

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

FRIEND: -

There are several things that you know, and we just want to refresh your memory: You have often done three or four times the work that you do ordinarily, without fatigue, and memory will disclose that on those occasions you worked with joy or enthusiasm or with faith in the results.

Another thing you know: You never did a good piece of work when you are in a negative frame of mind or were troubled with fears or doubts.

In the study of Life Science you must comprehend that the great business of life is thinking, and that when you control your thoughts you are the maker of circumstances.

Our students often send us poems and Gem Thoughts, and one of the truest we ever received is this little poem:

"If you think you are beaten, you are;
If you think you dare not, you don't;
If you'd like to win, but you think you can't,
It's almost a cinch you won't;
If you think you'll lose, you've lost,
For out in the world you'll find
Success begins with a fellow's will ---
It's all in the state of mind.

"Full many a race is lost
Ere even a race is run,
And many a coward fails
Ere even his work's begun.
Think big, and your deeds will grow,
Think small and you fall behind,
Think that you can, and you will;
It's all in the state of mind.

"If you think you are outclassed, you are;
You've got to think high to rise;
You've got to be sure of yourself before
You can ever win a prize.
Life's battle doesn't always go
To the stronger or faster man;
But sooner or later, the man who wins
Is the fellow who thinks he can."

Does this not rationalize the Bible passage, "According to your faith, be it unto you?"

Our ambition for you is, and yours should be, to better your condition. Keep this letter about you for ten days, and read it often. That is good auto-suggestion -- it is good medicine for you and every one -- let us share it.

Very sincerely yours,

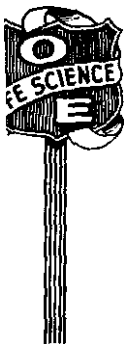
THE ORDER OF THE ESSENES

By

Director

B. H. Hamner

Enc. 69



THE Essenes

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INSTRUCTION 69

Insuring to the acceptable and accepted
HEALTH, HAPPINESS AND SUCCESS

IN JOHN 18:37 WE FIND THIS - "TO THIS END WAS I
BORN, AND FOR THIS CAUSE CAME I INTO THE WORLD THAT
I SHOULD BEAR WITNESS TO THE TRUTH."

"A LOST WORLD IS A WORLD WHICH HAS LOST THE TRUTH
ABOUT LIFE; AND A LOST MAN OR WOMAN IS SIMPLY ONE WHO
HAS LOST THE TRUTH ABOUT LIFE; AND THERE IS NO OTHER
WAY UNDER HEAVEN TO SAVE THE LOST BUT BY TELLING THEM
THE TRUTH ABOUT LIFE."

--- Wallace Wattles in "What Christ Says."

A KEY TO MENTAL MEDICINE

"There are persons today who feel that life has defeated them, and they go through the weeks, months, and years in a state of mental inertia, their ambition dead. They have no plans or hope for the future. They feel that it is useless for them ever again to make an effort to climb out of the groove in which they find themselves, or to achieve anything that has even a semblance of their early aspirations. There are others who have relinquished their vision of health, of peace, of happiness. Someone comes bearing the message to them that their chance has passed, that they are too old, that they do not have the necessary training, that their health is gone, that their dream is already dead, and that they need not trouble any more about it." Is that not an accurate description of a pitiful state of mind?

May we suggest that you again, and now, reread Instruction No. 23, and to that list of those who accomplished much after they had passed into what some people call the sunset of life, add this authenticated list of some of the people who lived beyond the century mark.

"The Turk, who attracted so much attention in this country, because of his 156 years, was outclassed by two contemporaries, Rafai Rabal, an Arab Sheik who was 157; and Dr. William Feldman of Stamboul vouched for Fatma Harum's 163 years. William Edwards of Cardiff, who died in 1787 was 167. Louisa Truxo of Brazil lived for 174 years. Petratsch Zartan of Hungary died in 1724, after having lived 185 years. Thomas Caron, of Shoreditch, England, as shown upon his tombstone, lived for 207 years. David Fernison, of Chicago, was 117 years of age at his death; Robert Bowman, of England, 119; the famous Countess Desmond, 120; and Joshua Hightree, 126. J. Brakenberg, the Swedish sailor and the adventurer, was 146 years and eleven months old at his demise."

