

## THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

LET US CALL IT

MENTAL SUNSHINE:-

"There are some people who have the quality of richness and joy in them and they communicate it to everything they touch. It is first of all a physical quality, then it is a quality of the spirit. It is probably the richest resource of the spirit; it is better than all formal learning -- it grows in power and richness with living. It is full of wisdom and repose, since the memory and contrast of pain and labor are in it."

"People who have this energy of joy and delight draw other people to them as bees are drawn to ripe plums. Most people have little power for living in themselves, they are pallid and uncertain in their thoughts and feelings, and they think they can derive the strength, the richness and the character they lack from one of these vital decisive people" - so says Thomas Wolfe.

Never were opportunities greater than today. The great majority center their thoughts upon "freedoms," "rights," "privileges," "security," and "mass planning" - and are unmindful of building within themselves the quality of richness and joy, and thoughtless of the value of self discipline. They mistake rights and privileges for unbridled license, and are heedless of individual planning. They squander their youth and dissipate middle life and pursue material butterflies to the neglect of mental and spiritual values and real security.

When it dawns upon you that each thought is a deposit in the bank of the future-and will surely return to you without change in character or value, when you realize that every feeling and emotion is registered in the living cells of the body - and from these registrations will be projected, like moving pictures your conscious thinking - and hence your material circumstances - you will be more careful of your thinking.

Why fear, hate, envy or worry? - You must live with the children of your thinking. Why deposit in the bank of the future the seed of thorns and thistles, when you know that they will ruin your garden of memories?

Your thinking of today is the vital thing in your life - and we would impress upon you the understanding that life is a science - and why these things are so.

We share with you the joy of helping to spread this understanding.

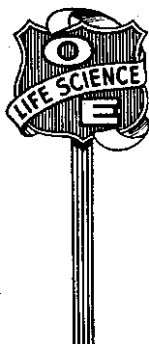
Sincerely,

THE ORDER OF THE ESSENES

By

*B. H. Hammer*

Enc. 68



# THE Essenes

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INSTRUCTION 68      Insuring to the acceptable and accepted  
HEALTH, HAPPINESS AND SUCCESS

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"WHOSO WOULD BE A MAN MUST BE A NONCONFORMIST. HE  
WHO WOULD GATHER IMMORTAL PALMS MUST NOT BE HINDERED BY  
THE NAME OF GOODNESS, BUT MUST EXPLORE IF IT BE GOODNESS.

NOTHING IS AT LAST SACRED BUT THE INTEGRITY OF OUR  
OWN MIND.

ABSOLVE YOU TO YOURSELF, AND YOU SHALL HAVE THE  
SUFFRAGE OF THE WORLD. -- I AM ASHAMED TO THINK HOW  
EASILY WE CAPITULATE TO BADGES AND NAMES, TO LARGE  
SOCIETIES, AND DEAD INSTITUTIONS.

--- Emerson

"SAY THE WORD"

Having comprehended that the universal, omniscience, and omnipotence, is absolutely impersonal - and works alike for all and is available to all, and understanding that it is omnipresent - everywhere and at all times, you can come to appreciate the meaning of "without limitation of time or space," (Review Instruction #51.)

You have also learned of the subconscious which is that part of our make-up which governs our bodily functions without conscious effort on the one hand and which on the other contacts the superconscious - is a unit of it - and in effect materializes our conscious commands. We trust too that you are very definite in the conviction that this subconscious reasons deductively and not inductively, and accepts as true what the conscious mind conveys to it - and acts upon it.

To contact - to get the messages of the superconscious or subconscious is the all important thing - The conscious mind is constantly giving to the subconscious - and if you will just examine your own thoughts you will realize the nature of those messages. They are colored by and reflect the visible, the created, the relative - that which you see - read - hear and contact - and your conscious arrangement or interpretation or translation of the meanings.

How few there are who give thought or concern to the matter of getting still and letting the messages come to the conscious from the superconscious. The great majority overwork the one way system, little realizing that the world accomplishes, the great, the successful, the healthy and the minority who know and experience life abundantly, consciously or unconsciously draw or have drawn their inspiration and sustaining power from the universal.

