

THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

THE MIND OF MAN IS THE MIND

OF GOD - KEEP THE CONTACT:

You will appreciate Instruction #113. If it had come into your hands a year or two years ago your appreciation would not have been so keen - in fact it would hardly have been understood. You would have said "starry-eyed" or "over my head" - or "It can't be so."

On page six in the second thought gem you will of course note a typographical error. You will substitute "lose" for "love" - making it read: "lose your peace of mind." - Yes, that is what happens when you give some one "a piece of your mind."

Let's try some self suggestion - say, several times - often - during the next few days: - "The mind of man is the mind of God." - What we want to get over is that mind is the life principle - life and mind are a unity.

You study this Instruction carefully - and surely more than once and it will do something for you.

We are not like the manufacturers of patent medicines, publishing testimonials, but some of the best psychologists say that this Instruction is one of the very best - so simple - so logical - so convincing - conclusive.

More than a score have said that religion was a jumble to them before they started this course -- Many said they were confirmed atheists. -- "There was no God" -- but they felt straightened out now - they had something tangible -- and they felt better by reason of it.

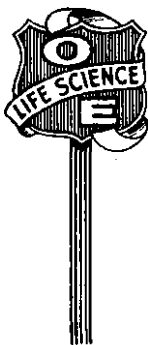
Folks! It is all so simple it is difficult to teach - but when you get it down to the point of conviction that there is a unity between you and the Universal - depend upon it - anticipate the good -- then and there true "faith" is born.

The mind of man is the mind of God -- but keep the contact.

Sincerely,

B. H. Hamner

#113



THE Essenes

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INSTRUCTION 113

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

"BEING AFRAID TO LIVE SO OFTEN STEMS FROM
DREAD OF WHAT SOMEONE MAY THINK, OR OF NOT 'KEEPING
UP WITH THE JONESES.' THE WISE MAN, OF COURSE, CARES
ONLY OF WHAT HE THINKS OF HIMSELF, AND ISN'T CONCERNED
WITH WHETHER THE JONESES GET ABOUT ON ROLLER SKATES
OR IN A ROLLS-ROYCE."

"LIVING REQUIRES BEING YOURSELF; COMPLETE
INDEPENDENCE OF SOUL."

--- Channing Pollock

BELIEVE IT -- ACT UPON IT

AND IT PROVES ITSELF

Life exists only in a cell. It is the basic unit of Life as we know it. Every person that lives or ever lived started from a single cell. Embryologists are agreed that at conception you weighed fifteen ten-millionths of a gram. This cell, in the formation of humans, divides and reproduces itself -- and the ordinary baby at birth is made up of two hundred billion cells. Growth is a further dividing and reproduction process --- the ordinary adult is composed of trillions of cells.

Atoms are the units of matter - and a cell being matter as well as the unit of life we find it composed of millions upon millions of atoms - and composed of great numbers of organic substances. You will remember that we have given you heretofore a list of the substances of which the human body is composed.

In this growth from the single cell to birth - and this reproduction to adulthood we find these cells separate into groups or units to form the different organs of the body - and the task of each organ is different - and each is different in structure or make up and each is different chemically.

Certainly this process is not the result of human wisdom. The fact is human wisdom is only at the borderland of understanding what takes place and the mystery is still untouched as to the how and why. We hazard the opinion that the progress has been slow, because we have been materialists and mechanistic - and mind, conscious, subconscious and universal has not been given due consideration. In fact - Universal Mind has been treated as a religious province - and called God and given personal attributes.

We have concluded and proven that in the atom is "power". In the chemical laboratory we add molecules of elements to other molecules of elements and we have an entirely different product. Natural gas, for instance, can be made the basis for nearly one-half million products. In fact nearly all, if not all, of the known synthetic products man has produced in organic industry are possible by-products of natural gas. Natural gas is a combination of molecules, which of course are composed of atoms.

In what we term plant life we find that certain combinations of elements take place and we have the different plants. Within the seed is the determining factor as to the combinations which will take place.

