

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

LETTER OF INSTRUCTION

JUST TALKING IT OVER
WITH YOU:-

Fenwicke, the brother of Ernest Holmes (whom we have heretofore quoted on a cover page) in his "Law of Mind in Action" says: "Man is spirit come forth out of the formless into form, out of the timeless into time, out of the limitless into certain limitations, and yet, as man, spirit never loses its power to draw upon its resources as spirit. Therefore we must recognize that all of the power of the universe is back of the mind of man, when he thinks."

In our instructions we do not give you "pep" talks. We certainly are not apostles of a way of life that would tend to work against progressiveness, nor would we have you otherwise than vigorous and dynamic, but when these qualities come from a consciousness steeped in a desire to influence others, and to shine socially, and as attention attraction and forced interest creation - seeking the title of "go-getter," we would ask that you pause - and read well instruction Fifty-five sent you herewith.

It is not at all improbable that in the mind era we approach we are going to have need of men who experience peace - man whose outstanding characteristics are poise and balance. Aggressiveness in moderation is good, but steadfastness has more of the winning qualities. Stability and dependability may be our need in the days of trial.

We do not seek to express pretty sentiments - we endeavor to express that which goes to the very heart of right and useful living. You who read comprehendingly - and particularly if you meditate as you read - cannot but benefit. It is a seed in the fertile soil of the subconscious and it will bring forth fruit.

To know that joy and satisfaction is brought into the lives of countless people by these instructions, that failures become successes, that sick people do gain health - should make you glow with pride. By your contributions you have not only extended a helping hand to your fellow man - you have brought to him ideas that rule the world and have helped him to help himself - creating for him a new world of well being,

Sincerely,

THE ORDER OF THE ESSENES

By

J. Hamner Davis

Enc. 55



THE Essenes

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INSTRUCTION 55

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

"ALL ABOUT YOU PEOPLE ARE BEING BIG OR LITTLE IN THEIR APPROACH TO LIFE, FRIENDLY OR THORNY, ARDENT OR COLD OR LUKE WARM, SUCCESSFUL OR UNSUCCESSFUL, HAPPY OR MISERABLE, IMPORTANT OR UNIMPORTANT, CONTENTED OR DISCONTENTED, MAGNANIMOUS OR PETTY, - YES, - EVEN RICH OR POOR.

THEIR EVERY ACT, THEIR EVERY ATTITUDE, WORD AND THOUGHT TELL THE WORLD WHO THEY THINK THEY ARE. THEY ARE WHO THEY THINK THEY ARE, BECAUSE THEY CANNOT FAIL TO BE. IN YOUR INNERMOST BEING AND IN YOUR TOTAL EFFECT ON THE WORLD YOU HAVE TO BE WHO YOU THINK YOU ARE. YOU CHOOSE YOUR OWN ROLE IN LIFE AND HAVING CHOSEN IT, YOU LIVE ACCORDINGLY."

THE OVERCOMING PRINCIPLE

"Understanding" was greatly stressed by Jesus. Every mystic and metaphysician seeks first understanding, causes - operations and effects, and to trace the connections. Let us make no exception in the case of meditation - Knowing what it does and how it does it is the key to "a more abundant life."

We know that the flower seed has within it the pattern of the blossom - in other words, its destiny is pre-determined. In the breeding of animals we see the inherited characteristics of father and mother.

Let us for one moment contemplate the source of life of a human, a seed so minute hundreds can occupy a space no larger than a pin point. -In nine months it enters the world in human form with a brain in its little head.

It, like the flower, enters the world with a pre-determined destiny - the past ever leaning over the future - and this is written in every nerve and cell of its body and is written so that man when he well enough understands man, can read or decipher it. But with the human this destiny is only a tendency or what will be - if not changed by the mental operations of the child itself in the course of its life. - This is the "free will" in man.

