

THE ORDER OF THE ESSENES
2527 SUNSET DRIVE
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DEPARTMENT OF INSTRUCTION

FRIEND --

Often there is in one paragraph, or even in one sentence or word, the subject material for a whole discourse.

As you read page one of Instruction Sixty-three you are going to meet this: "Give to the subjective, thoughts upon things beautiful, and it will reflect beauty. Give it thoughts of love and kindness and these things will be mirrored in your experience."

That is sound psychology. We often have expressed to us, by those studying with us, wonder at the changes that have taken place in their outlook upon life, and the material advances that have been made in their material affairs.

Often they are not aware of the changes taking place until they come face to face with some major problem - and when it has been met and solved in the simplest manner, they view the results with amazement and say, "Can that have been I who did that?"

You cannot study this course, or any course of thoughtful material, and be the same individual thereafter. To associate with thoughts and ideas produces thoughts which have a correspondence to the material studied. This is particularly true if the study has aroused emotions.

When you have completed this course of study, you will have been through a course of reading greater in volume than the New Testament of the Bible, - and we trust every word and every idea, understandable.

If you read and re-read and study it, as some people study the Bible - every cell of your body will have a re-education. You cannot be the same individual. That is what association with ideas will do for you.

We have no quarrel with religion, but we would have you consider what Charles Fillmore, the late presiding genius of Unity, has to say: "The popular teachings, in which the personality of God plays such an important part, do not satisfy the logic of the advanced minds of this age. Our colleges teach that all reality is governed by universal laws that cannot be changed at the behest or the arbitrary fiat of God or man. The teaching is proved by laboratory tests and thus lays the foundation in the students' mind for the scientific control of all things, seen and unseen, and breaks down the personal God theology.

When one who has had this academic training is asked to accept on faith the dogmas of a religion based on the assumption that God is a personality displaying anger, jealousy, revenge, and other evil traits, there is an innate rebellion and declaration of absolute unbelief in any religion."

May the reading of this Instruction be resultful in your life - Happiness is the aim of man. We sincerely wish you happiness. We know you wish it for others, and are helpful in taking it to them.

Sincerely,

S. Hamner Davis

Enc. 63



THE Essenes

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INSTRUCTION 63

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

THERE IS GREAT VALUE IN A LIFE INVENTORY, AN HONEST APPRAISAL OF ONE'S PERSONAL LIFE. ONE SUCH INVENTORY OR APPRAISAL WE SUGGEST IS THAT YOU SET DOWN ON PAPER A COMPLETE LIST OF ALL FEARS - WORRIES AND DOUBTS WHICH POSSESS YOU. IT JUST MIGHT BE THAT THESE WRITTEN OUT WOULD SEEM FOOLISH OR SILLY TO EVEN YOU - AND IF THEY DO THEY HAVE A WAY OF HANGING THEIR HEADS IN SHAME AND SLINKING OUT OF YOUR LIFE.

IF, HOWEVER, THEY STILL SEEM REASONABLE - ADD A LIST OF ALL POSSIBLE HOPES OF A HAPPY ENDING - AND A LIST OF THE COMPENSATING EXPERIENCES - AND THEN "THINK ON THESE THINGS" AND YOU ARE ON THE HIGH ROAD TO "A MORE ABUNDANT LIFE."

WEAVING GOLDEN HOURS

Having given you the assurance that the result of understanding of Life Science would be health, success and happiness - we must overlook no avenue of approach to any one of these attainments.

The object of meditation is to look upon and contemplate things desirable - for we do by the power of suggestion absorb something of the things upon which we center our attention. To think deeply upon the good attracts to us good. We have heretofore given you a Bible quotation with respect to "looking upon these things" - good. It was just good metaphysics dynamically expressed.

Happiness is an emotional state - a way one feels. It therefore has its originating source in the subconscious, or subjective mind. That which emanates from this source must have "something to feed upon." It must be given by the objective or conscious mind that which can come forth as emotion or feeling.

If there is given to it thoughts of fear - anger - jealousy or any one of a hundred negatives it can bring forth evil. It does in accordance with unchangeable laws.

Give to the subjective thoughts upon things beautiful and it will reflect beauty. Give it thoughts of love and kindness and these things will be mirrored in your experiences.

Upon this basis it is well to give thought to happiness - for surely this you desire. With this thought in mind we give to you some of the expressions upon joy and happiness from our library and files gathered by us over the years and which we often review, that we may be the more worthy to instruct. Unhappy individuals of necessity must fail to carry the spirit of happiness to others - because the truth has a happy way of shining through - and insincerity has a way of revealing itself in all men say or do.