In the development of a ranch in Florida we take lands upon which are growing oaks, hickories, pines, magnolia and other trees. We clear this land of trees, roots and natural growth. We plow, harrow and prepare for cultivation and seeding. We plant oats in October and November for winter feeding of the cattle. At the same time we plant Bahai grass seed, which will come up after the oats are grazed off and give us permanent pastures. Note that the soil is one and the same for the growth that was and for the growth that is to be. The same sunshine - the same rain and moisture conditions will prevail.

The oat seed will produce oats, the Bahai seed will produce Bahai grass - not Bermuda, St. Augustine, or any other variety of grass.

The character of the seed predetermines the crop. Again we repeat this does not take place as a result of human wisdom. Man cannot examine a seed and from any chemical, microscopic or other analysis determine how or why one seed will attract to itself certain elements which will make it what it is to be.

Yet we know that a selection of elements is a choice from available elements. The Bahai seed selects certain elements and the oats select certain others. That is why one becomes one plant; the other quite different.

Selection or choice is a matter of mental action. There has to be the power or cause of action or functioning, and that wisdom in the plant seed is not human wisdom. So it must be an all-pervading or Universal Wisdom.

We have heretofore pointed out that chemical combinations is a matter of affinities - and that affinities are a matter of selections or loves - and this is conclusive evidence of inherent "mind action." It is not the human wisdom involved in making the combinations possible that makes the new product in chemistry. It is the fact that certain combinations and arrangements of certain molecules always result in a new product. It is a matter of certainty. Thus if oxygen is added to the constituents of natural gas under heat and pressure, sometimes in the presence of a catalyst - your result will be formaldehyde and acetic acid. Combine your natural gas with chlorine, fluorine, bromine or iodine -- you have a new group of chemicals; chloroform and carbon tetrachloride among the number. Combine it with nitrogen and powerful explosive or rayon substances are the result.

To this point we have considered life cells, plant life, chemical elements, the composition of all being atoms -- and within the atoms is power.

In the study of mind we found it to be a power result of certain forces playing upon the physical organ, the brain. In the animal kingdom - which includes man - we find certain degrees of choice - call it "free will" - and in man this free will or choice has reached its pinnacle.

There is one thing common to man, animals, plants and all of the elements of the earth. They are made up of atoms - and there is a Unity of all atoms. Therefore does it not seem logical that these power units which exercise the function of choice and selection are "mind guided?" If not, and there was conflict the power inherent would destroy all material creation. Therefore, there must be universal mind or universal intelligence to keep the sun, the stars and the planets in their course and create the harmony in nature we know.

Man possesses mind - the creative power - and it must be a part of universal mind; otherwise it would not be universal - which means everywhere or all pervading.

By reasoning we must therefore conclude that man does possess that power which effects the atoms and through the atoms the life cells of which he is composed.

We have heretofore indicated mental causes for stomach ulcers, arthritis, asthma and a host of other human ailments. One by one we are beginning to put our fingers on the physical effects of the different emotional errors.

The Illinois Eye and Ear Clinic in cooperation with the Chicago Institute of Psychoanalysis studied the emotional background of thirty-six patients with glaucoma. It was found in two-thirds of the cases the beginning of the attack was closely connected with some emotional event. In most of the patients it was a chronic internal conflict involving the patient and one or more of his relatives.

Glaucoma totally blinds twenty thousand persons a year and costs another one hundred thousand the sight of one eye. It is characterized by a hardening of the eyeball -- so ocular tension and emotional tension are closely related. So now psychosomatic medicine - which is quite respectable - determines that hate is the chief culprit among causes of glaucoma.

Psychosomatic medicine as a school of thought is "tracing" the influence of emotions on your health.

Rheumatism has baffled the M. D.'s for a long time. Organic treatments for this and for arthritis are not the success Doctors would like to see. They have tried thirty odd drugs and every known therapeutic method and results are far from satisfactory. Now they begin to search in the mental and emotional field - and the simple truth dawns upon them that continuous emotional tensions out-picture in "spasms of the muscles" and in that way effect the usefulness of the joints.

