

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

THE GOOD THINGS OF LIFE
ARE FOR YOU!

Yes, friend -- let this be an assurance to you -- that the good things of life are for you -- and our objective is to teach you how to reach forth and take them.

What you want is to be happy - healthy - successful. Observing certain laws, you can be. You want to be certain of the laws. Therefore, what you want is knowledge - and with it you can accomplish - if you apply it.

You learn in our instructions what mind is -- and how to use the mind -- and that you are actually a part of supreme intelligence, and we show you how to contact and use it in the every-day affairs of life.

Each individual owes it to himself to live and serve in the present. Man can overcome anything that has happened -- and it is just a part of the law that no matter what errors may have been made in the past, he can create his own future.

You who study with us will find gradual changes coming about in your life and affairs, because there is planted within you the seed of understanding, and life becomes simplified -- and with this simplification comes peace, happiness, physical and material well being.

--- and as you do experience these changes there comes about a consciousness of your obligation to others, and a desire to help all men to get that understanding.

We are grateful for this feeling that prompted you to send your contribution, and we want you to know that you are thus giving to others the understanding that they too may have the good things of life -- and we will not rest until our objective is fulfilled, for you and for them, and for an ever widening circle throughout the world.

Very sincerely yours,


THE ORDER OF THE ESSENES



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212 SOUTH MANHATTAN BLVD.
OR P. O. BOX 10427
TAMPA 9, FLORIDA

DEPARTMENT OF INSTRUCTION

THE HIGHEST

DWELLS WITH YOU:

There comes to you now Instruction 106. "How to become magnetized" has a cheap sound - and as some might instruct under that banner, it would be cheap -- but like most cheap things - it would probably be of little value.

Our treatment of it is not cheap. It calls for self discipline. It has real value. It is effective.

True - the world is troubled. It always is in greater or lesser degrees. Permit the great world and its troubles to go by. Anchor your ship in the harbor of a small world where unbearable trouble cannot cross the shoals. Time and tide will condition you and the great world for a safe voyage.

In the language of the kindergarten this simply means - Solve your personal problems - take not upon your shoulders the weight of the universe. Solve your domestic relations with yourself and your foreign relations with others will automatically adjust favorably.

If you feel that praying will help - and it will - let your prayer be for understanding, courage and strength. Such prayers are always answered. The unanswered prayers are those for vain trifles uttered by those who would seek exception from divinely ordered processes.

There is a shield against confusion and disaster. It is compounded of spiritual stability - an inner equilibrium - poise - and peace of mind - so it is inevitable we must look inward and not outward for this protecting shield.

You can be among the elect of the earth - so few comparatively engage in the search for truth. In this search for truth be not shackled too securely to frozen concepts of the past. The aim and object of religion is the achievement of the good life. The search for the good life is therefore religion unadulterated.

"The highest dwells with you" -- Yes! You are better than you know. Encourage it in yourself and in all men - and the world's problems will find solution. The world is made up of individuals. The problem is therefore individual. I start with me. You start with you.

Sincerely,

J. Hammer Davis

#106



THE Essenes

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INSTRUCTION 106

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

"MAN IS A STREAM WHOSE SOURCE IS HIDDEN. ALWAYS OUR BEING IS DESCENDING INTO US FROM WE KNOW NOT WHENCE.

- - - - AND THE BLINDNESS OF THE INTELLECT BEGINS WHEN IT WOULD SEEM TO BE SOMETHING OF ITSELF. THE WEAKNESS OF THE WILL BEGINS WHEN THE INDIVIDUAL WOULD BE SOMETHING OF HIMSELF. - ALL REFORM AIMS IN SOME ONE PARTICULAR TO LET THE GREAT SOUL HAVE ITS WAY THROUGH US; IN OTHER WORDS, TO ENGAGE US TO OBEY. LET MAN THEN LEARN THE REVELATION OF ALL NATURE AND ALL THOUGHT TO HIS HEART; THIS, NAMELY THAT THE HIGHEST DWELLS WITH HIM; THAT THE SOURCES OF NATURE ARE IN HIS OWN MIND, IF THE SENTIMENT OF DUTY IS THERE."

--- Emerson

TO BECOME MAGNETIC SCIENTIFICALLY

What is this difference in men? -- Some successful, others failures; some attractive, others repulsive; some with what we call personality; others men-entities? Is it entirely what we call physical?

Some of the most successful individuals are homely, some of the most attractive are far from beautiful and many with personality are without form or feature required for pulchritude. This we know.

Let us search the physical field and see if we can find a parallel. We take two rods of steel identical in structure, or from the same rod if you desire. One of these we put in contact with a magnet, or we wrap it with insulated copper wire and pass through the wire an electric current, thus making a magnet, such as we have heretofore described as capable of loading and unloading ships of iron and steel.