Environment - conditions - education - associates - suggestions will all enter into the make-up of the thinking. If we can conceive that these would all be neutral, then its destiny is pre-determined - as in the case of the flower - and like the animal it will forever carry the characteristics of father - mother - and through them of ancestors - and its every act will be the flowering (a perfectly logical effect of antecedent causes) of thinking in the ancestral line.

It is undisputed that the brain is always growing, changing, diminishing or increasing. These changes commence days - weeks - months or years before the effect is shown by the thoughts or actions of the individual. A thought - an impression - a consciously recorded reaction to an experience today is recorded in the subconscious - in the cells of the body - in the nerve structure and may not come forth as an expression or action for even years - but it is there, and when a given set of circumstances take place it comes forth - a tendency flowers in an act.

Countless are the people walking the streets today with criminal tendencies - Without a re-education or a change of mental processes - an implanting in the mind of the "good" to erase the inherited or "blood line" mental conception, the opportunity or proper occasion or contact may come about and the crime will be committed. Man by proper educational training, by disciplines of meditation can overcome inherited or blood line tendencies, and carve out a new destiny for himself. That is the great proof of his divinity -- That is rationalizing "free will."

We repeat that as man grows from childhood to manhood and throughout his life - these inherited qualities and any and all changes are recorded physically in his face - features - eyes - hands - body. In his voice - carriage - movements - actions and reactions and in what he does, he reveals what he is. Back of it all is a thought or a process of thinking.

These signs that man carries about we shall come to know, and we shall be able to read them as an open book. Why not? We read the history of the ages past by an understanding of geology. The process shall be not to know less of religion but to know more of man.

Life Science shall come to be the great science and that institution or organization which best imparts the knowledge and understanding of it shall be one of the great and outstanding and influential organizations of this earth in the mind era we are now entering.

You can just put it down as fundamental - that there is advance growth or change in the brain cells, even years before action or change in character result from the development. The development is an effect - and its antecedent cause is mental. Nothing from the small to the great is left to chance. This is not that kind of an Universe.

We therefore repeat that which you have met before in these instructions, that if you tell us your thoughts of yesterday - last week - last month and throughout the years - we can tell you your state of health, your friends - their number and their quality - how much money you have and whether you are happy or miserable.

In the course of these instructions you are going to see how it is that some people who consciously say and think they want health, unconsciously or subconsciously want to be sick, to avoid some of life's problems or responsibilities, and how it is that some course of thinking years before gave them that subconscious or nerve or cell desire and education and they have ever since responded to it. Only an examination of their psyche can bring it forth to the light of day that they may see what a mistaken idea it was - in view of all that has past - and may realize how utterly foolish and destructive it has been - and then a permanent cure can be worked. - How? By the banishment of the false thinking - the cause - and a substitution of Truth by the route of understanding.

What is the connection between these things and Meditation?

If your sickness - your poverty - your fears and worries are but a consequence - a natural outgrowth of improper thinking you certainly want to set in motion those causes which will bring about a new chain of effects. You certainly want to embark on a voyage in a sea of thought - the essence of which is love, beauty, harmony and happiness. This is Meditation.

When you are thinking in terms of love - realizing that it is a principle of the Universe "that you may have life and have it more abundantly" - how can you fear? "Perfect love casteth out fear" according to the Bible. That is just good metaphysics.

You know that faith or confidence is the opposite of fear, - that fear is just inverted faith or a faith in an evil. If you study deeply - meditate - that the whole plan of the universe is to work for good and have faith - how can you fear?

It is just a psychological fact that two things are not going to occupy your attention at the same time.

You worry over lack - that you may want for something some day - If you just fix your mind on the truth that if you serve and give in the spirit of love - doing your very best on all occasions and under all circumstances; that all things are here and now and that there is a materialization process and that you are a part of the creative principle and a creator in your own right - you cannot worry.

Think not of want; Meditate upon wholeness - completeness - the richness of the universe. That "you shall inherit the earth" has been promised (meaning - is a certain effect) if you just observe the conditions or cause of it - meekness.

