

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

SOMETHING COMES OF IT.

Something can not come from nothing. That is understandable. Apply this principle to ideas -- thoughts.

Thinking, we accept, is a process or product of the mind. Being a process or product, there must be a mechanism or instrumentality by which produced. This is the physical instrument - the brain. This is demonstrable and provable.

The product is an entity. (Thoughts are things.) It is an imprinted electron, as you have learned in these instructions. It abides with you. You can recall it. It is in the storehouse of memory, the sub-conscious. It is something.

The ether of space passing through it is altered. The result is an electrical wave or impulse, capable of being reconverted into a thought or idea, by one attuned to it.

The instrumentalities of the brain can focus upon sense perceptions and ideas result and can likewise reconvert the electronic impulses in the free ether of space into the original idea, focus upon it and imprint a brain cell and it becomes individual to the recipient. Ideas come from something.

This is the rationalizing of telepathy. This is an understandable explanation of intuition and inspiration. This is what happens when men truthfully say they get their ideas from GOD.

To call this ocean of power, intelligence; building blocks of the universe, order, harmony, principle and life itself, in which we move and have our being, SPIRIT, in no way alters its constituent properties. The Bible teaches that GOD is spirit and must be contacted in spirit.

Such a God inspires no fears. It does not punish. There are consequences, Yes! But the seeds we sow come true to type. In the mirror of life we see ourselves. We smile and a smile comes back. We think poverty and we are poor. We fear not and render useful service and our "cup runneth over."

All things in this world are related, happiness is the relation between what you have and what you want. Content with what you have, is to be happy. To achieve what you desire brings happiness.

The great lesson of life is to perfect the within, - to work on YOU, - - - and there will be a consequence, and it will unerringly take the path of your cherished aims.

Thinking, affirming, and self suggesting give design to brain cells and imprint electrons and SOMETHING COMES OF IT.

Sincerely,

THE ORDER OF THE ESSENES

S. Hamur Davis



THE **Essenes**

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INSTRUCTION 89

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

"THY WILL BE DONE IN EARTH, AS IT IS IN HEAVEN"

SIMPLY MEANS THAT IT IS QUITE POSSIBLE TO MAKE THE
WITHOUT THE SAME AS THE WITHIN. WE CAN MATERIALIZE OUR
VISIONS, THE FIRST STEP IN OUR FORMULA OF ATTAINMENT.

ALL GROWTH IS FROM WITHIN OUTWARD. MAN IS IMPLANTED
WITH THE POWER TO VISION THAT HE MAY GLIMPSE A POSSIBLE WORLD
FOR HIM.

ADD TO THIS DESIRE, FAITH, DETERMINATION AND EN-
THUSIASTIC ACTION AIMED AT THE DESIRED ENDS AND LO! "IT
IS DONE UNTO HIM."

UNKNOWN BUT NOT UNKNOWABLE

"Philosophy seeks to do for the sciences just what each science does for the doctrines it comprehends. In the latter case separate truths are brought into unity, and in the former separate sciences. The one unity constitutes a science, the other a science of the sciences and shows that absolutely there is but one science, although it has various departments, whereby the incommensurableness of nature is brought down to our capacities," says Robert Flint.

Physical exploration has been more resultful in the past century than mental exploration, but we are well along in the age when mental investigations and findings will be most helpful in bridging the economic upheavals which appear periodically throughout the world.

By reason of the unity Flint so accurately describes, we are finding the physical sciences most helpful in bringing within our capacities, the understanding of things which were in the olden times incomprehensible and hence were given mystical magical explanations. We pass from the belief in miracles to an understanding of a world of law, and natural sequence.

We have just completed a brief survey of action prompted by hypnotic suggestion. The world of behavior and human action we witness every waking hour is the result of mental action - thoughts - we all agree. Looking behind this we find that the thoughts which prompt behavior, have behind them suggestions or experiences. When these created mental patterns or thought forms - imprinted brain cells - come into the focus of the brain mechanisms, or to express it another way, come to the attention of the central "you," we act in accordance with what we term our "judgment" or "emotions" or "impulses."

Psychologists have spent an endless amount of time trying to figure the relative efficiency of suggestions in the waking state to suggestions in the sleeping or hypnotic state. To us this seems hopeless, because each individual, and each mind is different. Some will let a recording or past experience, act as a counter suggestion or modifying and altering influence. The abilities of concentration of each individual are different, and there are other psychological reasons.

This much is true. In hypnosis the sense perceptions are shut off. In the waking state sense perceptions are at work and dividing the attention element of the mind.

