

## THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

MAY YOU SHARE IN OUR

PEACE OF MIND!

As we progress we want you to feel that you are a part in this development; hence this Instruction gives you an insight into the development of ideas which we hope will awaken in you an ambition - and that naturally there will follow an inspiration.

An inspiration is just an idea that takes hold of you and says - "I can" -- Following inspirations countless people have changed the entire course of their lives. - Countless of our students have. Wonderful is the power of just an idea! If you "feel" you can - you can. Stick to it.

We know - that "good will among men" --- all men --- is a powerful factor in this world. "Peace on earth to men of Good Will" is an everlasting truth.

Looking at this work as a picture - as an ideal being made real, we often repeat after Don Blanding: "Lord, we do give thanks to Thee for the Blessings that are ours."

At times this effort draws heavily upon us - but our faith carries us through. We have had the inspiration "we can" - and we can and do.

Out of it all we have come to know that there are enough of good people on this earth ("men of good will") to save the world from the calamities the pessimists claim are inevitable.

Doctors - ministers, and all are in accord that man needs but to know there is a spiritual side of life and that the mind of man is the mind of God and that by his thoughts man determines his own destiny and well being - and that massed thoughts determine man's destiny as a whole.

--- We welcome you as a part in the broadcasting of individual responsibility. May you share in the peace of mind that comes from thinking upon all things "good" -- God.

Sincerely,

*S. Hamner Davis*

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# THE **Essenes**

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INSTRUCTION 112

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

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THINK NOT IN TERMS OF WHO IS RIGHT, BUT RATHER  
IN TERMS OF WHAT IS RIGHT.  
CONCERN NOT YOURSELF WITH SUPERIORITY OR  
INFERIORITY. LOSE THYSELF IN WHAT YOU ARE DOING.  
BE THYSELF - AND IN ANY JOINT UNDERTAKING - BE  
A MEMBER OF THE TEAM. -- THUS STARS COME TO SHINE.

CAN YOU EXPAND AN IDEA?

This Instruction may appear to you a bit disjointed. Right! It is - and there is due to you an explanation.

We print relatively few thousands of each instruction at a time in order that we may make constant revisions and keep abreast of the latest findings and ever increase the potency of the expression -- thus increasing the efficacy of the suggestions.

This Instruction you may find a little more difficult to master than others. It contains much. The history of it is interesting. The Master Metaphysician - or third year's work in the study of Life Science - required the making of many notes. Each note was in effect a subject for a thesis - a sort of theme.

It occurred to us that it was good psychology to give to the student a considerable number of these notes. In them he might find the kernel of material already mastered, or in the future might recognize the enlarged idea, and derive pleasure and satisfaction in seeing the idea expanded.

We experience some enthusiasm for the idea. The student who understandingly grasps the idea, in a sense deposits a seed in the subconscious and his own subconscious may develop it more satisfactorily than our own treatment. Give to each thought due consideration. Think of it in terms of your own experience or what you have read --- think how you could "preach a sermon" on the subject and the instruction may lose its appearance of disjointedness and provide "food for thought."

Here are a few random notes from the editorial notebook:

Better conditions, abundance and harmony appear as the result of knowledge of principle. It is the peace that passeth understanding. Why is this so? Because man does not then put into the scale of justice that which would unfavorably effect its balance. He gives no evil -- He therefore receives no evil. He sows not thorns and thistles -- he therefore reaps not bruises and pricks.

The "book of judgment" of which religionists speak is a recording within. Man writes his own "book of judgment." It is within the subconscious - and all within it materially effects all future expression and events in the life of that individual.

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The evil men do is paid for in the coin of consequences. There may be no immediate and direct pain or injury or loss but it will effect an immediate and direct flaw in the mental process and the injury or loss will eventuate.

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Life is an incorruptible accountant. The record is indelibly written within us, and not in a book of judgment in another world, and there must be a balance in our accounts. There is no judge or Judgment. There is consequence. And the accounting is automatic. Balance is ever being achieved.

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There is possible the attainment of peace -- not a peace of isolation or seclusion - but a peace which is ever present in the midst of the affairs of life - a peace which enables one to meet face to face the adverse situations of life with equanimity. It takes but an affirmative faith - a faith that man is a unity with the universal and can draw upon it, that there is a bank of understanding and that his signature will be honored.