These expressions we append are for the purpose of inducing meditation. Then we shall give you something of the medical point of view with respect to the need of happiness and the physical effects which flow naturally from that state of feeling.

Here are the thoughts of great minds on the subject of happiness. The author is given where known.

*

We were made to radiate the perfume of good cheer and happiness as much as a rose was made to radiate its sweetness to every passerby.

* * *

Generosity is the investment from which we clip the coupons of happiness.

* * *

Not what we have, but what we use; Not what we see, but what we choose ---
These are the things that mar or bless The sum of human happiness.

* * *

Make One person happy each day and in forty years you have made 14,600 human beings happy for a little time at least.

* * *

TALK HAPPINESS

Talk happiness. The world is sad enough
Without your woe. No path is wholly rough.
Look for the places that are smooth and clear.
And speak of them to rest the weary ear
Of earth; so hurt by one continuous strain
Of mortal discontent and grief and pain.

Talk faith. The world is better off without
Your uttered ignorance and morbid doubt --
If you have faith in God, or man, or self,
Say so; if not, push back upon the shelf
Of silence all your thoughts till faith shall come;
No one will grieve because your lips are dumb.

Talk health. The dreary, never-ending tale
Of mortal maladies is worn and stale
You cannot charm, or interest, or please
By harping on that minor chord, disease.
Say you are well, or all is well with you,
And God shall hear your words, and make them true.

--- Ella Wheeler Wilcox

* * *

If I am happy in spite of my deprivations, if my happiness is so deep
that it is a faith, so thoughtful that it becomes a philosophy of life,
-- my testimony to the creed of optimism is worth hearing. My optimism
rests on a glad belief in the preponderance of good and a willing effort
always to cooperate with the good, that it may prevail. I try to increase
the power God has given me to see the best in everything and every one, and
make that best a part of my life.

* * *

Just being happy is a find thing to do;
Looking on the bright side rather than the blue;
Sad or sunny musing
Is largely in the choosing,
And just being happy is brave work and true.

Just being happy helps other souls along;
Their burdens may be heavy and they not strong;
And your own sky will lighten,
If other skies you brighten
By just being happy with a heart full of song.

--- Ripley D. Saunders

* * *

Character is the basis of happiness, and happiness is the sanction of
character.

* * *

Happiness is purely a matter of reciprocity. He who is happiest is he
who gives the most happiness.

* * *

The secret of happiness is not in doing what one likes, But in liking
what one has to do.

* * *

Cheerfulness and content are great beautifiers and are famous preservers of youthful looks.

* * *

You cannot rightly train one to an air and manner, except by making him the kind of man of whom that manner is the natural expression. Nature forever puts a premium on reality. What is done for effect is seen to be done for effect.

---Emerson

* * *

The great secret of happiness is to study to accommodate our own minds to things external rather than to accommodate things external to ourselves.

* * *

There are two things which will make us happy in this life, if we attend to them. The first is, never to vex ourselves about what we cannot help; and the second, never to vex ourselves about what we can help.

--- Chatfield

* * *

Happiness is the most accommodating of all things. It will come to a cottage as soon as to a palace. You need never wait for any outward pomp to come.

As the sunshine of the Almighty will shine through a simple vine as richly as upon the velvet of a king or upon the gilded dome of a temple, so happiness falls with equal sweetness upon all whose minds are at peace and in whose hearts flow the good thoughts and good sentiments of life.

--- David Swing

* * *

To give happiness and to do good, there is our only law, our anchor of salvation, our beacon light, our reason for existing. All religions may crumble away; so long as these survive we have still an ideal, and life is worth living.

---Aniel

* * *

To make any one happy is strictly to augment his store of being, to double the intensity of his life, to reveal him to himself, to ennoble him and transfigure him. Happiness does away with ugliness, and even makes the beauty of beauty.

---Aniel

* * *

To be happy and make others happy is the highest duty and privilege in life. Ill temper is the chief of crimes and misdemeanors. Ill temper is contagious, and a person has no more right to go about scattering germs of bad temper than he has to propagate smallpox or the measles. "Sunshine from all and for all" is our home motto, and instant quarantine is the penalty for a failure to live up to it. I believe a happy disposition contributes more to success in a life career than any other single element.

---Dorothy Storrs

* * *

Happiness is not in the possession of a fortune; happiness is in the self-reliance and industry that makes a fortune.

