

THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

DO NOT RESPOND

TO ENCORE OF ERRORS.

Man changes by growth -- not by magic. The human body is never defeatist in its make-up. It always strives for perfection. It always fights. You know that life is evidenced by the constant endeavor of organisms to harmoniously meet existing conditions.

Be mentally as good -- and all good will be yours.

The very essence of manliness and of character is self control. Why stress that, you ask? Because when you attain self control, you do control your thinking -- that is what self control means.

With thinking under control, you can, over the network of the nerves, send messages of courage, confidence and conviction. These are picked up by every organism and they respond. It's just telegraphy that sets human mechanisms to work.

We have heretofore stressed that every particle of the body changes in less than seven years, but "no chemistry human or divine, can entirely expunge from the mind a bad picture" -- and it is divine chemistry that not only the body, but man's affairs, change with a change of mind.

From Instruction Number 97 we hope you grasp what it is that moves upon and moulds the building blocks of the universe. You possess it. Right-use-ness is the sole prerequisite to life "more abundant."

Your difficult experiences have had countless parallels in the lives of others. Those who drew mental pictures of defeat were generally defeated. Those who looked upward and not downward, accepted on faith that there is a way out of every difficult situation, and kept their minds clear -- and unclouded by negative reactions, universally came through better for the experience.

Recount your own difficult experiences. You lived through them. If you fretted, worried, and reflected a bad spirit, you can now appraise how it hindered and delayed solution, and can now fairly judge how useless were your fears and tensions.

Every mortal man makes errors -- the wise man does not respond to encores. Experience has value -- use it. Meet every situation with calmness, serenity and confidence in the outcome, and thus you cast the moulds which divine chemistry will fill in accordance with your mental concepts. That is the way the world is set to work. -- Accept this as true and for you it will bring untold blessings. -- It induces growth -- There is no magic.

Sincerely,

James



THE Essenes

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INSTRUCTION 97

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

TO UNDERSTAND THE TRUTH OF LIFE WILL MAKE YOU WHOLE ---
SOUND IN BODY, MIND AND SPIRIT, AND YOUR MATERIAL AFFAIRS
WILL CORRESPOND.

A DEEP AND SATISFYING PEACE IS THE PRIME NECESSITY,
WITHOUT WHICH THERE IS INTERNAL STRUGGLE WITH UNPLEASANT
BELIEFS, AND CONSCIOUS MIND IS DIVORCED FROM UNIVERSAL
MIND.

HEREIN WE POINT OUT THAT LIFE IS INTELLIGENCE, AND
THAT THIS INTELLIGENCE, UNPOLLUTED, IS THE CURATIVE
AGENT.

THE CERTAIN TREATMENT IS TO KEEP PURE THE WELL-
SPRINGS OF LIFE -

PEACE BE WITH YOU ---

A LIGHT ON THE PATH

A hundred radio broadcasts are possibly present where you are. Your radio you attune to one. It magnifies and multiplies that one, and shuts out the hopeless jumble of all the rest -- and you have clear reception.

You are in effect a radio receiving set for the thoughts that are universal. You can attune to the destructive and negative thoughts as well as to the constructive and positive. All power can be used constructively or destructively.

How is this human attunement regulated? We go back to the principle involved in selling: First comes attention -- next interest - and then desire.

You are so constructed cosmically or spiritually that you will attune only to those thoughts to which you give attention -- to those in which you have centered interest, to those related to your deeper desires.

If you seek not truth and understanding your attention is self centered. You are not giving attention to right-use-ness, you are not interested in the fundamental things which can and do produce health - happiness and prosperity, you are giving attention to the created and not to creating.

The result is that your intuitions or inspirations are not satisfying -- your attunement is faulty. Your confusions of thought are pure static.

From the examination of countless situations we find that emotions, fears, dreads, and negative moods and attitudes are prevalent in the mental realm of those who fail to get results -- and far too often we find that behind the attempt to attune to universal intelligence is the desire to change, alter or control another. Put thine own house in order and by the law of induction or attraction order will prevail in the aura of peace you carry with you. It is as simple as carrying a light into dark places.

It does seem a slow process that we must change our way of life, our mode of thinking and our habitual practices to get results -- but there must first come peace and poise and a desire for the better way of life.

This does not mean any withdrawal from the activities of life - (only those maladjusted to life do that) - but it does definitely mean that if there are negative forces operating in our lives, we must not center attention upon them - and our interest must be directed from them. There must be a substitution of interests. Our energies must be directed to the attainment of the desirable, and not to the elimination of the undesirable -- to building, not to destruction.