The fact remains however that the course of human lives is governed by mental concepts - and that the course of human lives is often changed by some simple suggestion, such as "You too, may some day build a great canal" - to which we have heretofore alluded in our letters or instructions.

If you remember, in our instruction twenty-three, we quoted from the London Lancet an article about a young lady of twenty being deserted by her lover, and she kept a daily vigil expecting him to return and at the age of seventy had not aged -- having suspended the consciousness of age.

In this we have a case of auto-suggestion and the possible effects. -- It might be of interest to you to know that one of our students after

reading that article wrote us and told us that the lady in question was her aunt and she verified the facts as related in Instruction Twenty-three.

Let us now point out a case of "regression." We take this short excerpt from Science Digest with respect to a lady under the observation of Dr. Beverly R. Tucker at Virginia Medical College.

"A 62-year-old woman who'd been pampered and waited on all her life suddenly lost her devoted husband. Not knowing how to meet her problems alone, she gradually reverted to the thoughts and ways of a child."

"Soon she apparently had grown younger than her own sons and daughters and at the time she was sent to Dr. Tucker he says, 'She was like a nice little girl wearing short dresses.'

"He and his associates worked desperately to set back the hands of her personality clock, but she soon took on the traits of a careless three-year-old. Her speech became only a prattle. She crawled on the floor."

"In only a few months she progressed further to the kicking, cooing baby stage. Finally, assuming the folded up pose of an unborn infant, she died."

"Undoubtedly, this woman's rapid trek back from old age to infancy -- and death -- was caused by a complete mental upset, which in turn affected her glandular balance. For the endocrine system and the mind work in extremely close association."

In this case there was no possibility of a cause other than a mental one. Some might say it was from the shock due to the death of her husband - but if that is carefully analyzed it means "mental cause" - because such "shocks" are due entirely to the way the event is accepted mentally.

In a recent instruction we said that we would illustrate "actions and performances of people above and beyond their known capabilities.

In the press of this country there was a great deal of publicity given to a servant girl with very little education, who apparently went into a trance and spoke in "some strange tongue." It was discovered that she was speaking Latin. There was no possibility that her education gave her any knowledge of Latin.

How natural was it, that people without understanding should say that "her body was possessed by another soul" - that another "spirit" possessed her, and give all the old and uncultured explanations.

Upon scientific examination it was discovered that for years she did house work and was a maid for a Catholic priest, and while working he was always speaking aloud and rehearsing and reading aloud in Latin, and she was but repeating the material she had so long heard but did not consciously remember or understand.

Now consider that case. It confirms again our statement we never

forget, although we may be unable to consciously recall or recollect.

Then too, think of this: - Unless our hypothesis of imprinted brain cells is correct what reasonable or plausible explanation could be given?

Again we can reason how far reaching in human lives is unconscious motivation.

When we speak of unconscious motivation we do not want you to think of it in terms of something connected to weird or strange events or happenings, and not related to every day people - you - and every day events.

Let us illustrate -- If some lady you know "just hates" dish washing - she will be the lady who is constantly letting dishes fall and break, or often sets them in place in the cupboard too vehemently and breaks them. Of course she thinks of it in terms of accidents, but her accidents seem to run to breaking glasses or dishes.

If some one you know "just hates" to cook or "hates the kitchen," she it is who will be constantly burning her hand or scalding herself or cutting her fingers or hand or self with the can opener or butcher knife or on a sharp can edge or with a broken glass or dish. She too will say accident, but her accidents all run to the form of incapacitating her for the hated task.

Let some man whose occupation necessitates night driving develop a hatred for night driving, and he will be the one to have a smash-up and the injury that tends to render him unable to do the thing he "hates" -- and he will, like the dish breakers and finger burners, ascribe the result to "accident."

Now just what is the psychology of this? We have learned that the subconscious reasons, but it reasons deductively and not inductively, and it endeavors to work out situations in a direct way. When you "just hate" something, the subconscious accepts it at face value. There is a motivator. You take your conscious mind off the job at hand, and the scene of an accident is at hand, and the so-called accident is in terms of separating the "hater" from the "hated" task.

Of course the dish washer didn't intend or desire (consciously) to break up the glassware or china ware, and the last thing the finger and hand cutter and scalded would consciously desire is to injure herself, and the victim of the auto crash never had a conscious motive to inflict injuries upon himself - but "hating a thing," to the subconscious is motive -- it does not reason why or inductively.

The subconscious motive is generally unconscious motive to the individual.

