

THE ORDER OF THE ESSENES
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DEPARTMENT OF INSTRUCTION

LIVE TODAY!

Two lives - the physical and the mental - is less of a figure of speech than some imagine.

If you are living in the past, constantly recalling unpleasant events and unfortunate experiences, you are certainly aware you are dealing with that which cannot be changed or altered so far as external conditions are concerned.

Do you enjoy the company of those who deal in their past difficulties? Do you imagine others enjoy your company if you unload upon them your troubles? Do you know that your subconscious mind is your ever present company? Do you know that discouragement, complaints, and difficulties lived over and over, is a constant putting into focus and bringing to the attention of the brain mechanisms imprinted brain cells, and that thereby your present and future are materially affected.

You cannot change the past, but you can mar a present and a future by living in the past.

If you have fears, you are living in the future. Recount all the fears and anticipated troubles you have lived with and recall how few of them materialized. If they materialized, you have lived through them, but you had two living hells, -- the anticipation and the realization. The anticipation was probably the longer and more painful, and it weakened you to meet the actuality.

Fears actually tend to bring about the thing you fear. The subconscious picture or imprinted brain cell is of the thing you hold in mind either as desired or feared and works to materialize it.

If you are afraid of dogs, - the dogs know it by the sense of smell. Fear poisons have a distinct odor. If you are afraid of people, people know it by a quivering chin, a shaky hand, a furtive look of the eye, a hesitancy in speech, by what you say or how you say it, or some nervous or bodily movement. There is telepathy. People often sense but do not consciously know how or why Man in his subconscious knows more than he is consciously aware of.

Do you not recognize that in recalling unpleasant experiences, the attention element is focused upon you? In your fears do you not clearly see that the thoughts are of self?

Regard all of the past as EXPERIENCE with distinct value. Look to the future with courage and confidence. Live today and let your thoughts take an outward course -- how best you can be of service to others.

If you do, your future is assured, and your tomorrows will not be tinged with remorse or regrets.

-----and you can do it.

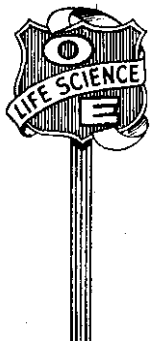
Sincerely,

THE ORDER OF THE ESSENES

By

B. H. Hammer
Director

Enc. 90



THE Essenes

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INSTRUCTION 90

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

THE THING THAT WILL CARRY YOU FROM WHERE YOU ARE
TO WHERE YOU WANT TO BE IS WITHIN YOU - MIND. BUT YOU
MUST LET IT FIND THE WAY - NOT CLUTTER IT UP WITH WAYS
AND MEANS OF YOUR OWN DEVISING, BASED UPON SELF-SERVICE.

THERE IS A SOLUTION TO EVERY PROBLEM - AND
STRANGE THOUGH IT MAY SEEM - THE BASIC PRINCIPLE OF THE
CORRECT SOLUTION LIES IN SERVICE TO OTHERS.

AN ARMY OF MASTER METAPHYSICIANS

Early in our instructions we stated that there are many weird so-called schools of thought, but that we had no quarrel with them because each had some grains of truth and each in its way probably did some good.

An extensively advertised one in the northwest sought attention by the slogan, "I talked to God - actually and literally."

In the first place the use of "I" in the announcement was a clue to a rather egotistical frame of mind -- In the course which is sold we find the clue substantiated by the use of "I" a minimum of twenty-five times to the average page.

In the first lessons he says that "God is a law" and that this "God law" does certain things. Of course those trained in Life Science know that a law never does anything. It is a rule of action - the description of the way certain forces act. As for a man "actually and literally" talking to a law (God) we merely comment -- It is a good trick if you can do it.

To one who has made a study of all of the cults and isms and semi-religions and religions and sciences (?) related to theological and religious tenets, it would be a matter of suspicion - and almost a conviction that the author of this material suffered with an inferiority complex - and by the constant repetition of "I tell you this" - and "I tell you that" and "Don't let anyone tell you any different" was subconsciously aware of an inferiority - and that his relation of how much money he has made, of the things he owns (made from selling his instructions) is a "defense mechanism" of one aware of an abiding inferiority.

Well within the suspicions relating to it may be included the surmise that the author read some such literature as Collier's "Secret of the Ages" and with an aroused enthusiasm prepared his material - his new religion - ridiculing all other religions.

Another surmise is that "I talked to God - actually and literally" was the coinage of a Chicago advertising agency - and that the U. S. Post Office Department had something to do with the discontinuance of its use.