We are all living in our own thought worlds. If it is not to our liking, then the logical and the effective thing is to change our thinking processes - and remold our destiny. We must learn to identify ourselves with our desires, affirm that they "are," not that they "are to be."

Life is intelligence. You are in a sea of intelligence. It is

in you and you are in it. In it you have your being. The real you is a part of the Universal ---

In the course of these instructions you have come to think of it as an energy, a force and a power, and such it is.

We have come to think of it and know it as electronic in nature - and by the process of reasoning we must have arrived at the conclusion that our minds are the instrumentalities through which this invisible but intelligent energy is operating. The process of creation is by thought or idea. All observation and all experience teaches us that intelligence is the creative force of the universe.

Therefore the statement that "Thoughts are things" is literally true, - perhaps a "projection of energy" -- and it will be helpful to realize that when you "think" you are "doing something" - and it is creative.

To create means to mould, shape or form something out of existing material, and certainly does not mean to make something out of nothing.

In the very outset of these instructions we set forth and demonstrated to all reasoning minds that "all things are here and now." As we progressed we have clearly presented the findings of science with respect to "the building blocks of the universe" -- the electronic units of the ether of space.

An intellectual understanding of Life Science is not enough to bring forth health, to produce happiness, or materialize prosperity. There must be a spiritual grasp of it, which means that you put into practice the principles learned and observe strictly the laws of life, and you exercise faith, which means that you live in the now your aims, ideals and ambitions.

You must first realize that this is an orderly world governed by laws and that natural processes will operate for good.

Whenever you discover a zinc mine you will find that the crystalline forms of the zinc ore are always the same. When you discover lead ore you will find it has certain forms.

If you will take table salt and dissolve it in water and then evaporate the water, you will find that the salt will go back to the crystalline forms it originally had in place in the earth.

We point these things out to show you that nature works unerringly.

The human body is a collection of some twenty-six thousand billion separate and individual cells, and we have pointed out that these cells have a separate and distinct existence and it has been demonstrated that these cells can live and grow and multiply apart from the body if given proper nourishment and conditions.

These cells go to make up the tissues and organs and muscles and nerves of the body, and each has a distinct function and purpose, and to make a whole, healthy and hearty man each group depends upon every other group, and there is perfect cooperation.

Now these cells are made up of millions of molecules, and each

of the molecules is made up of millions of atoms, and these atoms are made up of electrons. These electrons are little worlds in themselves, and are fashioned much the same as our solar system, with space between the neutron and the whirling electron which is comparative to the space between the solar bodies.

These constitute what we have often termed the building blocks of the universe.

As a part of the assembly of units in the body there are thousands of automatic mechanisms which maintain order and which function as we have pointed out, by direction of the subconscious mind, and we ask you to remember that the subconscious mind is a part of universal mind, and these mechanisms perform their tasks better than any machinery man could devise, and within the body from the foods we eat and the sunlight and the other forces that play upon the body, there are thousands of different chemical compounds formulated within the body, and these different compounds undergo many changes before they are finally used.

As pointed out, these functions go on without conscious attention, from the cradle to the grave, and their functioning would be perfect were it not interfered with, and this means that man would maintain perfect health, and that that is his natural state.

What is it that can interfere with this normal, natural functioning? --- poisons, physical injury, and greatest of all, man's way of thinking.

When a poison is thrown into the body, nature endeavors to manufacture and meet the situation, following the life principle of the constant endeavor of organisms to harmoniously meet existing conditions. If a cut or an injury is received, the natural process is to throw the healing agencies into the task.

When man engages in fearful thinking, the subconscious accepts the condition as natural and all organisms function accordingly. Therefore the greatest danger and the greatest injury is done by man's thinking.

Medical science gets its clues from external signs and treats conditions, and the effort is to assist nature, but they do not determine the cause of disease by external signs.

When we learn that there is in all cases a lack of adjustment within the mind of the patient, then will come about understanding.

We are rapidly approaching that period. The medical profession is recognizing that the mental state of patients has much to do with their physical ailments, and this includes organic diseases.

Dr. Norman Treves of Memorial Hospital, New York City, one of the world's outstanding cancer specialists, has emphatically stated that the mental attitude of a cancer patient can have a direct bearing on his condition. Quoting Dr. Treves directly, he says:

"The different mental outlook of a man who believes his condition to be absolutely hopeless, from that of a patient who believes that he has even one in a thousand chance to recover, is enormous. Even against hopeless odds, one may most infrequently expect spontaneous regression and even disappearance of an advanced cancer." ---

--- and he stated that there are several hundred cases known in which cancer patients have completely recovered without medical aid.

