

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

SERIOUSLY CONSIDER

THIS: -

We hear a lot in religious circles about repentance. According to the dictionary and common understanding this means a sorrowing for sin.

Jesus spoke in the Aramaic. It was translated into all languages - and from one language into another before it was translated into English. Little wonder is it that the true meaning was often missed.

"Repent ye" said Jesus and John - They were too good metaphysicians to advise any one to think in the past - or to sorrow over past sins (mistakes).

Just translate "repent" into "change you mind (thinking)" and it squares with the true teaching. You may not yet realize it, but it is true nevertheless, if your circumstances are not to your liking, then change your thinking and circumstances must change. It is just that simple - so simple that it is most difficult for some to grasp.

There is something else you may not have yet discovered. If you have seriously and earnestly studied these instructions, you are quite a changed individual from what you were in the beginning.

All concede that associations and environment effect each of us. The association with ideas effects us even more than does association with individuals. You are associating with ideas - truth - universal principle, in the study of these instructions.

If you have not reviewed the early instructions recently, do it. You have but to read them, and an association of ideas will flow from it that was not possible in the beginning and you will marvel at the new meaning you grasp. More than that - there will be a spiritual "pick up" - a sort of uplifted feeling. That's exactly what you want to strive for - that feeling sustained. Why? Because it will put something into your demeanor, something into your daily contacts and efforts, which will tend to attract to you the heart-desire you have implanted in the subconscious.

Others less gifted than you have changed their lives by so doing - and you have helped them to it by your support of our work.

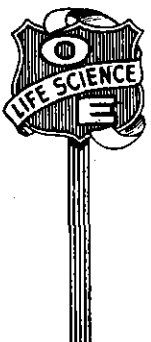
Feel the uplift of this - Determine you will do no less!

Sincerely,

THE ORDER OF THE ESSENES

S. Hamur Davis

Enc. 67



THE Essenes

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Instruction Headquarters - Tampa, Florida

INSTRUCTION NO. 67 Assuring to the Accepted and Acceptable
HEALTH, HAPPINESS AND SUCCESS

THE OLD AND ONCE POPULAR VIEW OF LIFE THAT REGARDED
MAN AS A SINFUL, LOST, FALLEN, DESPISED, DESPICABLE AND
DAMNED THING HAS VERY NATURALLY TENDED TO KILL IN HIM
ENTHUSIASM, HEALTH AND SELF RELIANCE.

WHEN MAN COMES TO REALIZE THAT HE IS PART AND PARTICLE
OF THE DIVINE ENERGY THAT LIVES IN ALL HE SEES AND FEELS
AND HEARS, HE WILL, INDEED, BE IN POSITION TO CLAIM AND
RECEIVE HIS BIRTHRIGHT. AND THIS BIRTHRIGHT IS TO BE
HEALTHY AND HAPPY.

THE RELIGION OF HUMANITY DOES NOT SEEK TO PLACATE THE
WRATH OF A NON-RESIDENT DEITY, NOR DOES IT WORSHIP AN
ABSENTEE GOD.

AN URGE TO HARMONY

When you feel afraid - precisely what do you feel? You, of course, do not feel the thought; thoughts are productive of feeling (remember that) but there is no sense of perception of thought processes -- What you do feel is perhaps a pounding of the heart - a tension of the muscles - cold sweat on the forehead - shaking of the knees - a trembly feeling all over. You perhaps turn pale - you perhaps have a feeling of nausea - your breath comes in short gasps.

Some of the things taking place within you are: The suprarenal glands are pouring adrenalin into your blood, your lungs are endeavoring to pump more oxygen into the blood, your liver is pouring more sugar into the blood, the course of the blood stream is blocked from the head and diverted to organs which control the processes of "running or fighting." The old cave man or primitive within you is functioning. What is the lesson? THERE CAN BE NO QUESTION BUT THAT THE THOUGHT PROCESSES DO AFFECT THE BODILY FUNCTIONING.

Worth careful consideration is this: - These results may be said to be brought about by indirection; by proper training can we not by direction bring about the same results?

