

THE ORDER OF THE ESSENES

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TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

PERHAPS ---

Perhaps we have magnified out of all proportion the Bible as Holy Writ. Perhaps too we have greatly undervalued the Gospel as a guide to a way of life. We have in our instructions heretofore suggested that perhaps too many of us believe in Jesus, but do not believe Him - - - "Know ye not that your body is the Temple of the Holy Ghost" -

We can readily understand the law of sowing and reaping in the realm of agriculture -- almost the whole process, the results at least, are revealed to our physical senses. We can understand this law in our own lives by the simple process of focusing our attention within and not without. It has been indicated that if you would know thy creator -- know thyself. - As within, so without.

The greatest lesson you can learn is that life has a dual quality, and great will be your faith when you realize that the inner and the outer, the mental and spiritual and the physical, work harmoniously together.

The world it seems loves magic -- but slow indeed is it to learn that the mind is magic. The very centre of stability is within.

Psychiatry and psycho-analysis are plans or systems of seeking out mental monkey-wrenches which have played havoc in the machinery of the human frame. The end result being accomplished only when a thought is changed.

Is it not more desirable to discover a way of life which needs no mental mending, and which flowers and bears naturally as its fruit human satisfactions - physical - spiritual and economic? There is a Science of Life -- You and any normal person can master it -- and great and satisfying is the contribution to the sum of human happiness of any one who helps to spread the understanding.

Perhaps fear, apprehension, worry, envy, jealousy, hatred, greed and acquisitiveness are the mortal enemies of mankind. Peace on earth is much to be desired. Individual peace is the forerunner of International peace - and Faith -- faith in yourself - is the hand-maid of peace.

May Faith and Peace be yours,

Sincerely,

Enc. 99



THE Essenes

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INSTRUCTION 99

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

BE NOBLE; AND THE NOBLENES THAT LIES
IN OTHER MEN, SLEEPING, BUT NEVER DEAD,
WILL RISE IN MAJESTY TO MEET THINE OWN;
THEN WILT THOU SEE IT GLEAM IN MANY EYES,
THEN WILL PURE LIGHT AROUND THY PATH BE SHED,
AND THOU WILT NEVERMORE BE SAD AND LONE.

--- Lowell.

THE BALM OF GILEAD

We do progress. -- There is no intent to cast any aspersions upon the medical fraternity, but the fact remains that in the last war (World War I) the leading cause of disability was what was diagnosed as "neurocirculatory asthenia" -- and that seventy-five percent of the cases were incorrectly diagnosed as true heart disease and thousands were discharged and pensioned on that basis.

Our progress consists in the recognition of the part mind plays in producing symptoms and the efficacy of mind cures for conditions produced by the emotions - or mind uncontrolled.

Each of us, from our own experiences knows that emotions can and do produce physical reactions -- very marked and acute too.

Horror or sudden fright can produce "goose pimples" - a physical condition often brought about by cold or low temperature.

Who has not experienced trembling and "breaking out with a cold sweat" and a "heart pounding" from fear? We often witness blushing - a consequence of embarrassment. A gruesome or disgusting sight or a filthy suggestion often causes nausea.

Mental suspense or anxious expectation or anticipation often brings on "cold feet." Anger and jealousy can bring on exhaustion. -- Each of us from our experience and observation can accept wholeheartedly as a fact that the mind and the body are interactive and interdependent.

The medical fraternity for years has frowned upon what was termed psychiatry, and psychoanalysis was received with no more cordiality and psychology was to them largely a pseudo-science in some manner related to salesmanship, advertising, and love making. Materia Medica was the shrine at which they worshipped, entirely rejecting the contention that deep seated or subconscious conflicts and emotions could lead to incapacitating and even fatal illnesses.

In World War Number Two we find a recognition that fifty percent of all Army disabilities have mental or emotional origin or causes and that there is but one way to affect a cure -- and that is by mental processes. They of course use very often hypnotic drugs, heretofore mentioned in these instructions, to induce a condition where suggestion can be effective - and in which condition the patient can give a clue to the subconscious conflict or disturbing emotion.

Medical officers in the Army were given intensive training in handling cases with mental causes. A flood of books and pamphlets were printed and distributed. Psychiatrists have been placed in charge of many government institutions abroad and in the United States, such as the convalescent hospital Don Caesar at Pass-a-grille, Florida. Books by the tens of thousands are being placed in the hands of re-turning soldiers, entitled "Psychology for the Returning Service Man."