Newell Dwight Hillis

* * *

Live only in a great TO-DAY, whose happy thoughts weave golden hours.

* * *

From "Middle Age is What You Make It" by Boris Sakoloff, M.D., Greystone Press, New York, we now give you thoughts upon happiness from another angle as promised at the beginning of the series of quotations above.

"The middle-aged man can be far happier than a young one could ever be. But he must believe that he has a right to happiness, and that his age does not and should not rob him of this happiness which is an attribute of his very nature and a prime necessity for his health.

Youth seldom thinks of happiness. When young people are happy, they are careless about it, casual, almost disdainful. They are not haunted by the tragic idea which so often arises in the minds of the middle-aged man and woman: 'Happiness is no longer within my reach. My best years are over.' This attitude, which grows more hopeless and oppressive with the years, becomes what I might call 'the complex of middle age.' An inferiority complex in regard to the feeling that 'the right to happiness' has been lost because of age leaves an indelible impression on the lives, the activity and the health of countless thousands.

The human organism is a unit in which the psychological and physiological impulses are so interrelated that they cannot be separated, and should not be considered apart. And everything that exists in nature has its tasks and its purposes - such is the doctrine of biology. This obvious truth is frequently forgotten. Happiness is an indispensable heritage of each human being and of humanity as a conglomeration of human beings.

Why and for what purpose did nature give to man this attribute of 'happiness'? Why did she put into his soul, and into each separate cell of his body, this need for happiness?

All living matter strives to achieve harmony, and life itself is an urge for harmony, and for its preservation and defense. This is equally true of the harmony of one cell and of the millions of cells that form an organism. This is harmony in a physical, chemical and biological sense, a harmony which is ever undergoing the processes of change, re-creation and, at the same time, stubborn preservation of necessary elements. This harmony suffers constant attacks but every living being, whether a single cell or a man, has the capacity to resist each attack and to restore its own balance. That is life. But when the attacking forces win out and deviations from harmony become more pronounced, we have before us the first symptoms of death. This is the basic, immovable and most important law of biology.

As long as man retains the power of restoring his physical and spiritual balance he possesses all that life can give. Otherwise he is on the way to failure, to defeat and, in the final analysis, to death. And happiness is that tremendously important and precious biological factor which assists man in restoring the easily impaired balance of his body, of his mind, of his whole self.

I think we will all agree that being happy is an ideal condition for a sick man, for a sufferer. Every physician knows from his everyday practice, the therapeutic value of a 'happy mood.' We also know that negative, unpleasant, reactions have a profoundly depressing effect on our vegetative nervous system, affecting our digestion and our health. Pleasant reactions, on the other hand, definitely leave a beneficial effect on our nervous system,

actually improving our health. We may say that the pleasant reactions conserve our energy, whereas, the unpleasant reactions waste it.

It is precisely because of this, from a medical point of view, that a middle-aged man needs happiness and pleasant reactions a great deal more than a young man does. It is exactly on account of this that the middle-aged man needs to conserve the source of his energy for the preservation of his health.

This may appear inconsistent on the face of it. For are we not forever hearing the cry: 'The greatest happiness is youth!' This is just what the middle-aged man persuades himself to believe; he constantly repeats to himself, 'I'm growing old' --and this thought preys on his mind and makes him feel that he should deny himself all the pleasant sensations which would appear to be manifestations of youth. This is a great error of judgment. He or she - man or woman - has, after the age of forty, a greater right to happiness than has youth itself."

Mighty is the power of thought. So powerful is it that the "mill run" of people disdainfully reject even the suggestion of its potency, but it ever remains true, - outward circumstances can and do only affect us as we "view" them, only as we permit them to control our thinking. The mind of man is quite independent of outer circumstances.

The great lesson is that man is given a will and the human will can direct the course of our thinking - for good or ill - and it is equally true that our thoughts, desires, and "word" move upon the building blocks of the universe and are the very essence of man's creative powers.

Thoughts of happiness create happiness. Live with this conviction. Pass the word along.

* * *

And here is a resolution worthy of repetition --

"I RESOLVE"

To create happiness in myself and others.
I will keep a strong body for the work I have to do; a loving heart for those about me; a clear mind for all truth, whose recognition brings freedom; a poised, unconquerable soul for the ideal whose champion I declare myself,
And I will possess a faith mighty enough to rout anxiety, ride over difficulty, challenge hardship, smile through grief, deny failure, see only victory, looking to the end; by which hopeful assurance now attuned, I am at peace with myself, the world, and the Infinite.

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