If it be the nature of the subconscious or superconscious mind that it does not recognize external relations or the relative - but it is ever conscious of the absolute - meaning the laws, principles, harmony, and orderly arrangement of the universal - does it not seem logical and sane and sensible that to contact this mind we must rise to its level - open our minds to the interior and essential make-up of all things. In very simple terms, does that not mean a dismissal of our own interpretations and translations of outward appearances and circumstances, our too great emphasis upon effects, and a substitution of the nature of the superconscious we would contact.

We all know some people who are always talking - they have fixed ideas on every subject - they are sure of the rightness of their ideas, and to put it mildly are poor listeners and hence miss many opportunities to learn.

Perhaps that is the way the majority are in matters concerning the conscious and subconscious - and by the confusion of messages to the subconscious bring about confusion in their life and affairs.

There is one thing we can know - That the Universal is not made up of good and bad - good and evil - the constructive and destructive. It is pure life itself - any other element within it would make it self destructive and certainly its nature would not be complete harmony, which we know and can demonstrate it is.

Do you catch a new meaning of the value of true meditation, as touched upon in recent instructions?

It is a preparation for getting en rapport with the subconscious - your subconscious - which is a bay in the great ocean of consciousness - and partaking of the complete nature of the whole.

When you in your thinking are true to the great principles of truth, love, beauty, harmony and rightness --- envy, selfishness, jealousy, hate, fear and the negatives have disappeared and you are "in tune with the infinite." Then can the two way system work - and the messages from the superconscious can come through - subconscious to conscious.

There is this, too, to think about - Your subconscious accepts as true that which you give to it - and works on that basis - deductively.

Perfect "in tuneness" - perfect reciprocity and true cooperation would require that you accept as true the messages of the subconscious - and this too in spite of physical evidence you can see and experience, provided of course the messages gathered by the senses, you have given the subconscious, were the facts.

That is quite easy -- A condition can exist as the result of errors but basically and behind it all is good - the true answer - and an entirely different condition. Conditions change. This is a world of change - evolution is change, perfection is ever the direction and aim of change - The whole world's history is the evidence thereof.

A man may have a wrong answer to a mathematical problem - He is sure of the rules and principles by which he worked it out. He thinks he applied them correctly - and he believes in the wrong answer. When it is checked it is found an error in one part of the solution threw all other parts of the subsequent solution into error.

Life's situations and conditions are but answers - - get that. The laws and principles are fixed, impersonal and unchangeable. If you have put error into the early solution of life problems the error continues throughout until corrected.

If life can be made complete in every respect - and it can - the answer is in the Universal, then how to contact the Universal mind is of first importance.

Emerson it is said went forth every day into the woods - into Silence - opened his mind - and as thoughts came to him he put them down in a notebook - a daily diary of thoughts - and when he came to write it was but the putting into expression the thoughts that came to him.

In the life of Tennyson as written by his son we find that he withdrew his thoughts from things - circumstances and conditions and invited the messages of the subconscious.

There is nothing difficult in this - You just can't do it, however, when your thoughts run along the line "Nobody loves me" - "She said so and so and meant to slight me" - "I am afraid my husband won't come back" - "I am going to lose what money I have" - "Why do people avoid me" - and on and on, ninety percent of which thoughts are selfish thoughts, - what one can have, keep or get.

We must be eminently practical. We have heretofore given you suggestions as to how to give to the subconscious a problem that you may get an answer from the superconscious, of which it is a part - but until it is with you, the student, a workable thing giving you results in your daily life - we must give it to you in many forms of expression.

We have heretofore told you that the truth is the truth no matter where you find it - and that these instructions are taken from every language, every religion, from all times and all countries. There is truly no originality. It all comes from the Universal. In the Essenes we seek to glorify no individual - It is not founded upon the worship of teachers - but upon the veneration of truth by whom-ever expressed. Mysticism has no place in the search for the simple truths of life. - We repeat - Life is made up of simples and the great art of accomplishment is but to arrange them in right and harmonious order -- Then will the riddles of the Universe be solved.

Now for a manner of submitting to the subconscious the every day problems of life.

We will now quote from a lecture of T. Troward of India - delivered in Edinburgh -

"The purer our intention the more readily we shall place ourself en rapport with our subjective entity (he speaks of subjective and objective mind - meaning subconscious and conscious as we use it) and a fortiori (meaning, "for a greater reason") the same applies to that great Subconscious Mind of which our individual subjective mind is a particular manifestation."