That word "meek" was an unfortunate choice of words in the translation of the Fifth Chapter of Matthew - "humble" would have been nearer the true meaning, and "humble" must be taken to mean in this case a recognition that the thoughts of men that are creative and are productive of desirable results are from the universal, and not his - and in recognition of which he is not elevated in self esteem, but conscious of and ever willing to recognize and give credit to the true source - It carries with it the spirit of thankfulness and gratitude.

When man in his meditation accepts whole-heartedly that he is one with the infinite - an heir to its bounties - and that his work is an expression of the all creating spirit - and he ever seeks to express the all good, without taking unto himself the full credit - then is he "meek."

Much in the modern day has been said and books have been written upon developing skill in human relationships and about the technique of getting along with and influencing other people.

Edward L. Tinker, in the New York Times Book Review, commenting upon these books, said, "The modern popular theories of how to make friends, how to get a dynamic personality, and how to attract people are flimsy, brummagem lean-to's, built against the sturdy, ancient structure of real thinking."

There is much in these popular books meant to appeal to those persons seeking glamour and outside show and veneer, but a few little tricks and some surface technique in conversation and in writing is not the thing that builds character.

A personality which reflects character is an entirely different thing from a personality which is assumed and learned like table etiquette or elocution.

It doubtless is true that in technical lines, like engineering, fifteen percent of one's financial success is due to technical knowledge, and eighty-five percent is due to skill in human engineering - to personality and the ability to lead people, but in every case of a great success it will be found that it was not a matter of manners, and that it was not a cloak or a suit put on or assumed, but that personality and ability to influence people came from the deep within; it came from a heart that was right; it was the result of a consciousness of good, an ingrained knowledge that as you measure, so it will be meted to you.

Throughout these instructions are Thought Gems, philosophical expressions of rightness in thought and action. These should be made the subjects of meditation. Things are right as they are. Just acknowledge it. That which to thine eyes is unjust - unfair and not right is but a partial view with mortal eyes - and but an incident in the working out of good - the divine plan. Accept it as so - and thy meditations will bring thee peace and understanding.

This does not mean that man does not often as a free will agent do that which is unjust, unfair and evil. We must be eminently practical and not violate reason - nor deny the evidence of our normal senses. That kind of metaphysics or religion cannot work the eternal miracle in right living - but whenever good is violated by man - nature or the universal principle sets up reactions - compensating effects - and the final result is fairness and justice absolute.

With the knowledge and absolute faith that this is the divine order your meditations will take the course of seeking rightness of action, right-use-ness or righteousness for yourself and not judgment upon another nor condemnation or correction of your fellow man.

The result will be real character - reflected in a personality - and with that comes naturally the over-coming principle.

If the Kansas farmer plants wheat, the laws cannot refuse to bring forth wheat, and rule that they shall bring forth corn.

Within the grain of wheat is one purpose and one command, and the soil and the atmosphere and the rains and the elements must comply with that demand.

Man is over all things and man can have many purposes and make many demands with respect to his purpose, and we will have a revolution in thinking. Life Science will be the great science when we comprehend that by our conscious thinking we can give to the subconscious or subjective consciousness a command it must, like the elements with respect to the seed, obey that command; it cannot alter it and it cannot countermand it, and the subjective consciousness is a part of omniscience, of the All-pervading intelligence, and if the subconscious or subjective consciousness cannot overrule or disobey, and it is a material part of universal consciousness and intelligence, they must be of the same order, of the same qualities - and universal intelligence and consciousness cannot overrule the demands upon it any more than can all nature overrule the purpose within a seed.

There is only one limiting factor; the demand upon the universal by conscious intelligence through subjective intelligence must be a demand for good and for truth and for love, and must work for good, because that is all that the universal can recognize and all that it can work with, and that is its nature. It knows no error, it knows no joy, it knows no misery, it knows not fear.

By bringing about good, truth, and love it must overcome all else that does not agree.

This is the reason of the statement of Jesus "As a man thinketh in his own heart, so is he." That's why thoughts are things - and that's why the Bible teaches that you and the Father are One. Meditate upon these things.