

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

OPENING OUR HEART TO YOU: -

From a reading of the Bible one must come to the conclusion that Jesus came to lead a life. Any inference that he came to establish a theology can not be fairly drawn from anything he did or said.

Teaching you how to live in the here and now, how to meet life's problems, to overcome fear, to enthrone faith, that mind is your divine heritage, that it is a part of divine mind and that the tie has never been severed, and teaching you to think more daringly and more divinely, is to us "leading a life".

In the preparation of our instructions we are fulfilling a life aim to "build something better" - to simplify the truth about life - to make it accord with the findings of science, reason, and experience, and to give to you something practical and workable - and through you and others interested in self improvement and in their fellow man, to give to the world an understanding that cannot but bring about more abundant living.

Not only is it our ideal to produce something superior, but to take it to more people than have ever been reached before by psychological or metaphysical teachings. This we are determined to do - and we give our whole selves to it, and it is written into the laws of the universe that efforts so founded must succeed.

You have advanced this far with us - We feel that a confidential relation now exists and we want you to share in our triumphs - for triumphs there will be.

To you - and those like you - who have contributed to this work goes the credit - and you will not be robbed of it. We are not using this organization to glorify any man. The thoughts expressed are inspired and for these we take no credit; we are but a medium of expression.

Sincerely,

THE ORDER OF THE ESSENES

S. Hamur Davis

Enc. 58



THE Essenes

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INSTRUCTION 58

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

"IF LIFE HAVE ANY PURPOSE, MAN;
IT MEANS THIS IS THE HOUR
FOR YOU TO RISE IN ALL YOUR MIGHT
IN ALL YOUR GOD-LIKE POWER
AND FROM YOUR BRAIN THE SHACKLES BURST
THAT IGNORANCE HAS WROUGHT,
THAT MIND MAY CLAIM ITS HERITAGE ---
TRUE MASTERY OF THOUGHT.

EXALT THE GOD IN MAN TO DEEDS
THAT LOVE ALONE INSPIRES;
THE LOVE OF MAN FOR FELLOWMAN,
THAT KINDLES HIGH THE FIRES
OF TOLERANCE AND KINDLINESS,
AND THRILLS TO ECSTASY
THE THOUGHT OF MAKING BROTHERS, ALL,
OF ALL HUMANITY."

BALANCE BETWEEN THOUGHT AND ACTION

The object of Meditation is to build character - Contemplating the positives and good makes one positive and good.

If one is weak in character there will be flaws in all of his creations, in all that he does, imperceptible to most people but there nevertheless. It is just the difference between the painting of the ordinary artist and the work of a master.

We have heretofore said that man cannot just meditate, or think himself into positions of power and responsibility. His thinking must be of a way of action - of Creativeness - of doing, and then must come the doing.

You will attain success when you give that which is the equivalent of the success you seek. What is this "equivalent" that you have or can have? First, it is a vision, clear-cut and definite, of that success. There is no basis in heaven or on earth to believe that a man who fears failure and who lacks confidence in himself and in his objective, can succeed.

Second, with faith you must determine to create and give that equivalent and lay out a course of action.

Third, you must follow the charted course, and let each experience along the way be used in checking and proving the rightness of your course.

Winds and tides have a way of diverting vessels from their charted course, but there is a way of correcting that - So must you.

In your affairs - set a goal. Hang it in the heavens as your star of destiny - and steer by it. Ever keep the end in view. Be single in purpose.

Fourth - ACTION! Giving of time and thought and energy. Giving to the world a needed service. Giving that which is needed by your fellow man and will make the world a better place in which to live.

Today is the best time to begin, and the best you can do should be the least that you give to every undertaking, great or small.

Let us think about this matter of doing something. Copybook maxims are more often translated into action when illustrated and related to your common experiences.

Think back -- Did you ever engage in a spell of worrying, except during a period of inaction? When you are busy doing things you are not worrying. Psychologically, worry is a mental aspect of inaction.

Did you ever take part in a play as one of the actors or actresses? Your nervousness, your fright, your fears were greatest just before you went on the stage -- Once you were "into your lines" (Action) nervousness disappeared.

Public speakers experience it - athletes in competition experience it. Those going to apply for jobs experience it, as do singers and all who are to start some undertaking which means much. When they get into action, nervousness disappears and in action they build up reserve forces, they cultivate courage.

You say as an alibi that you can't think of something to do. Write a letter to that friend or relative that has had some difficulty or some triumph. In the one case give encouragement - in the other share the feeling of triumph.

Failing that, go mow the lawn - build a snow man - take a brisk walk; play with children or call on a neighbor, leaving your worries at home. Do something -- do anything - something desperate if necessary.

There is a time and place for Silence - but if a silence period is going to be turned into a period of anxiety and fear, action should take its place.

If you have some fine resolutions and some good intentions, do something about them. The most difficult period is over when you once start. Inertia is overcome; you start a momentum, and with this will come the thoughts, the feelings and the energy to carry you through.

In an earlier Instruction we suggested a smile and told of its marvelous effects (Instruction # 8). One individual wrote in and said he did not believe in smiles unless he felt like smiling. Which comes first, the feeling or the action? It is the old story of which is first - the chicken or the egg.