"In actual practice the process consists in first forming a clear conception in the objective (conscious) mind of the idea we wish to convey to the subjective (subconscious) mind: then, when this has been firmly grasped, endeavor to lose sight of all other facts connected with the external personality except the one in question, and then mentally address the subjective mind as though it were an independent entity and impress upon it what you want it to do or believe."

"Everyone must formulate his own way of working, but one method, which is both simple and effective is to say to the subjective mind. 'This is what I want you to do; you will now step into my place and do it, bringing all your powers and intelligence to bear, and considering yourself to be none other than myself.' Having done this, return to the realization of your own objective personality and leave the subjective mind to perform its task in full confidence that, by the law of its nature, it will do so if not hindered by a repetition of contrary messages from the objective mind. This is not a mere fancy but a truth daily proved by the experience of increasing numbers."

"The facts have not been fabricated to fit the theory, but the theory has been build up by careful observation of the facts; and since it has been shown both by theory and practice that such is the law of the relation between subjective and objective mind, we find ourselves face to face with a very momentous question.

"Is there any reason why the laws which hold good of the individual subjective mind should not hold good of the Universal Mind also? And the answer is that there is not. As has been already shown the Universal Mind must, by its very universality, be purely subjective, and what is a law of a part must be the law of the whole."

Certain it is that matter of itself possesses no power of voluntary activity. There is a certain inherent activity in every material thing - It is this which determines it to be what it is. When a force outside of itself acts upon it and changes its inherent activity it becomes something else. Substance, mind and spirit co-exist in the Universal. That substance as a part of the universal is without form or is unformed, fluidic, ever-present, and to materialize must take some form of activity. The activity it takes is determined, must be determined by mind or spirit. Mind or spirit must impart to it form or rate of activity and thereby is determined what it is to be.

The seed of tree - fruit - flower or plant has within it as we have demonstrated, one purpose. That purpose may be said to be its mind or spirit - a one cell mind or spirit, so to speak, but with the power to call forth from the universal the material required for its unfoldment and expression, and therefore the power to determine the activity of the undifferentiated substance of the universal and thereby determine the form and quality thereof, appropriate to the fulfillment of its one purpose. Man-given freedom of choice or purpose could have no less power.

As man gains singleness of purpose his power is multiplied, we all observe.

Now let us take health - Certainly it is the natural state of man. Health is harmony throughout the physical body - comfort - ease. Disturbance is called dis-ease. Now certainly matter of itself had no power of voluntary activity to bring on dis-ease. It had to be acted upon by some power to change from a normal to dis-ease -- and that something had to be mind or spirit. The physical condition therefore is a condensation or materialization of the mental or spiritual activity. If it be dis-ease it is the universal substance in a disorderly or inharmonious arrangement. Remember - Perfect building material can be arranged to erect palace or hovel.

The determining influence in your life and in our life and in all lives is the inner life - It is the mind - the thoughts we think - and the spirit in which we labor - the emotions we arouse and utilize which determine health, happiness, and well-being -- or the opposite. Thus we rationalize "As a man thinketh in his own heart, (mind) so is he."

Conditions are thoughts condensed. Thinking is the great solvent for that which has been erroneously condensed. Metaphysics as we teach it, and as the great Essene Teacher, Jesus, taught it, is but a revelation of the inner powers and possibilities of man - revealing to mortals their immortality.

"Ye shall know the truth and the truth shall make you free" - This is very definitely a promise. Jesus made many promises but he was careful to say that those things promised would come about with Understanding.

The way to put one's self in line for the fulfillment of the promises is therefore an inner process. The development must be mental and spiritual. How is that brought about? By mental and spiritual exercise - just as physical exercise develops physical strength. The material things of life are effects, - sequences - and as Ralph Waldo Trine has said "There is a divine sequence running through the universe."

Too much of praying is seeking for that which one feels he does not possess. It emphasizes lack and need and want and limitation - Is that praying, "Believing?"

You who would become Masters of Life Science - contemplate this: If you say to another or to yourself - "You are sick" - and it is accepted as true and a consciousness is congealed to that pattern - sickness IS. It is then and there. Turn the coin over. You say - "You are well," and the consciousness responds - Wholeness is then and there present.

It resolves itself down to "suggestion" - The great task is to prepare the soil (soul) for the acceptance thereof. You are a creator. "The word" is suggestion. Say "The Word."