A final surmise is that the author may have made a million dollars as he says, but that complete happiness is not abiding with him -- that "uneasy lies the head" that has sold these twenty lessons at a set price and has not paid an income tax to his government on the ground that he has established a new religion.

Now for the bright side of the picture. -- He doubtless has thousands of bona fide endorsements and letters telling of good accomplished in the lives of students - and for the good accomplished, we would give full credit, and by reason of it soften our judgment of the man.

If individuals believed certain things he taught - true or false - and with firm faith acted upon them in a constructive way - we see an exhibition of the power of mind -- suggestion at work.

Back in pagan days there were certain so-called priests who had prayer wheels - and for a certain compensation one could prepare a prayer and it would be put upon this wheel and the priest would spin the prayer wheel, and the assurance was that such prayers would be effective -- would be answered.

We call that paganism - heathenism and what not.

Today there are any number of so-called religious institutions and cults who have "prayer chapels" and they invite people to write out prayers and send them in with "love offerings" or "contributions" and they will be put on the "altar" in this "holy of holies" and the chapel attendant will offer up prayers that these piles of prayers be answered. - There is very little difference in principle between these -and the pagan prayer wheels.

There are innumerable "teachers," "mystics," "religionists," and "schools," who advertise to "send in a dollar and your problem and we will pray for you."

Some there are who bitterly and severely criticize this - and by numerous uncomplimentary terms label it.

Nevertheless it is true that each and all of these can produce genuine and sincere letters testifying that the prayers were effective and that the "desired" has come about, and thus the faith of many in a God in a far off heaven, granting special requests is strengthened - and individual reputations are enhanced as righteous - for they teach "The prayers of the righteous availeth much."

Some of these "cults" and "isms" and "schools" teach that if you face the north and go through certain mumbo-jumbo certain good things or strange powers will attach to you; that if you sleep with your head to the north certain vibrations will beneficially affect you. (Cosmic rays and ether of space move in all directions - being universal); that if you intone Ah-um and other special sounds some wonderful phenomenon will take place; that if you crow like a rooster or bray like a donkey you will tune up your vibrations and something grand will happen to you; that if you light a candle and put it in front of a mirror and gaze at it you will see crosses and colored lights and other strange things with strange meanings; that if you squat in certain positions and fold your arms in a certain way and breathe in a certain way - you call into being strange powers.

There seems to be a tendency among those dealing in the mystical to relate the wisdom and secrets they disperse to pyramids, lost or submerged continents or civilizations, to masters or guiding spirits resident in Thibet or the High Andes or other places where the mails do not reach, and they seem to run to prophecy - colonization or new economic orders.

To browse in the section of our library pertaining to the strange and weird (several hundred volumes) and to trace the filching of ideas one from another is indeed amusing.

There is no Bibliography - neither is there clarity of ideas or

expression. If you don't understand, you have not attained something or other -- it is not the fault of these mystics. It is your ignorance. - Thus are inferiority complexes built.

Endlessly we could thus tell of teachings strange - weird - mystical and ridiculous, and yet thousands will seriously, sincerely and enthusiastically testify to the effectiveness of the teachings and the prescribed methods.

Let us view all of this and see if we can bring order out of chaos.

In the first place the subject is told certain things -- here we have suggestion. It is accepted. The subject believes it - tries it - and it works. Let a man try it who does not believe it - and it doesn't work.

This brings us to the point of the power of suggestion in the waking state. In hypnotism the suggestion is accepted and acted upon - true or false. In the waking state a man may have a false belief, and act upon it - and reach a desired end.

Praise and encouragement is a form of suggestion - with far reaching influence.

The man who is told that he has a certain destiny - and who believes it and acts upon it and works to that end generally reached it.

If a man believes a God is working for him he is given faith in himself (now see Instruction 15 again).

In the matter of the prayers on the Pagan wheel or in the Chapel of Prayers, the belief in the answer is Faith. Faith is an ingredient in our mental formula of attainment.

Faith, being a mental state, is a product of mind. It is compounded of expectancy, assurance and certainty, without the alloy of doubt.

St. Paul says that "Faith is the substance of things hoped for, the evidence of things not seen."

Thought is mind at work, the formative force which acts upon the unseen, that which faith has ever proclaimed substance - and science now knows as the building units of the universe.

It is that simple - an electric force working upon units electrical in nature. -- Such is creation. True in the past - True now.

Thus we view the various schools of thought - and thus is our judgment tempered and for this reason we take no part in crusading against the "cults" and "isms." They all have some grains of truth to sow and perhaps they are the only means of reaching some of the ignorant and superstitious - the believers in magic and mysticism. But with that start, they may and often do grow into a search for higher things.

