with soft, modulated and pleasing tone production.

A better voice is another objective I can substitute for this so-called soothing effect of smoking. Looking backward I believe I have been irritated instead of soothed. Those who sell public speaking courses and advertise and contend that a good voice and the ability to use it is a road to success - may have something at that. The physical culture boys are sure that they have the secret of success --- a sound body. There is something to that, too. The vegetarian is sure he has the secret of health, and there is some merit in his claims.

A fair appraisal might show that few indeed are the cigarette smokers who take the time and pains to improve their speaking voice - and fewer yet who take just a few minutes each day to devote to breathing and physical exercises, and few indeed are the cigarette smokers who are vegetarians or even semi vegetarians.

Another objective. I can be tolerant and weigh the claims of all who would point the way to health, happiness and success. It is a moral certainty there are none who claim benefits for smoking.

Let me get this thing straight! I started smoking - I choked - I got dizzy - and it made me sick - and I had the usual experiences of everyone. Then I got accustomed to it - and I repeated and repeated and it got to be a habit - Yes! It got to be the easiest thing I did.

I know that a habit is the subconscious functioning. The subconscious is the obedient servant of the conscious mind, so I know I can quit. It is just a matter of desire. Well! There are a lot of things I want more than to smoke. I am not a slave to any habit. It is easy - I am going to quit - not by degrees - or by cutting down. I am just going to stop and like it.

I wake up in the morning and say to myself: "This is the day you quit smoking." I find that I have a half a pack in my coat pocket and a pack in the dresser drawer unopened and a few in the cigarette container on the night table beside my bed.

These I gather up and dump in the waste basket, together with my cigarette lighter.

I usually smoked in the bathroom before shaving. I forego this and shave, and dress, and go to breakfast, I eat and I find my hand automatically reaching for a cigarette and I smile to myself, saying: "This is going to be interesting to just watch these urges come on."

Of course there is no cigarette - so I get up and start to business. - When I open the automobile door to get in, there is the odor of stale tobacco smoke. I just think to myself - "Isn't that terrible. I'll have to air this car out and get rid of that odor."

On the way to the office there comes on another of those habit periods - and I find myself reaching for a smoke. Here I say to myself - "Well, you got through without your "getting up" cigarette and you lived through without your after breakfast, after coffee cigarette - so I guess you are going to live.

I get to the office - and find a pack of cigarettes opened in the top drawer of the desk, and I throw them in the waste basket -- This was another smoke period - I got by that nicely.

Soon someone comes in on a matter of business. They take out a pack of cigarettes and offer me one. I merely say "No thanks" (and say nothing about my quitting smoking). The other party lights up - and pays no attention to my not smoking. So I figure out that passing cigarettes and offering cigarettes to others is just a form - and a part of habit.

A refusal doesn't seem to make an impression. As my friend smoked I smelled it of course. This was where I anticipated a little difficulty with my resolution - but strange to say my mind worked along this line. "That smoke does not smell so badly when fresh - but after it has filled a room and permeated everything it does smell terrible." Then I watch my friend smoke and inhale and I notice that his nostrils are just black from smoking and then I can just see in my imagination his tar lined lungs.

The day wears on and at the expected moments - the urge comes on, and it gets to be a source of wonder at how the subconscious functions so perfectly. In the middle of the afternoon there comes a change of work and I have to await the arrival of someone, with nothing to occupy my hands and mind.

It was in waiting periods like this I had previously smoked quite a bit. I began to get a bit nervous, and to think about how I would be smoking, had I not quit. It then came into my mind that others had said that on occasions like that they had some candy in the pocket and when the hand reached for a cigarette, it brought forth candy. I wanted all the aids, so I went down to the corner store and got a box of hard candies (having been warned against soft candies

and eating too much) and I put one in my mouth and went back to fill my appointment.

The day is over - I go to bed - and sort-of review. None of the family and none of my associates seemed to even notice I was not smoking, and never mentioned it. It was not bad. I rather enjoyed watching the urges come on - the involuntary reaching of the hand for cigarettes or lighter. The first day is the worst. I got through that. If I can go one day - I can go a week - and if I can go a week I can go a month or a year.

I didn't wake up as many times in the night as usual. I didn't smoke - and I went back to sleep easier than usual. I say to myself - "What -- benefits already!" "That's good."