Let us go a step further -- Does it not seem reasonable that an individual by a direct command, backed by the emotions, can bring about a result equal to a result which comes about by the contemplation of a picture of the imagination? The mental and emotional in each case being the cause - In one case we have indirection - contemplating a possible material result entirely foreign to the bodily functioning; in the other, we have direction - a contemplation of bodily functioning.

The answer is Yes - Neurotics do just that. There are "heart neurotics" - Palpitation of the heart is too often self diagnosed as heart trouble, when in fact it is the result of temperamental thinking - and the heart is a perfectly sound organ. It may be here remarked that negative "heart thinking" brings disfunctioning - and long continued can bring the organic changes which have been so persistently contemplated.

Turning the coin over - happiness, a good "belly laugh," ecstasy, great joy, great elation, enthusiastic contemplation of expected good have functional results. The organs of the body throw nutritive substances into the life stream. The glands supply the God intended substances - the blood stream becomes normal and all the life processes function normally - and health is the result. That is by indirection.

By direction he who can vividly picture normality - abounding health - and the buoyant and vibrant feeling that is attendant upon perfect wholeness, and can mentally claim it as his own ("believing that you have it") and can with faith and confidence hold the attitude of expectancy (knowing the "seed will bear fruit") and acts appropriately to that thinking - will materialize perfect health.

About "acting appropriately" -- Do or perform some little things that you would do, upon attainment of your desires, every day; in some instances, every hour.

For instance, in a case of paralysis think of the movement of the member or some part of it - and keep trying. Persistence has its rewards.

The late President Franklin D. Roosevelt said to a friend who marveled at some of his qualities of perseverance - "You are looking at one who took two years to learn again to wiggle his toes."

Text book psychology lays it down that (1) "Most of our mental operations are inseparable from images, or are produced by images." Note the words images and imagination (vision). It is so simple to understand as we teach it, that mental pictures clear and definite are the basis of creative thinking, and are the forerunner of demonstrations or materialization. (2) "That those images closely respond to wishes or repulsions, to things we want or do not want, so that this wanting or not wanting seems to be the ultimate motive power in our psychology."

How logical therefore is our mental formula - the second step of which is to put desire power behind your well chosen, thoughtfully produced visions, and avoid the implanting in your mind by others of negative images (fear phantoms). (3) "That inevitably, people will reveal in their thoughts and speeches, in their outlook upon life, and in their lives themselves, the quality of the images filling their minds."

Do we not stress, as do all philosophies and all religions, that as a man thinketh in his heart, (mind) so is he?

Let us therefore glory in the justice of the universal and immutable laws that make it so. Let us accept the promise that as we paint upon the canvas of the soul, so shall it be out-pictured in our material affairs. The end is foreseen! A health-consciousness brings health - a happiness consciousness is productive of joy - a consciousness of material well being manifests in the here and now.

In Bible phraseology we would say unto you, "Verily, that which is seen cometh from the unseen; the well springs of life are within thee; Thou art the creator of thine own destiny. Think ye therefore upon that which is good and desirable; Stand ye as a sentinel at the portals of the mind, and let no image enter that thou wouldst not welcome in the material, for verily it is decreed that thou shalt dwell with the children of thy thought creation. If thou wouldst cast out the only devils that ever were or ever will be, cleanse thy mind of evil images. Heaven is within ye or nowhere. Ye are one with the infinite, when ye accept it as so. In the father's house are many mansions. It is given unto thee to choose the mansion in which thou wouldst dwell by the choice of the thoughts ye harbor and the choice of consciousness ye create by thy habitual thinking."

It is just - it is good - It is Truth absolute. It is now, ever was and ever will be so, the true purpose of the creation of man with free will - the great liberty - the liberty of the Universe.

Yearly life's span is growing longer and as we learn more of the functions of the endocrine glands (since many of the glands which produce the hormones are depositories for the vitamins) we will be able to enlarge this span even to greater length by correcting disturbances in the chemistry of our bodies, and thereby the whole concept of the prime of life may be changed.

We ask that you pay particular attention to the fact that vitamins and hormones are part of the economy of nature - invisible to the naked eye - and to carefully note that science reached the conclusion that the "chemistry of our bodies" may be the controlling factor.