It is true that this is a reiteration of former statements in these instructions that doctors have long recognized that a discouraged, hopeless mental attitude will delay or altogether block recovery from many illnesses, and that fear, jealousy, hatred, and other negative attitudes actually produce many sicknesses and diseases, and in these instructions we point out varying mental attitudes which seem to produce specific ailments, such as asthma and hay fever, stemming from feelings of inadequacy or a feeling of inability to meet situations; rapid decay of teeth, often stemming from upsets in the love life; stomach ulcers, originating in repression and concealment.

All of these negative mental attitudes create tensions. The negative message of fear is flashed from the mind. This, in effect, is an idea or a thought of something that will effect the individual, and the nerve that carries the message, by reason of the message, is tensed, and as a natural sequence, the muscles are tensed, and this brings about a tension or tightening about the arteries, the veins and the capillaries, and the whole life process is upset, or interfered with.

Now the Universal Mind, working always for good, is in charge, and the process of recovery is naturally to put Universal Mind back so that it can work uninterruptedly.

If we call Universal Mind "God," then Christian healing can be understood, so mind healing or Christian healing works itself down to the simple basis of bringing a deep and satisfying peace to the patient, and healing will naturally follow.

Physical disease and mental disturbances go hand in hand. The subconscious mind is a part of Universal Mind, and it always brings healing, and interior mental conflicts always change the natural process.

The object, therefore, of Life Science, is to bring to you an understanding of the truth of life, and when this is accomplished, physical healing takes place and material well-being is a natural sequence.

Fear thoughts being destructive, by reason of tensions and disordered functioning, any religion which depends upon fear to induce a way of life is fundamentally unsound.

If the religionists in speaking of the fear of God, would explain specifically that by fear was meant a wholesome respect for Universal Mind and the universal order, then it would lead to understanding, and when they speak of the love of God, they would explain that man should love the natural order of things, because it leads to perfection, then would results be more wholesome.

One of the most positive statements in the Bible is that man is made in the image and likeness of God, and that the Kingdom of Heaven is within us. A proper interpretation of this is that God is Universal or Divine intelligence and that our life and intelligence is a part of and inseparably connected with the whole,

and that the divine order of things is within man, and without interference by man's exercise of his free will, it will work for good in all things, because that is the nature of the Universe, and the great secret of the use of this divine power is to have an interior awareness of man's contact with the Universal.

The Science of Mind, Life Science, Christian Science, Divine Science, and metaphysical healing will be effective when man can let go of his conceptions of disorder, disease, lack, and fear, and can see order, health, plenty, and faith, and can bring himself to realize that that is the natural order within him and within his surroundings and can act in accordance with his faith.

This means an open mind, a reliance upon intuition and inspiration and the recognition that spirit is a very real thing.

Our analysis of mind, which is the play of forces upon the brain, takes all of this into consideration, because the forces that play upon the brain are the forces from the sense organs, the forces from the organisms of the body, and the forces from the ether of space.

When the mind by the play of all the forces upon it creates a concept and a definite picture, and that picture is held in consciousness, it is the creative force which works upon the building blocks of the Universe, and "out of something" something is created, and it is in accordance with the mental pattern, because intelligence is the sole and only force of creation. It is that to which the building blocks of the Universe respond because it is an electronic force working in an electronic field. -- Thus are life patterns made.

When man realizes this, he will consider that the Holy Place is within him, and he will give due attention to the proper interpretation of the things he senses by the sense organs; he will regard the organisms of the body as Holy, and will give due attention to proper food, breathing, bathing, posture, and physical environment, and he will pay heed to what is termed the dictates of conscience, and he will recognize that he is a part of the whole and like the whole will work for love, peace, and service, and when he does, he will ever have the attitude expressed by many in this way: -- "The Lord is on my side, and everything works for good, and I can do no less and shall work for the good of all mankind, because life is a whole, my life is a part of the whole, and the life of every man is a part of the whole, and the brotherhood of man is possible and will come about, and I must do my part to help bring it about."

All fear is basically rooted in some uncertainty about the welfare of the self.

All faith rests upon an understanding that spiritual man is perfect, that at the very center of man, the neutron of the electron, so to speak, is a Divine Pattern, which will work itself out into Manifestation if we will just "let it". The invisible becomes the visible - an observation of all nature teaches.

Seek a "new set of the soul" -- have faith in this new ideal -- affirm that it "is," and live accordingly - and you have a light on the path.