Could you imagine that any person thinking along the lines set forth in the first two paragraphs of this instruction would ever go down in history as an accomplisher after reaching the evening of life?

If a man at fifty should start reading well selected material from nine to twelve each evening and keep it up only until he is sixty he would in those ten thousand nine hundred and fifty hours, become a well-educated man. Three hours a night for even one year on any particular subject will make one an authority on that subject, if the material studied is authoritative and well chosen.

One of our students is ninety-four years of age -- a member of the American Medical Association -- and a member of the American College of Surgeons, and still active in the practice of his profession. One of our most treasured possessions is a letter from him telling us that he has bound all of our instructions, and that he considers them the most valuable instructions he has met with in his ninety-four years of experience.

Think of it -- at ninety-four still maintaining his interest in the Science of Life. Does not that put to shame one thinking thoughts like those set forth in the beginning of this instruction? This man who still studies at ninety-four writes a steady hand and his signature to his letters and checks shows steady nerves -- there is not a trace of a hesitation when he writes. We purposely

mentioned his checks, because it shows not only his desire to help take this understanding to others, but it indicates a continuing interest in society, and that he cooperates in the endeavors he deems worthy.

We set forth these few facts with reference to this Doctor, whose residence is in the State of Ohio, for another reason. It shows that he recognizes the potency of man's thinking; and after a long life of service in the medical profession, he, from experience, knows that most human ills have their originating source in the mind -- and wants to see the message we have to deliver broadcast, that much of human suffering he has met with in his practice over the years be prevented in the days to come.

We are dealing now with health, the physical, and we recognize that to the individual it is a thing precious and much to be desired. We must therefore tread with caution and must look to the medical fraternity for confirmation of our conclusions as to the power of thought - of faith - and the emotions, in working cures.

The Drs. Sadler of Chicago, authors of Mind at Mischief and Psychology of Faith and Fear, have this to say:

"It is very easy to take the most scientific and fundamental principles of mind cure and make them ridiculous. Nevertheless, few persons who have not had experience in the practice of mental medicine are able to appreciate what vast possibilities are embodied in mind cure, and how many thousands and tens of thousands of invalids and chronic sufferers could be more or less completely cured, speedily delivered from their sufferings and tortures - restored to lives of self-confidence, usefulness, and service - by its intelligent practice.

"Suggestion is the systematic and scientific employment of various methods designed to bring about a process or state of mind and thereby to determine the physical reaction. There are only two ways of removing a set idea from the mind - First, by a process of re-education, and Second, by the persistent cultivation of 'opposite ideas.'

"Suggestion has been consciously or unconsciously practiced since time immemorial. It is one of the secrets of success in the work of the doctor, the lawyer, the preacher, and the tradesman. There are scores of different methods of treating disease, all more or less successful -- notwithstanding their opposite and contradictory teachings -- because the chief element of efficiency in nearly all healing procedures is simple suggestion, faith.

"Suggestion is, figuratively, a form of mental contagion. In fact, it often becomes epidemic when large numbers of persons are involved. Here we see the psychology of the crowd, or the herd instinct. Suggestion may effectually deceive the special senses. Taste, smell, and touch are by no means infallible.

"Mind-cure fads and psychic cults are all shortlived unless they are hooked up with religion.

"You see, a religious mind cure is destined to be more successful and pleasant than scientific and secular mind cures. The divine-healing form of mind cure gives people an excuse for immediate recovery; dignifies all their past performances of doctoring and fussing over themselves; glorifies them as special pets of the Almighty; saves their faces at home and helps them to get right up off their knees and go about their business - cured. In medical mind cure

we have to spend weeks and sometimes months in camouflage treatment in order to give the patient an excuse for getting well."

In the Truth about Mental Healing these Doctors say:

"In the light of scientific revelations, we must look upon man as a whole -- a unit -- despite the fact that the human body is composed of some twenty-six trillions of little cells. These cells are all interrelated; there exists a community of interests. The unification of the individual is effected by two distinct influences:

1. 'Chemical messages,' which are carried to every cell by the circulation (Hormones); and

2. 'Mental messages,' which reach the cells by way of the nervous system (nerve impulses).

Mind exerts an undoubted and far-reaching effect over all the physical functions. The balance of power in health and disease not infrequently rests with the mental attitude.