By these processes we have in no way changed the outward appearance of our bars of steel. We have neither changed the weight, nor the density or strength. They look and feel the same.

One however you hold near a needle or nail or ordinary bar of steel and nothing takes place. The other you hold above the needle, nail or bar and it jumps through space and clings. The one bar is not magnetized; the other is.

Is there some force or power that man can apply and become magnetized, so to speak? We search in the realm of power and we find that mind is such a power. It is we know electrical in nature.

Read back a few paragraphs and you will note that we said that we had in no way changed the outward appearance of the magnetized bar, but we have worked an inner change. The molecules of the magnetized bar have been re-arranged. They are in ordered arrangement so that the power inherent in them exert their force in one direction.

The same or similar atoms and molecules are in the unmagnetized bar - a powerful force - but by their disorganized arrangement they are exerting it in all directions - and none flows outward for useful purposes.

How like man that is with his fears, worries, jealousies, and hates, and with his disordered mind seeking this one minute and that the next and working without the principle of love and service to mankind.

In our early instructions we gave you the formula of attainment -- First - vision or knowing what you want. The religious expression of this is "To keep thine eye single." Next - we

gave you desire or wanting. Anyone who has reasonably visioned and concentrates his mind and centralizes his thoughts and steadfastly holds to that desire, immediately envelopes himself in a magnetizing coil and the process of attraction sets in.

In the individual a change takes place - as in the steel bar the change is an inner change - and there is a molecular re-arrangement. Thus we can see how fear and worry does actually affect man's health. With seeing eyes and with understanding we can understand how healing may take place with an ordered arrangement of the mind. The molecules - within which is atomic power - become re-arranged and can exert power in a given direction - and the great gift to man is his ability to point the way, and desire is the directing influence.

Discontent, thinking in terms of getting rid of an undesirable condition or situation, keeping the eye single upon an evil to be dispersed, and thinking in terms of the past misfortunes, is positively not the way to rearrange the molecular inner structure to produce a magnetic field which can eventuate in health, happiness, and well-being. Truly! There is a psychic magnet!

Drummond has said: "Patience: Kindness: Generosity: Humility: Courtesy: Unselfishness: Good Temper: Sincerity --- These make up the supreme gift, the stature of the perfect man. All of these are a natural out-flowing of Love. Some religionists say, "God is Love" -- Reduced to simples, the stature of the perfect man is attained by being perfectly natural. Be yourself! Within you is a conscience, the perfect guide to rightness.

Let the work of each of us be to correct the within of ourselves, and not to change another or the world at large, and the molecular rearrangement within us will take place and we will attract.

A gentleman is a gentle man -- and by his nature he cannot do an ungentle thing. In this, the third year of our work, and striving to be worthy of the degree of Master Metaphysician, we must be mindful that our daily pursuit must be of truth. To try to deceive or introduce magic is fatal to lasting results. Deception is worse for the deceiver than the deceived. Why? Because the deceiver is conscious and aware of the deception. The very awareness of it gives a sense of there being something to hide, and the soul, burdened with "skeletons in the closet" can never become fully aware of his oneness with infinite mind. He cannot expand that awareness into faith. He will ever be suspicious of his flashes of intuition or what is commonly called hunches. He will lack receptivity for the very reason that he has departed from the simples and has given his love to the complex -- the deception.

In modern times we hear often and much about "inferiority complex." We meet the boaster, we know those who oft proclaim their honesty, those who are touchy and resent every remark as a slight or a doubt expressed as to their ability or worthiness, those who run down the ability or worthiness of others with the end in view of having no detraction from their wished for virtues, those who are curt, over-positive, jealous, evil tempered. These are what we term "defense mechanisms."

The victim is within himself -- deep within -- aware of an inferiority, a lack - something missing. He boasts, that he may cover up this weakness and lays claim to superiority to save his own feelings and to present a false front to the world. Do you not here recognize deception - "a skeleton in the closet?"

He claims honesty, when no one questions it, that he may deceive. His dishonesty weighs upon his conscience and he fears others will suspect it, so he begins his defense before he has been charged. It is said to be the "keynote address of the confidence man."

Behind the veil of each evil trait in man, we can discover a reason, and each reason assays deception - a covering up - a longing to be judged by a standard to which one has not attained. None of us are perfect. It is the perfectly natural desire of every one of us to be well thought of and to possess worthiness.

He who broods over a lack, who magnifies his shortcomings and failures, and is ever looking backward, and who thinks more of appearances than intrinsic merit, and who thinks more of the approval of others than self approval, is ever building "defense mechanisms." This is the soil in which inferiority complexes thrive.