As we progress in the study of mind we shall learn how countless daily events, and modes of life, countless nervous and functional and even organic disorders come about as a result of antecedent suggestions resulting in fixed attitudes of mind, dispositions, personalities and characters, and terminating in health or sickness, happiness or discontent, plenty or poverty, and we shall find that when the results are dire and unpleasant in no case would the sufferer have consciously desired that result, but he brings it about by indirection.

Every unkind action is motivated by an inner fear. The unkind have yet to learn in the school of experience, that unkind words, acts or thoughts aimed at another, hurts only the one who sends them, that suspicion, resentment, revenge, hatred, jealousy and a horde of negative emotions create brain cell patterns, and when the mind is focused upon them, the human telegraph system hums with the messages and the human chemical factories are set to work, and actual poisons are dumped in the life streams, and the nervous and muscular systems change their functioning, just as any machine is altered in operation as the forces applied to it are changed.

Buried deep in many persons are suggestions and experiences which constitute unconscious motivation - which if ferreted out and brought into the open, as we have heretofore explained, will change the entire conduct of the individual.

The essence of this digging out of these repressed motivators is the transference of the decisions, judgments, condemnations and so on, from the old irrational unconscious super-ego, with its out of date nursery outlook, to the conscious self, fortified as it is with all the strength of the conscious personality and the knowledge of reason.

The patient is thus freed from the old tyranny and acquires a control over his full self, never before possible.

It is strange how we confuse our minds and our bodies, how difficult it is to believe that mental ills can express in bodily pains, and yet most people every day are translating distress of mind into distress of body.

Every reputable physician will tell you that hard work - mental or physical - never produced a single case of nervous exhaustion.

A man may have of course physical fatigue, due to physical effort - but proper rest and proper food and elimination fix that. It doesn't carry over or pile up. Dissipation or undernourishment may cause fatigue, but with the end of dissipation and with proper nourishment that fatigue ends and it doesn't carry over.

Marie Beynon Rey in "How Not to be Tired" - Bobbs-Merril - puts it this way.

"Confronted with an enemy, whether that enemy be a man with a gun or imminent bankruptcy, we react in exactly the same way -- always physically. The endocrine glands pour out their hormones, the heart beats faster, the liver increases its supply of glycogen, the sweat glands speed up, the blood pressure rises, and the action of many internal organs is suspended in order that their energy may be diverted to the external muscles -- in short, the whole body is made ready for intense action, for fight or for flight, exactly as was the body of primitive man on the advent of a lion on his horizon.

"This is exactly what happens to the man sitting quietly in his office chair when a statement in red ink is laid before him. Can you wonder that he is exhausted at the end of the day?"

"It isn't so much the gusts of passion that we have to fear as it is the continued gnawing of the less spectacular emotions. Boredom, worry, little daily fears and timidities, undermine the morale and distill fatigue far more than do occasional outbursts of passion.

"We have great elasticity, great resistance and recuperative powers. But what we can't stand is long periods of nagging by the quiet, deadly little emotions.

"Here we come upon one of the major sources of chronic fatigue -- indecision, which arises from a disunion of the personality. Those who suffer the agonies of indecision over small as over big issues, harbor one of the most virulent of fatigue toxins.

"They are the constant preys of doubts, conflicts, fears. Until they can establish the habit of a positive attitude toward their difficulties, they cannot gather much momentum.

"Any of these emotions may originate either in our conscious or in our subconscious minds. It frequently happens that we are conscious of the emotion but not conscious of its original cause. It may even be some complex with its roots deep in childhood.

"According to the psychoanalysts, eight-ninths of our actions are guided by the unconscious. It runs our bodily machinery, controls most of our mental and emotional life, and above all, is the source of much of our energy. It is, in fact the reservoir on which we must draw if we are to have at our command inexhaustible vitality.

"Our subconscious is, for the most part, an unknown quantity -- but not unknowable. We should all of us know enough about it to be able intelligently to question our motives, analyze our emotions, dissect our rationalizations, suspect our prejudices -- and thus be able to control our conduct."

Life Science we trust will teach you to safeguard and build up the physical, as a fit housing for a sane mental and spiritual life, and will cause you to create brain cell imprints, which when played upon by the brain mechanisms will result in a consciousness - which will result in health, happiness, and success -- It can be done -- Carry on!

THOUGHT GEMS

"When you start to live and an unpleasant emotion springs up at you unexpectedly, your first reaction is to dodge it. People who are not proficient in the practice of living spend much of their time avoiding situations which they fear or do not feel competent to solve" --

The answer -- Do the hard things first. Inevitably you will experience the spirit of exaltation. You do thus honor and exalt yourself.