We mean to demonstrate - and you can demonstrate - and it is an accepted fact that your thinking processes have everything to do with the "chemistry of the body."

Is there, therefore, anything out of line - or beyond reason in "mental healing" - "spiritual healing?"

Let us note what the Medical fraternity has to say. Boris Sokoloff, M.D., in his book "Middle Age is What You Make It" tells of a conversation among doctors. A New York doctor said "We have learned to diagnose nervous ailments. But I feel we have made precious little progress toward curing them. It sometimes seems to me that we keep circling around something very important in man and in human nature, something we don't touch and even avoid touching - and yet it is that very something that lies at the root of all nervous troubles."

In the study of Life Science it is that "very something" we deal with - call it Mind, Spirit, Principle, God, or what you will.

In that same conversation a St. Louis physician agreeing, said - "I am inclined to agree. Our science is too formalistic. It aims at the impossible, at treating human beings as pieces of machinery which are in need of repair. We are hampered by the mechanistic tendencies of our age; man is a machine plus 'something' - Yet this 'something' is probably the more important ingredient."

To show you that they were "circling around something important, and avoiding touching it" Sokoloff himself said, "I think we all agree that being happy is an ideal condition for a sick man, a sufferer. Every physician knows from his every day 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 have 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."

"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."

You will quite agree that this eminent scientist came very near to the true answer - "As a man thinketh in his own heart, (mind) so is he." He certainly hovered very close to the expounding of the truth, so simply stated by the Master Metaphysician.

He even went further, saying "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."

Does that bring to your mind that which you have heretofore met in these Instructions - "Life is the constant endeavor of organisms to harmoniously meet existing conditions."

If this be true, as it is, why is it so difficult for individuals to grasp it - have faith in the principle, "Believe" as the great Essene teacher admonished, and not inject improper thinking into the life processes.

To live a life in harmony with what we know to be the attributes of the Universal -- Love, Harmony, Beauty - is to reap the rewards of the universal intended for each and for all.

These are health - happiness - and success.

We have no quarrel with medicine or physicians. We rejoice that they are fast breaking away from the old school - which was symptomatic in method - directed against the symptoms of the disease - and now are seeking causes.

They will go through a period of seeking the causes in the material realm - For instance, they will find that rheumatism, arthritis, gangrene, high blood pressure, and countless other diseases are due to focuses of infection far removed from the seat of the symptoms, pouring poisons or bacteria or germs into the blood stream, or veins and even arteries strangulated by nerve tension.

Their attention will be directed to the attempt to correct these material conditions. The fact is that these conditions have a cause back of them - and it is mental - due to thoughts, emotions, fears, worries and tensions due to mental pictures, and finally must arrive at the conclusion that man by a violation of principle, of law, the laws of the universe, reaps as he sows - and that the sowing is calling forth into materialization, from the unseen - from the universal - and that this calling forth is a mental process.

The constructive and creative use of these powers we possess is the sane and sensible road to a complete life. Such is the object of your study of Life Science.

To do this we must have some very definite beliefs - we must act upon them - and then we know.

We do approach a crisis in human affairs - probably you who read have reached a crisis in your personal affairs - It should be heartening to you to know that metaphysicians - physicians, religionists, scientists and philosophers are fast approaching a common understanding - and more heartening to you to know that the solution of your problems lies within you - and that the solution of our common problems lies in the enlightenment of individuals.

He who helps to spread this understanding knows a satisfaction and a joy - and that joy and satisfaction carries inevitable rewards. It is true service - It is helping people to help themselves.

Realize that you are primarily a spiritual being - accept it that you are an immortal. Believe in your divine source and that the connection has never been severed. Believe in yourself - as a part of omniscience and omnipotence.

You know the qualities of the universal. Incorporate them in your life and undertake whatever you may in the spirit of love and service - and perhaps to your amazement - you will find yourself possessed of health, happiness and all things material to meet your every need.

But forget not - An attribute of the universal is omniactivity - always active - conforming to this quality you must not only believe - but Act - The rewards await -- Reach forth and grasp them.

* * * * *

THOUGHT GEM

Nothing can bring you peace but yourself;
Nothing can bring you peace but the triumph
of principles. -- Emerson.