The medical profession is now beginning to accept as fact the physical effects that can be and are produced by mental processes.

Perhaps it has been made palatable to the M. D.'s by giving it a new name. -- Psychosomatic medicine -- "Psycho" meaning pertaining to the mind or soul - "soma" meaning pertaining to the body.

So we repeat -- "We do progress!"

When the world comes to recognize how far reaching are thoughts and emotions and that practically all ills -- physical, social and economic, have their source in wrong thinking, then will we bring about revolutionary changes.

These changes will not come from fear of devils or punishment in a world hereafter -- but from a realization that our individual condition of today is but a sequence - a perfectly natural effect of preceding causes, and that these causes are within the control of the individual. Man can by his thinking create new causes - and new sequences will be inevitable.

This institution, like all institutions dealing with the psyche, gets numerous vigorous protests from people who cannot accept a mental cause for what they call "accidents."

We do not go to the extent of saying that all accidents are self-induced or a response to a subconscious motivation. You will remember in recent instructions our observation with respect to women breaking dishes and burning themselves, when doing tasks that were distasteful to them.

Let us at this time carry this thought a little further by quoting to you from an article by Francis Sill Wickware on Psychosomatic Medicine in Life Magazine.

He says: "The most intriguing psychosomatic idea is that many common accidents -- falls, burns, cuts, automobile collisions and the like - also can be traced to emotional origins. Nearly everyone knows certain individuals who seem constantly to have mishaps of one kind or another; and there is statistical proof that a percentage of people actually have a predisposition to accidents. In studying automobile accidents, for example, the National Safety Council discovered that drivers with a record of four accidents were 14 times as numerous as the laws of chance would indicate, while those with seven accidents were 9,000 times as common. Furthermore, the study revealed that in a conspicuous number of cases the same persons repeated the same accidents. In another study the National Research Council investigated the records of commercial drivers employed by a number of utility companies and recommended shifting to different jobs the 5% of men with the highest number of accidents. When this was done the accident rate for the group as a whole dropped 80%. But the men who changed jobs continued to show an accident rate far above normal in the new jobs. As stated by Dr. Flanders Dunbar, noted woman psychiatrist and a leader in psychosomatic medicine: "The consensus of reports ... is that from 80% to 90% of all accidents are not due to defective machinery, to a physical or mental defect, or to lack of skill in the worker, but to an X factor in the person injured."

"In brief, the X factor is the personality or emotional complex of the accident victim himself. For any number of possible reasons the individual unconsciously exposes himself to an accident - producing situation. The motivation may be to withdraw from a difficult domestic situation, to cover up a failure, to obtain sympathy and attention or to commit suicide."

To further explore the idea, and that we might grasp a mental clue to accident prevention we call your attention to a recent instruction in which we related how a man came to a street crossing and "something just told him to stop" and he slapped on the brakes and a heavy truck he had neither seen nor heard raced by in front of him on the cross street.

Perhaps you read in one of the magazines of broad general circulation in and out of the United States, of the school teacher who suddenly had her class arise and march out of the school in orderly fashion, and when they were all safely out the roof caved in.

Asked why she did it, she said, "God told me to get those children out of there." -- It was suggested that she had a premonition or that it was one of those rare cases of pre-cognition. She still insisted "God told me to get those children out of there."

Countless are the stories of miraculous escape, coming out of the war -- and as in previous instructions noted great significance is attached to prayer and calling upon God "to take over."

The experiments at Duke University under Professor Rhine point rather conclusively to "pre-cognition" or "knowing before a thing takes place," as a possibility and a fact.

Putting all of this together, we can reason that all accidents are not accidents, but a sequence and can agree with Dr. Flanders Dunbar that there is an X factor in the personality or emotional complex of the accident victim himself.

In the Bible great stress is laid upon the "Word." -- A word represents a thought -- A thought travels the etheric waves - and the building blocks of the Universe respond. What we want to do, and what you want to do is make this understanding applicable in our daily lives that it may produce for us the ultimate in health, happiness and well being.

We must first know that there is a physical effect, the direct consequence of our thinking, and then we will seriously guard our thinking.