In the morning I get up for the shave and bath. No smoke - and then I say to myself -- "Let's try a little deep breathing of fresh air before this open window." This I do. After the bath I say to myself: "Hey, let's put some pressure behind this towel and take a sort of rub down - get a little redness of the skin from a vigorous use of the towel - that helps the blood circulation. -- This I do.

Breakfast as usual - but no smoke and no one seems to observe the difference.

To the car and work as usual - but the stale smoke smell of the car is more noticeable than ever. I wonder how long that is going to hang on.

On the way to work I pick up a neighbor -- He takes out his cigarettes - offers me one and lights up. He paid no particular attention that I did not smoke. Many times before I had picked him up and we had always smoked. I had never refused his offer - although without him my usual smoke came about a half mile farther on - and just before crossing a car track -- habit was working that exactly.

Another day -- I had chewed a pack of chewing gum - just as a substitute for the physical motions "old man smoking habit" had put on me.

A pretty hard day from the work and tension angle, so I "turn in" rather early. The maid had found the pack of cigarettes I threw in the waste basket and had put it in my top dresser drawer. -- I opened this for a handkerchief and found them -- a sort of temptation came upon me to just smoke one. - Then I gave myself a mental "dressing down" - saying to myself: "Friend, you are like a drunkard - one drink and you are off on a spree - one cigarette and all that preparation was for naught. You will just be deceiving yourself. You have told no one you were going to quit and so far as you know no one knows you have quit - unless it is the storekeeper on the corner who always tossed them out on the counter when he saw you coming."

"Steady, old boy. You will like yourself a lot better if you do not weaken." I dropped off to sleep early and had the best night's sleep in a long, long time.

In the morning I said to myself: "That deep breathing of fresh air is the trick - a little more of that this morning. Now for a few simple exercises. You found out that smoking actually weakened the muscles. Let's put a little of it back."

A little exercise - a shave - a bath - a rub down and a glow of pink -- Boy, Oh, Boy! Am I feeling fine -- and this much improvement in two days and two nights.

Breakfast - to work - and another day without smoking --- A week - then a month - and then not even a thought of it.

Of course in my magazine reading I see the beautiful and costly advertisements of cigarettes. In my driving and riding I see the costly bill boards - and on the radio I hear the enormously expensive programs.

They arouse a little resentment. --I remember the expose' of the advertising deception - paying a famous singer to say a certain cigarette did not bother his throat. A friend said to him, "You do not smoke, do you?" - He replied, "Of course not." -- "Well, how comes your picture is in every magazine saying blank cigarettes do not bother your throat?" -- "I don't use them - therefore they do not bother my throat, and they paid me \$1500.00 just to say so - - and I took it."

In terms of "sweetness of breath" alone, I figure that to quit smoking is worth all it costs in effort.

I am sure that it took at least six Turkish baths, over a period of six weeks - to get out through the pores of my skin all the stain and poison accumulated in my system over years of smoking.

It took two or three dry cleanings of my clothes to get rid of the foul odor of dead smoke.

It took six months of "airing" to rid my car and room of the stench.

--- and to think that the people of the United States pay billions of dollars to engage in this vice - and by suggestion and suggestion alone are led to believe they are "relaxed" - "satisfied" and refined.

One evening I got to figuring how much I was saving by not smoking -- thirty cents a day, 365 days a year - \$109.50 a year. I can borrow \$2500.00 at 4% and use it for a year - for the cost of the smokes - but if that was all the cost it might be excusable - but in terms of energy and in terms of human life itself - no man can afford it.

To quit scientifically is to educate the subconscious to a true understanding of the cost. To affirm the ability to control your own life and habits - to fortify your mind with all the reasons you should quit. To develop a desire to quit and a desire for something else as a substitute - and to exercise the will to live - to grow - to improve and to be a better individual in a better world.

And may my experience be helpful to you - and peace be with you. --- You can't help but feel better and be better - and to quit smoking is a stepping stone to Health - Happiness and Success.

Now - Re-read from One Hundred and One to here! If you quit - Be a man. Stick to it -- You can.

* * * * *

THOUGHT GEM

"Nothing is impossible to the man who can will, and then do; this is the only law of success."
- Mirabeau