The need was never greater. By the press we are ever kept conscious of the alarming spread of mental illness (now constituting the majority of those receiving institutional treatment), of the prevalent feeling of insecurity, of the ever spreading marital conflicts, of personal and economic depressions and disarrangements.

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Here is a bit of wisdom which will help in your judgment of people. -- He who is given to gossip and passing on rumors has a feeling of inferiority. People gossip and deal in rumors as a defense mechanism - with the false idea that they raise their self importance and self esteem. It is just one way of displaying one's shortcomings, the possession of an unrequited desire for attention.

Of course we would all like to be helpful to these people. The wrong way is to criticize and abuse them or to even question the truth of the rumor or gossip.

If in subtle ways it can be conveyed to them that persons sure of themselves and possessed of self confidence never indulge in the practice, a cure is rather certain to be effected. It is a fact that those who can face the world and their associates with the feeling of adequacy and equality have no interest in gossip. They know that they can gain attention in a better way than by peddling trash and scandalmongering.

The efficacy of the treatment lies in the fact that once people understand why they enjoy gossiping - the subconscious guards are put to work - and they hesitate to display to the world an inner weakness - for they then realize that people who discuss or portray others are at that moment revealing themselves.

It is in effect a reversal of the mental processes. Before understanding, they think it is something that shows they are informed, up on the "inside dope," and that they are thereby

considered important - "wise" - and self esteem is given a boost.

After the understanding is implanted in the subconscious they refuse to gossip because they will think, and rightly so, that this display of self righteousness, this passing on of rumor or gossip, makes themselves appear as one inferior and gloating or taking delight in the shortcomings or misfortunes of another.

This is just another practical explanation of the deep wisdom of the religious admonition to "think upon all things good," and a reminder that one cannot carry dirt about others, without getting dirty themselves.

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Psychology need not be so thoroughly devoted to talk about nervous functions, and study of the parts. Man must be considered as a whole - and we must realize that body, mind and soul or spirit function as a unity - and any study must, to be helpful, point the way by which one may solve his own soul conflicts. It is a matter of attunement, and attunement is attained in mental calmness - giving thought to rightness -- Truth.

Truth means agreement with reality, and is determined by practical consequences.

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John Broadus Watson -- "Until college becomes a place where daily living can be taught, we must look tolerantly upon it as a place for boys and girls to be penned up in until they reach their majority." ---- Our whole endeavor is to conduct a school teaching how to get along in this world - a knowledge of life.

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Contemplate not what the world has to give to you, but rather ponder what you have to give to the world. The law is dependable and invariable. Effort has value, the motive has flavor. The consequence will not vary in value. The fruit will be bitter or sweet in accordance with the compelling purpose.

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Be not one who has every talent except the talent of making use of your talents. We teach of the value of thoughts - that the mind of man is the mind of God - but we would likewise stress that the world in which we live is a world of action. Yes - BE - but also - DO.

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You will forgive and forget if you will engage in and become absorbed in some cause infinitely bigger than yourself.

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Here is a formula for him who would be shunned by his fellow man, for him who seeks the certain road to failure, for him who would lose his friends and his own happiness. Let him engage in petty gossip and ridicule of others and put on display fear, doubt and suspicion, and let his ruling passions be arrogance - jealousy - resentment - impatience and cynicism - and let him forever engage in blaming others, contradicting and hating people. It is a sure-fire formula - certain to work. Why psychologically? It is to live with the negatives. What is the result? Physical ailments, for the human body is a chemical laboratory manufacturing in harmony with the prevailing mental patterns -- a poisoned thought produces actual poisons.

What you did yesterday was conditioned by what you thought in days gone by; what you do today is conditioned by your thoughts of yesterday and yesteryear. What you do tomorrow and in the tomorrows will truly reflect today's thinking. Therefore think constructively and optimistically. You lead a charmed life if you think charmingly.

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See that your personality measures up to your ability - and be equally diligent to see that your ability measures up to your personality. Accept the greater asset as par and then have a balancing of abilities. If you have neither ability nor personality, seek first ability. Personality has a way of keeping pace.