"The sympathetic nervous system is the mental safety-brake. All mental messages from the higher brain centers reach the vital organs only after passing through the various ganglia, or relay stations, of the sympathetic system, where they are properly censored or at least so modified as to be less injurious to the normal action of the organism. The definition of mind must be enlarged so as to include the whole of that mysterious power which so marvelously presides, not only over the realm of thought and intelligence, but also over the vital physical functions.

"Faith almost invariably inspires one to find a way out of difficulties. At his best, the pessimist is only a barnacle on the ship of civilization as it moves on through the ocean of time. We have known innumerable cases where brain-fag and various nervous infirmities were destroyed by the sufferer's taking an enthusiastic, sanguine interest in some political cause, religion, or romance.

"And so we see that faith promotes normal circulation and restful sleep, begets courage and action, prevents hypochondria and worry; while its antithesis, fear, prevents natural rest, lessens energy, and produces discouragement and despair.

"In its relation to the complexion, skin circulation, and heat regulation, we find striking examples of mental influence. The bloom of health is seldom found on the cheek of the downcast and despondent. Cheerfulness and happiness help much more toward beautifying the skin than does the long-continued use of a multitude of cosmetics, skin foods, and complexion improvers. There is an indirect relation between the bloom of health and buoyancy of spirits."

"In studying the effect of the mind on the nervous system, we find that paralysis of the legs has been cured by the terrorizing influence of thunder and lightning. An old lady who had been confined to her bed for fourteen years with supposedly complete paralysis was one day left alone in the house. While all the family were absent, the house caught fire. The building was at the edge of town, and the flames did not attract attention. The paralytic patient shouted 'Fire!' and called vociferously for help, but no help came. Finally, the flames broke through into her room, whereupon she simply crawled out of

bed and made her exit through the window. Her paralysis was cured. From that day forward, she walked with increasing strength and confidence. Prayer, suggestion, or any other faith-arousing procedure would have worked as well as the conflagration.

"Paralysis has been cured by a patient's sitting with a clinical thermometer in his mouth for one hour each day. The patient supposed it to be a new kind of treatment, and when it was discovered that he felt better after the application, he was required to come and hold the thermometer in his mouth daily for two weeks; and this treatment, unaided by any other method, resulted in rapidly curing his supposed paralysis.

"Fear possesses the power of perverting, distorting, and even originating painful and other disagreeable sensations. Faith and joy are able to lessen, to minimize, and in many instances, actually to banish painful feelings and disagreeable sensations."

We think that a summary of their findings is included in this statement by them.

"Fear can cause practically any and all functional diseases -- and any disease that fear can cause, faith can cure. Faith becomes, then the master key to mental medicine. Mind cure is the real explanation of many an apparent miracle; and understanding of psychiatry helps us to explain many otherwise mysterious and remarkable cures of human disease.

"There exists an enormous field for the operation of mind cure by the average practicing physician. It is our belief, our personal opinion, that, outside of surgical disorders, contagious diseases, and accidents, nine-tenths of all the people who come to the physician seeking relief for their ailments are suffering from functional disturbances which have had their origin in the indulgence of some form of fear; that this great host of human sufferers are victims of circulatory, nervous, and digestive disturbances originating in the imagination; and that the vast majority of these patients can be successfully treated and cured by some system of mind cure.

"Faith is the keystone in the arch of healing. The faith life includes the factors of optimism, satisfaction, happiness, confidence, assurance, trustfulness, hopefulness, certainty, love, cheerfulness, courage, patience, enthusiasm, conscientiousness, and determination; while the fear life includes the factors of pessimism, dissatisfaction, grief, alarm, timidity, anxiety, despondency, suspicion, hatred, worry, cowardice, anger, moroseness, remorse, and vacillation."

In concluding this Instruction we want to leave with you a thought.

Malfunctioning--disfunctioning--non-functioning, and malfunctioning can be brought about by mental processes. Such mental processes long continued and the subsequent long continued malfunctioning as in the case of worry - can bring about organic disorders or disease. With this all physicians will agree.

Now think of this: "Malfunctioning can be cured by mental and spiritual processes."

Is it not logical therefore that organic troubles can be likewise cured? The process may be longer or require more concentrated mental and emotional treatment. Surely we possess a two-way system and the tracks are as long coming back as they were in going. With faith you can think daringly and divinely, and travel the path to wholeness (holiness).