From the writing of one of the undoubtedly sincere teachers, one of the many who is working a great amount of good - and who is sincerely

seeking to find a scientific basis for the understanding of life and its phenomena, we are going to quote excerpts - and make a few comments.

The end in view, as always, is to induce thinking - and to acquaint you with ancient thought "hang overs" that still affect present day thinking. In one of his discourses this man says: -

"Dreams provide us with the most dependable evidence that the human soul is an actual entity capable of acting independent of the physical body" -- "The soul, in the dream state, moves above time. It travels above natural time and sees things happening in what we may call the astral light, in which past, present and future time comingle." --- "while asleep man's soul sees, hears, has sensations and experiences of various kinds" --- "mind is still the observer in the dream state just as in the waking state." --- "The significance of sleep and dreams is in the fact that they point to reality of a spiritual or astral world, and that the soul can see, during sleep, events that are forming in the womb of the future and in due time will be born or come forth as actual experience on the material plane" ---

"It is the continued functioning of the mind in terms of consciousness while he is asleep which gives substantial proof that man lives in two worlds and that the phenomena (dreams) which take place during sleep is actual experience in a non-material world where the figures and facts of experience move in relation to a different order of time" --- "what is seen in a dream is the clairvoyant action of the soul" --- "The soul is the dreamer with power to live in that other world, while still connected by the 'silver cord' to the body of flesh" --- "Our sense-organs do not function at all while we sleep. The Potential Observer is during deep sleep, out of touch with this material environment. He is unconscious, and during the state of sleep he is literally dead to his surroundings" --- It is because a mysterious form of consciousness persists when the physical senses are asleep and not functioning, and therefore not in contact with the material world, that there is such transcendent meaning and mystery in sleep."

Our comment: With no desire to engage in controversy with any teacher or teachings - and with no intent other than to arrive at truth and the facts of life we point out that man is always the center of his own universe. Instead of a man's soul or spirit or some entity which belongs to him roving about in two worlds to sense things - how much more reasonable and understandable is it to comprehend that the sensing of things comes to the human mind by an electric impulse - an intelligence laden or imprinted electron ever present and pervading the ether of space. We get news over the radio. The radio does not travel to other parts of the worlds to get the news - the news, so to speak, traveled to the radio.

As to: -"While asleep, man's soul sees, hears, has sensations and experiences" --- "He is unconscious and during the state of sleep he is literally dead to his surroundings" -- "A mysterious form of consciousness persists, when the physical senses are asleep." --- "There is transcendent meaning and mystery in sleep" ---- Would not the confusion of thought and apparent contradictions be ironed out

by the simple understanding that the forces of the ether of space play upon the brain during sleep - even though the sense forces do not.

We are hardly able to understand "transcendent meaning and mystery in sleep" -- If there is meaning there is no mystery. If there is mystery, there is no meaning.

As to "the soul is the dreamer with power to live in that other world, while still connected by the 'silver cord' to the body of flesh," we have heard much of astral bodies floating in space, and connected with cords to the body of flesh, but never have we heard of anything of that nature which could not be explained. Some people actually believe they experience such things - Purely a result of suggestion and imagination. As to "astral worlds" -- "Astral" means pertaining to the stars -- It is just a little starry.

Just put it down that man is a radio and a telephoto receiving station, among other things, living in a world where he has his being in a great sea - the ether of space - and that all of these things "a soul" goes out and grasps come to man in a perfectly natural manner. -- "Souls," to see or hear would have to have the physical instruments of seeing and hearing. - The human brain can and does transform electrical impulses into the sense of seeing or hearing -- and seeing and hearing is in the brain, not the eyes or ears. There is nothing mysterious about that. Electrical impulses are transformed by human made instrumentalities we have heretofore studied.

Of course those who have studied with us, without having it pointed out will see the inconsistency in the statements, "It is the continued functioning of the mind in terms of consciousness while he is asleep, etc.," with the statement that "man is unconscious when asleep, 'literally dead' as he expressed it.

How simple it is --- Three classes of forces play upon the brain to produce mind. The sense forces - the organic forces - and the ether of space forces. In sleep the sense forces cease.

From the same source we take this: "Many of the great Masters of spiritual laws have demonstrated the truth of man's inherent power to live in the two worlds while still in the body, and they have decided when and where they would make the final transition into the known spiritual realm."

Let us hope that the good teacher by the use of "Masters of spiritual laws" doesn't mean that any laws were subservient to man. Laws do nothing. Laws are rules of action. Natural laws are inviolate, unalterable by man.