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Distressing emotional experiences can and often do emerge as actual bodily symptoms. It may take days, weeks, months and even years. There are mental cathartics - mental antidotes to mental poison. The unburdened soul - The rationalizing of a sense of guilt. Real ego satisfactions. The solving of relations with the world as it is.

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The greatest asset you can have is a belief in the victorious possibilities of life.

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Life is a process of dealing with complex conditions.

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There is such a thing as spiritual meaninglessness.

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One may have a head full of facts but lack the ability to translate them into experience or to capitalize them into forms of service.

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You have a problem -- we all have. It is comforting to know that there is a solution. Yes! To every problem. Every situation demands a certain kind of action. When the correct action is taken, the problem is solved. It may bring up other problems - but they too can be solved by appropriate action. Life becomes triumphant by reason of problem solutions.

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Happiness cannot be coerced. It must be forgotten to be present. In service to others there is happiness only when we are self-forgetful. Seeking happiness for ourselves by service to others bears a taint of selfishness. The happiness one brings to another sets up a train of sequences and the happiness of the giver is a consequence if not deflected by self seeking.

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There is in each of us and in all of us an instinctive desire for importance. In some in greater degree than in others. In every life is the hunger for fulfillment.

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To give thought to evil is to grant control unto evil. To be preoccupied with the negatives is to rob one's self of the conscious control of the purposes that shape character and destiny.

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If we will set a watch over our selves we can discern the real motives in all that we do.

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Greatness was never achieved by those who ever seek to avoid obstacles. History is replete with biographies of those who reached the top round of the ladder of success by overcoming obstacles.

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No one desires to feel that he is being discounted or ignored.

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Self assertion is the response to injured self esteem.

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"The feeling of being appreciated is good medicine for the ego."

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A feeling of elation accompanies the power to attract.

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The emotional life is very inflammable stuff.

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Just one observation on the present wave of marital difficulties. There are too many husbands and wives trying to reform each other, instead of themselves.

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Self-criticism is an entirely different thing from self-depreciation. One is a detached analysis of self -- the other an engaging in self pity.

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There is a philosophy of avoidance. Those who live by this philosophy avoid what is painful, tedious, unpleasant or exacting. Such people do not face life - and the penalty is severe. It leads to the living of a life that is unreal - a life in the imagination, infested with unsatisfying escapes, alibis, excuses and false ego satisfactions -- In short, here is inferiority complex in full bloom.

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We find our lives organized to a pattern and we find this pattern to be a mistake, and that we need to be taken apart and put together again. -- This is "to be born again."

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It is a thin line indeed which divides the conscious from the subconscious or unconscious mind - and that dividing line is most generally a repression.

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There has been a dismal failure in the attempt to solve our social problems. Perhaps it is due to the fact that those attempting the solution have failed in the solution of their own personal



problems. If we would be of service socially we must first successfully administer our own affairs, and then "the light of God" can shine through, unclouded by frustrations and defeats. If all do this - then the social problem is no more.

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Did you ever say, "I don't know" or admit you had made a mistake? Try it sometime on an appropriate occasion. It induces a comfortable feeling -- it has value psychologically -- and if you can laugh at yourself and share it you are on the way to being a metaphysician.

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Work at the essential things - avoid trivialities. Don't waste your time on little things -- stick to the big ones. Keep on the main track -- don't be side tracked. Don't put too great value on your discomfoting ideas -- supplant them with comforting ideas. Life and death decisions are not many or frequent and these the subconscious handles anyway. A free mind is the greatest possession of either slave or free man. It is then ready for contact with the infinite, and you can depend upon it there is an infinite.

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"God is a spiritual presence in us, giving us resource, backing, power available for daily need -- making us wells and not cisterns."

-- Harry Emerson Fosdick.

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To think coolly, factually and rationally is the ability to be sought. To give intellect the ruling power over emotions is the way to mastership. Calmness in an emergency or crisis is the technique of masters.

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The neurotic is always trying to hide something.

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Understanding and wisdom is in no sense modern, but there is this modern touch about it. -- It is always acquired on the installment plan -- The last payment is with the last breath.

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