The effort should not be "to appear to be" -- The striving should be toward "being" that which the heart desires. The world is sympathetic and helpful to him who claims not superiority but is earnestly seeking to be superior. Fear not! In the manner, bearing and appearance of one thus striving "to be" - signs will appear and it will shine forth. Thus are the molecules of the body brought into ordered arrangement and one is magnetized, as is the steel bar encircled by the electric current.

Most people are appreciative of the fact that thoughts are creative or causative -- "As a man thinketh, so is he," - but they are not aware that every thought is thus causative. Planting thoughts is like the planting of garden seed -- they do not flower and bear fruit immediately -- but they do from the moment of planting start a process of molecular rearrangement. As the garden seed attracts to itself the necessary elements for growth - so does the thought. Thus you can understand that an

element in our mental formula of attainment is "persistent determination" -- Now this "persistent determination" is not a mental straining and striving with consequent tensions. In the complete formula, you will remember that persistent determination was immediately preceded by "confident expectation" or the element of faith -- so that your persistent determination must take the element of patience.

This building of a life, this creation of health and happiness and well-being, this bringing into being of personality and this certain flowering of character and creation of the earth's desirables can be looked upon and actually is an engineering and construction job. You have your plans (your vision). Your desires are the tools of the trade. Your thoughts do have bodily effects. Your actions always respond to your thinking. There is a polarity established. You do attract to you the elements required for accomplishment.

It isn't a matter of superstition, magic or deception. It is an engineering job, scientifically and mathematically sound. The ancient religionists approached the understanding. Did they not say that God is spirit? Who is there that claims that God is matter or has corporeal form? "The aliveness of spirit consists in intelligence or the power of thought. If the characteristic expression of spirit is intelligence, then spirit is thought" - says one of the advanced in metaphysical understanding.

We are given the supreme gift of reasoning and it is ours to use. Jesus said, "God is spirit." It therefore logically follows God is mind or thought. How perfectly logical therefore was it that Jesus could say, "I and my father are one" - and "The things I do, I do not of myself, the father in me, He doeth the works."

We are told that "man was created in the likeness of God." - The only likeness there can be we must reason is the likeness in spirit, and we have concluded and must conclude this simply means likeness in mind.

The religionist speaks of "Christ mind" or the mind that was in Jesus. Metaphysicians speak of universal mind. It was in Jesus - is in you - and as above reasoned, is God or the likeness in which we were all made.

You have a mind -- Your mind must be part of universal mind. The products of the mind are thoughts. They are a force -- they move upon and have effect upon the building blocks of the universe. Again we meet the question with which this instruction started -- "What is the difference in men?"

Each is a part of universal mind. The spirit or God is in each, but each is given free choice of the use of this mind -- and the pity is that man clogs his spirit or mind and fails to open it to the Divine inflow - and worse yet, does not realize the connection!

In earlier instructions we pointed out that power is expressed or becomes apparent through many instrumentalities -- electricity in light, heat, etc. It is the nature of the instrument through

which it expresses which determines what comes forth. So it is with man. Each is a different instrument for the utilization of the universal power; hence the difference in manifestation. The character of our thoughts is the determining factor as to the type of instrument we become.

The day approaches when we must think in terms of psychical protection. At least we must give it equal standing with the care we exercise with respect to things physical and material, - safeguarding the you rather than the yours.

We must study as metaphysicians to understand this power of mind -- "to make straight the way." The whole world is awakening to power of thought. The medical fraternity accepts it under the name of "psycho-somatic medicine."

General Douglas MacArthur - one of our World War II heroes, recognizes the power of mind. Over his desk hangs this framed message:

"Youth is not a time of life -- it is a state of mind; it is a temper of the will, a quality of the imagination, a vigor of the emotions, a predominance of courage over timidity, of the appetite for adventure over love of ease."

"Nobody grows old by merely living a number of years; people grow old only by deserting their ideals. Years wrinkle the skin, but to give up enthusiasm wrinkles the soul. Worry, doubt, self-distrust, fear and despair -- these are the long, long years that bow the head and turn the growing spirit back to dust."

"Whether seventy or sixteen, there is in every being's heart the love of wonder, the sweet amazement at the stars and the starlike things and thoughts, the undaunted challenge of events, the unfailing childlike appetite for what next, and the joy and the game of life."

"You are as young as your faith, as old as your doubt; as young as your self-confidence, as old as your fear, as young as your hope, as old as your despair."

"So long as your heart receives messages of beauty, cheer, courage, grandeur and power from the earth, from man and from the Infinite, so long you are young."

"When the wires are all down and all the central place of your heart is covered with the snows of pessimism and the ice of cynicism, then you are grown old indeed and may God have mercy on your soul!"

Yes! There is a power that man can apply and so to speak become magnetized. -- Mind -- God!

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