As to the "living in two worlds, while in the body" - we all do. The mental world and the physical world. Perhaps he refers to the trance state. Nothing we have ever observed about it even indicated two worlds. It does prove however two states of the mind -- The conscious and the subconscious and the unity of man's mind and the universal.

As to "they have decided when and where they would make the final transition" -- That is a nice way of expressing "suicide" -

As we have heretofore said - there is a unity in all science - in all knowledge. The nearer we relate the science of life to the accepted sciences - greater will be our understanding and the clarity of our expression. He who knows a thing clearly can express it understandably.

It is a law of mathematics that two things equal to the same thing are equal to each other. If, in an algebraic problem, X equals 2 and Y equals 2, then X equals Y. Quite simple - you might say self evident.

In metaphysics if we are to have a science we must be exact in our expressions. Those who scramble religion and metaphysics have been rather loose in their expressions.

To illustrate -- they say that "God is love." "God is mind."
"God is all good." "God is omniscience." "God is omnipotence."

Let us apply the law of mathematics. Can we say that "love is mind?" Can we say that "mind is all good?" Can we say that "all good is omnipotence?" Can we say that "love is omniscience?"

Doubtless it is true that love - beauty - harmony - omnipotence and "all good" are descriptions of qualities of God's manifestations. A God worthy of worship would manifest these virtues - but in observing exactness in expression we can not say God is This or That - using terms of limitation, and more especially - we cannot comprehend a vengeful or wrathful God or a Deity with emotional qualities. Certainly vengeance and wrath would not square with love - beauty - all good or omniscience or omnipotence. Love in its broadest sense is not an emotion. Working to a given end to satisfy an objective (in nature perfection) we can say the love principle is manifested.

It is evident that qualities of emotion are incompatible with a conception of that which is infinite - and infinitely good. Nature never evidences emotions. Emotions are purely human traits. Natural laws, principle and the universal are dependable and never vary in application.

'Tis well we would say - Effects are the results of causes. When man knows that a given cause will always be followed by a definite effect, he is dealing with a God in which he can place his confidence.

Such a God can be known - known by his works - just as electricity is known by its manifestations.

In a world of law and order, Life is a science. We must first understand the laws - then obey them - and then apply them. We are each surrounded by, immersed in, interpenetrated by, made from and are the chosen architects and artisans to fashion the building blocks of the universe. They are known, the use of them is life's transcendent study.

We cannot understand electricity completely, yet each of us knows its uses. In using electricity we must have an appliance through which it can do our work.

Through a motor it runs our machinery, through resistance we have heat for stoves and toasters, through light bulbs we have light, through other appliances we have infra-red rays, through others Xrays, through others ultra violet rays.

Vision, desire, and faith are instrumentalities by which accomplishments are wrought, electrical appliances as it were.

Perhaps we shall learn that suggestion is the conductor - but the great lesson is to learn that man - the individual - is the embodiment of the instrumentalities which work for ultimate perfection and that through man and his works all that humans can desire will be worked out.

Observe these seemingly divergent views of eminent scientists: Sir William Bragg says, "Electricity is the way matter behaves."

George W. Gray said of that: - "Electricity is not only the way matter behaves, it is matter."

Professor Robert Millikan says, "The atom has revealed that it possesses functions so varied and mysterious that science has concluded that it is mind rather than the old mechanical matter." Now we know and graph brain action as an electrical discharge.

Fitting this together we have a simple. - Mind is as we have defined it a result of brain mechanisms -- man is a creator -- he moves upon and affects the building blocks of the universe by mind action, and no where more effectively than within his own physical make up. There is an electrical basis of life. Every cell and organism of the body responds to it.

In this connection we give you this thought: Disease occurs only in living organisms. It is a manifestation of life and intelligence acting in a certain way. Intelligence is mind at work - electrical in nature - it pre-determines the combination of electrons, the father of atoms and the mother of the material. "As a man thinketh in his own heart, so is he."

All of the great spiritual teachers have sensed this fact in a vague and indefinite sort of way. The failure in its application if failure there has been, has been in the technique in bringing it home to individuals. Failure with individuals is of necessity failure with the masses.

It may be hitching our wagon to a star, but our cherished ideal is to give to the world an army of Master Metaphysicians, who know and can demonstrate that man is master of his own fate, and can teach Human Engineering - a way of thought and a way of life that will not lead "but to the grave." Such is our vision and our desire, our faith is without limitation, our determination firm and unswerving, and to this end our energies and lives are dedicated, and to those who encourage us in this work and help to make this understanding of the God-like nature of man world wide, all credit will be due and duly acknowledged, and with it goes our heartfelt gratitude that we have been permitted to be the messengers and the servants of all.