If he would smile, he would engender the feeling that goes with a smile. Looking in a mirror he would naturally smile to see what a difference it makes in his appearance.

It is really remarkable what action can do to feeling. If you get up feeling sluggish -- tempted to "feel bad" - and you take a little exercise, a bath and a vigorous "rub down" with a coarse towel, you will know that action can make you feel like more action, and has a tonic effect upon the feelings.

In the course of these instructions we take up subconscious or unconscious motives, and the part they play in human behavior. We know the value of psychoanalysis in getting at the causes. Whatever the cause, the objective is to change a course of action. So in the search, if a conscious and new and different way of doing things is set in action we are approaching the solution.

In our files of outstanding expressions on all subjects, we find this by Farnsworth Crowder: - "The good coin that passes as human conduct has two sides. 'Heads' tells us that we are what we think we are, that what we feel determines what we do. But, turn the coin over and we find that, also, we are what we do, that how we act determines what we think and feel."

In a psychoanalysis of an individual it may take hours and even days of digging into the past in quiet conversation to find the

past basis of fears and abnormal conduct, and the discovery can often be speeded up by having the patient "act" - go through a regular performance of his abnormal conduct. From the action oft comes the clue of which the patient is not even aware.

Let us from this draw a technique. If you are fearful, act courageously; if you are old, act young; if you are sick, act well in so far as possible; if you are down-hearted and blue, act light-hearted and happy; if you are thinking failure, act success; if you are self conscious, be conscious of others; if you think you are inferior, act superior. Dramatize that which you long to be - and in nine cases out of ten, it is the key to victory. Don't start off thinking you are the one of the ten and it will not work for you - for surely if you do, by laws you know you are that lone minority.

To say that these things are so doesn't make them so. To try them and prove them is the intelligent thing to do. To know why they are so is the part of wisdom. Life Science is not a matter of filling the mind with facts. Encyclopedias and books designed for reference are the repositories for these. A master of Life Science is one who thinks and reasons and learns to put things in their right order. This puts a man in control of his powers and teaches him to contact the infinite wisdom and powers, and he comes to know that all things are possible to him who possesses singleness of purpose, and that the rewards of patience are health - happiness - and success.

Why is action so effective? When one consciously acts, he makes an imprint in the subconscious and his whole cell structure. He effects the universal. That action oft repeated becomes a "habit." It becomes a function of the subconscious, that man may carry forward and devote his conscious mind to new creation.

With this action a part of the subconscious and cell and nerve education, the thing that again sets it into motion or activity is but the command of the conscious mind, or the meeting of a set of circumstances which sets off the unconscious motive, which calls for that action as the appropriate response.

We are dealing in the science of the mind and of spirit, but we must never lose sight of the fact of the human elements - the material man - and the part his physical being plays in life's drama.

Let us approach the importance of action from another angle. Man's nerves are like telephone wires to every part of the system. It is a two way system.

Let us now take note of a smile. When a man experiences a pleasure he just automatically smiles. He does it unconsciously. His whole face lights up. That can come about only by a message over the human telephone system - It starts from a feeling. It is Action.

Now for the other side of the coin. When you consciously smile, - put on a smile, if you please, the nerve system and the sub-conscious have that action related to a "good" feeling. In this case it starts with action. The feeling follows the action, just as action followed the feeling in the first instance.

Let us therefore in preparing ourselves for leadership be ever mindful of an appropriate balance between thinking and acting, and thereby demonstrate in our lives and by our accomplishments the effectiveness of the truths we learn, that we may help point the way in the new era we fast approach, by example and by precept.

Christian D. Larson in Science of Mind says "The faculties and powers we possess, are numerous and remarkable; but they must be exercised extensively and used to the utmost. This idea must prevail in all fields of thought, experience and activity. It must be the leading and central purpose in every institution that is concerned directly with the mind of man."

" If we are to have a better world, we must have better people; people with better minds, better judgment, better character, better intelligence and understanding. And all these vital factors can be developed farther and farther as we apply the principle of increasing use - both in the growing child mind and in every mind all through life. We must have an increasing number who can think for themselves and decide for themselves; people who can form their own ideas, develop their own plans, and do so remarkably well; people who can distinguish between the false and the true, the genuine and the counterfeit - and who have the character and the will to work for the true - whatever the circumstance or the opposition may be."

The Order of The Essenes is destined to be one of the more influential organizations of earth.

May you who are gaining understanding recognize the responsibilities, and know joy, pride and satisfaction in fulfilling your obligations to your fellow man by helping to spread this understanding, that it may be wide spread in the day of need.

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* * THOUGHT GEMS * *

IS IT LUCK?

"You may call it luck if you wish to, but luck never paints a scene,
Never writes a book or a song to sing; never thinks of a new machine;
It may whisper a hint to a thinking man or a man who will dare to try,
But for the man who won't or the man who can't, good luck goes dancing by.

You may call it luck if you wish to, but the man who wins the game
By a lucky stroke or a lucky break has been fighting just the same;
And whether it's oil, or gold, or art, or catching bass or pike,
If it's luck you want you must put yourself in the place where the luck can strike."