Once having admitted or conceded that thoughts and emotions (the result of thoughts) are causes of some ailments, we establish a principle - to wit: Thoughts effect life cells. Let us look at cancer, for which no medical answer has been found.

Roscoe R. Spencer, M. D., Director of the National Cancer Institute says: "A cancer is a clump of body cells that have gone wrong, that live at the expense of the body and contribute nothing. In other words, a bunch of parasitic gangsters." Then he asks: "How do they get that way?" -- In the same thesis he continues: "Human gangsters are maladjusted individuals spawned among unfavorable social conditions. Much evidence indicates that cancer cells are spawned because some unfavorable environment enables them to break out and assault us. To find what it is, to kill the gangsters before they kill us, is the war we are fighting."

He draws a parallel. Let us follow it a little more closely. "Gangsters are spawned among unfavorable social conditions." -- Is not a social condition a "mental world" so to speak? An unfavorable social condition is one where the thought processes are anti-social. An environment where suggestion is conducive to

anti-social behavior. "An unfavorable social condition" is one where negative thinking prevails. It is purely and simply a contaminated mental atmosphere.

Dr. Spencer draws a beautiful parallel - but fails to follow through on the "unity" of all knowledge. Cancer is "a bunch of parasitic gangsters." -- Are they not bred in a mental world -- unfavorable mental conditions? His parallel would so indicate if followed to a logical conclusion.

This much is conceded. Cancer is positively not contagious. Doctors have even taken cancer tissue from a patient and transplanted it under their own skin. -- "Nothing happened."

We are not claiming all wisdom, nor to have arrived at a final answer on the cause of cancer. The best authorities of the medical world agree that some fundamental disturbance of metabolism is always present in cancer patients. Thinking negative thoughts does effect metabolism.

Perhaps, if the National Cancer Institute would take a leaf from the book of the Illinois Eye and Ear Clinic and would cooperate with some recognized authorities in the Psychoanalytical field and make a study of the prevailing mental habits of the cancer patients it might find to its amazement a predominance of some character of thought in the great majority - and so great might the predominance be that chance would be eliminated from the conclusion that a cause of cancer or a sustaining influence might be a certain character of thought.

We concede that our field of observation has been limited with respect to cancer, but in that observation it begins to look like "covetousness" - "inordinate love of money," "avariciousness," "supreme selfishness," is the perhaps hidden predominant thought pattern. At least in a careful study such thought patterns should not be overlooked or the answer might be missed. Perhaps there is more to the Bible expression, "The love of money is the root of all evil" than we suspect.

Having once established in your own mind that thinking is an impulse that moves the atoms of your being and the atoms of the Universe and that as you choose your thoughts so you weave the pattern of your life, you will guard your thinking and "think upon things good."

Learn well the formula of attainment. Vision - Desire - Determination (establish need) - Faith (expect and anticipate the good) and Balanced Compensation (do something about it - pay the price).

Sincere desire - and establishment of a real need for the sought for are keystones in the arch.

If there is a need for a thing a God of our conception should supply it. It is not a matter of religion but a matter of fact - a provable, demonstrable fact that if the subconscious is impressed with a need - and that need is established in the subconscious - Universal Mind - (call it God) does fulfill the need.

Does not the fur of animals grow heavier and warmer in winter? The need is established. Universal Mind works for the animate and inanimate. You perhaps call it "Nature."

A sudden fear comes upon a person. It is his part to fight or run. The mind plus his emotions establishes a need. What does Universal Mind do? It supplies the need - adrenalin is thrown into the life stream, the heart picks up - and there is the need fulfilled. You can run or fight - strength is "added unto you."