Heretofore in these instructions we have indicated the thinking that precedes stomach ulcers -- The medical profession has wholeheartedly accepted a mental cause of this ailment, if not of other ailments.

And why not? We know that the normal stomach lining is deep pink. We know that the emotions engorge the stomach lining with blood and that it becomes bright red or inflamed and that the flow of acid digestive juices are increased. The inflamed lining is tender and

sensitive, as are all inflamed organs or organisms. This inflamed stomach lining becomes a prey to the excess acid digestive juices, and it is eaten away, and there is your ulcer.

You will remember that in our description of the cause of stomach ulcer we said that it was a form of repression, a sort of covering up, a holding back, and a fear of expression or discovery.

It has been perhaps better expressed in this manner -- "The typical ulcer patient keeps his emotions tightly corked inside. He appears to be without nerves, but in reality he shudders with anxiety."

We have heretofore suggested a feeling of inadequacy as prognostic of hay fever and asthma. This character of thought and emotion seems to lower the resistance of the nasal mucosa. It becomes inflamed and a prey to whatever may cause the hay fever or asthma - whether it be a virus or pollen from vegetation. It is just a case of that character of thinking affecting the nasal passage - membranes changing from pink and moist, to red, inflamed and wet, and the air passage changing from an open to a closed position.

We have indicated heretofore that arthritis seemed to come from a continued and suppressed feeling of resentment -- This feeling has its particular field of operation, and affects certain organs and organisms.

If we were smart enough and observant enough we could possibly discover the mental causes, which lower resistance in our various organs and lead to the various diseases we have so carefully charted and named after they appear.

Yes! There is an X or unknown quantity in our personality and emotional make-up, which leads to human ailments -- Let us stop and ponder the fact that personality and emotions take their hue from the character of our thinking - and with the mathematician we can say, Q. E. D. "The mind and the body are interactive and interdependent."

World War II has been devastating and nothing can fully compensate for the precious lives sacrificed, but we must recognize that its cause was a course of thinking by depraved minds. The thoughts and words of a few subjugated a nation and came dangerously near to placing a world in bondage.

We can give thanks that one of the compensations coming out of it all is a recognition of the psyche -- Hundreds of thousands of the flower of our manhood will not be sent back to fail to work out their own mental salvation, nor condemned to organic heart trouble. Psychiatry has put its finger upon cardiac neurosis -- discovered the emotional causes and by suggestion and mental tonic and emotional sunshine has removed the cause and time swiftly removes the very real symptoms which were present.

--- and perhaps out of this shall come a recognition that in the ordinary battle of life there are many emotional strains and stresses and that perhaps Materia Medica is not the sacred shrine, and that the discovery of symptoms will not be followed by an effort to alone arrest the symptoms but will inaugurate a search for causes and that

success will attend the effort to give relief to minds obsessed -- and nature will as it has ever done constantly endeavor to harmoniously meet existing conditions, and meet with full success, because the patient lets it -- and does not hamper or impede with thoughts destructive.

So far as happiness is concerned, we know it to be a state of mind -- "Thou shalt not steal" should take on new meaning. It applies not to worldly goods alone -- No person has a right to rob another of happiness.

Why cannot a world learn that thoughts are contagious. ---

The sour, sarcastic word or look -- the complaining, nagging or critical word -- the jealous, hateful, pessimistic or fearful soul contaminates the etheric waves and thus violates the commandment.

So far as material well being is concerned, we know that the world deals in ideas -- men buy not material things. They seek to possess that they may derive therefrom a satisfaction of a desire - and desires are mental.

There is a unity in all the world -- a relationship of all things and all people.

Naturalness is goodness -- Love is the Balm of Gilead.

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THOUGHT GEMS

Our modern way of life is so heavy with substitutes for living - that this alone binds us down and keeps us earthlings.

* * * *

You and I look through the world for hope and idealism. Where shall we find them if we do not find them in ourselves?

We look for understanding. We look for kindness. We look for compassion. - We shall never find them where we do not take them. - They are in the world when they are in ourselves. Be sure of this -- The world will never be much greater than our own hearts.

* * * *

People are ever seeking God in the world of meaning and mystery -- He is in the beauty of the earth and sky.--If you take him to it. The spirit of God is likewise in the world of man if you carry it there -- You will find God nowhere that you do not take him, and wherever you find him you will find yourself.

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