There are countless people who write us they "wish" they could write. So often, we have pointed out the difference between wishing and a desire - burning desire. But let an individual have ideas - a message - and a burning desire to express them and a need is truly established. Then let him write - and universal mind will supply expression. He can sit down empty of expression - and yet there will come a flow of words. Call it inspiration or a universal mind flow or God - but there must be the means of outlet. You must be writing or in the position of writing or prepared to write. These are the things that impress the subconscious - and the channel between the subconscious and universal mind is never clogged. The dam is between the subconscious and the conscious. You want health -- You say you are sick - and there is a perfect case of a need - and the subconscious should have an awareness of it.

Are you quite sure you do not "enjoy poor health" for the sympathy or attention it brings to you? Are you certain that you do not fear to face the world and its varied situations, and sickness removes the necessity. Perhaps you can guess what the subconscious has grasped as your need. The emotions play a leading roll in getting over a message to the subconscious. Again -- You had health. What did you do with it to help the whole?

"As ye give, so shall ye receive" is a principle. Did you demonstrate a need for health by giving of yourself to a cause? Some might say - and sincerely believe it -- "I worked my fingers to the bone for others and what did I get -- sickness." There is one thing, associates, well established. Physical exertion - tiredness - will be remedied with one night's rest and sleep or a comparatively very short relaxation and rest. These people who "work their fingers to the bone" for others are generally resentful. They believe they are not appreciated. They secretly or unconsciously get over to the subconscious the message of a need -- far removed from the need for health. They even express it thusly: "If I should get sick, what would they do? They would then appreciate all I do." The negative thinking - the resentments - the self pity - the thought of self and the hard thoughts of others, does its work. They get sick - and enjoy it. This is a world of causes and sequences - (In modern phraseology, "Believe it or not.")

In the beginning of our instructions we set forth a few simple physical exercises. Some there are who consider themselves advanced in things metaphysical who could see no place for this in a course of Life Science.

We in our simple faith believe that man is a triune being - physical - mental and spiritual - and that there is a unity. Some people say - No exercise! Exercise utilizes strength! Conserve your strength! It is true that exercise does utilize strength, but when you utilize it, a very vivid message is conveyed to the subconscious of a need for strength and the universal does supply it. It is common knowledge that one must exercise for physical strength. Prize fighters train - Ball players practice. So you can put it down as beyond controversy that to utilize a muscle or a faculty - is to demonstrate to the subconscious and through it to the superconscious or universal that there is a need for a renewing and additions, and that there is a channel opened up for the expression of the universal. And depend upon it there will be a renewing, additions and a flowing.

The same principle applies in the seeking for material well being. You want prosperity - You need money. Have you ever desperately needed money for some emergency? You didn't know which way to turn to get it - but it came - or the emergency passed away.

Are you one who just wants money "for a rainy day." That is purely a projection of a fear thought -- You fear a future - You have fears of poverty or dependence.

Engage in a worthy cause or undertaking. Put into it what you have - and when the need arises for more you can depend upon it a way will open up. Utilize money for your own needs and for the good of the whole - and a channel is established - and Universal Mind will make the connections which will insure the return flow.

You want happiness. Study the needs of all men. They want happiness, too. Then give happiness to others and the universal has the message of your need, even before expressed and it will surely be supplied. It is automatic. It is cause with a certain sequence -- happiness.

All is - by reason of an atomic build up.

The atom contains latent power - and can be moved by the mind power in you. You may not understand how or why - but believe it and act upon it and it proves itself!

* * * * *
THOUGHT GEMS

Every neurotic thinks too much about himself. His hates, envies, frustrations, anxieties, resentments, fears and worries are but emotional expressions of his feelings as they concern him. The self evident solution is to forget himself -- and the certain way to bring that about is to do constructive things - and to obey the age old preachment - "Love thy neighbor."

* * *

Don't ever give any one "a piece of your mind." The inevitable result will be you will love your peace of mind. Anger is but a mild form of emotional insanity. -- Controlling anger is self control - and when you achieve that - the world is "your oyster."

* * *

Fear is simply the mental hazard of "crossing your bridges before you come to them."

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