

THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

FROM ALL MANKIND

COME YOUR MATERIAL BLESSINGS!

Every blessing has its price; frustration and pain are of the world as well as fruition and joy. Perhaps as a people we are, intellectually and emotionally, adolescents.

As we look upon the world today we suspect that a few simple truths have been much complicated.

Everywhere we turn -- Reader's Digest, Saturday Evening Post, and all the national publications, the Sunday Supplement and magazine sections and the "advice" columns of the dailies, in the movies and in the "best seller" books and on the radio, we find psychiatry stressed, played up and often made weird and ridiculous.

Long before this fad and fancy struck the public conscience our material was in print, pointing out that the mind, sending its messages through the nerves of the body, played an important part in man's health and well being.

We trust, however, that our simple, common sense treatment has not caused our students to worry about their worries and caused them to interpret each problem in terms of neurasthenia, deep seated feelings of guilt and compulsion neuroses.

In fact we would advise that with respect to your "troubles" you just say, "Well! That's that," -- and by substitution of positive, constructive thinking about an objective, outside of yourself, you banish the negative contemplations. --- All worry is of "self" -- even though you may try to console and even elevate your ego by saying it is with respect to others near and dear.

Instruction #121 is another effort to simplify and bring home to you that life has a meaning and that the way of correction of evil is a matter of "simples" in correct order and that the weird and ridiculous comes from minds which have too long considered "wackiness" and have mired in their own weirdness.

The world needs service to mankind -- Why not! From all mankind come your material blessings.

Sincerely,

THE ORDER OF THE ESSENES

By

J. Hammer Davis

Enc. 121



THE Essenes

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INSTRUCTION 121

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

THERE IS A WAY OF LIFE WHICH LEADS TO THE CONVICTION
THAT WE ARE IMMORTAL.

LEARN THE THOUGHTS AND WAYS OF THE GOOD, THE WISE AND
THE GREAT.

SO ACT IN DAILY LIFE THAT YOU WILL BE A BLESSING TO
OTHERS.

TRIUMPH OVER WHAT IS LOWEST AND WEAKEST IN YOU, AND
CULTIVATE WHAT IS HIGHEST AND BEST.

DISCARD THE FALSE - COME TO RECOGNIZE WHAT IS REAL,
TRUE, LOVELY AND OF GOOD REPORT.

SO COMMUNE WITH THE ETERNAL AS TO MEET EACH HOUR WITH
POISE, CALM, STRENGTH AND COURAGE.

THE PERFECTION OF MAN IS THE DIVINE PLAN; RECOGNIZE
YOURSELF AS A WORKING PART THEREOF, AND BY SERVICE AND
PRODUCTION ADD TO THE WORLD'S SUPPLY OF GOOD.

AN ATTUNEMENT IS POSSIBLE TO ALL

Knowledge is acquired by intelligence. Truth often, to you and to me, comes through intuition. Both are a source. Have we not over-emphasized the importance of the one to the neglect of the other?

One comes from striving, from effort, and by the route of the material senses. The other more often comes when thinking is in a calm - the mind is open - and there is a desire in the heart unsatisfied.

It is remarkable indeed how many of our philosophers and those accorded great in all fields of endeavor have loved to fish or wander alone in field and forest and by the banks of streams, lakes or pools. Many were judged to be shiftless, lazy and dawdlers. Many in their school days did not rank highly scholastically.

But this we believe will be found true -- they had a love in their heart for truth - and carried to the secluded spots they sought some great desire. There, they found an atmosphere uncontaminated with mass thinking -- there they synchronized with the pure stream of omniscience - and new thoughts and new ideas came down from on high - and truths were born for man's observance.

Dr. Lecomte du Nouy in his book, Human Destiny, gives the best answer to the question often asked: - "If there is a God, how can he permit all the evil that is in the world." - He says that in the beginning of evolution, progress depended solely upon God. Now it no longer depends solely on Him but also on the effort made by man individually.

By giving man conscience and free will God abdicated a part of omnipotence in favor of his creature -- Thus he breathed a spark of Himself into man. This liberty is so real, so actual that God himself refuses to interfere with it. If we accept the fact that a supreme power has created the laws of life then we must know that the creating power will not prevent these laws from operating.

Lecomte du Nouy is one of the world's outstanding biologists - a man among men in the world of science, formerly of the Rockefeller Institute and the Pasteur Institute. He shows by strictly scientific reasoning the fallacies of the materialistic philosophy - and as Dr. Robert A. Millikan says, no man can do the job he has done unless familiar with the modern findings of mathematics, physics, chemistry, biology and philosophy.

It is here we note, not in self praise, but with deep humility, that these findings are in full accord with these Essene teachings - and emphasis is laid upon the fact that the supreme power is present and available to all - that man's purpose is to be a medium of infinite expression - and there is meant no detraction from the work of Jesus in anything presented. He was a man - probably the most perfect medium of expression of the infinite. We do say, however, that no intermediary is necessary for the contact with the infinite - and that the worship of a teacher might possibly place the emphasis in the wrong channels. The teachings are the things for acceptance.

The observance of the known laws as Jesus taught and we have endeavored to modernize, simplify, and explain, is the sole requirement of what the religionist calls "salvation."

The world today sees many specialists in the medical world. Some devote their attention exclusively to the eye - ear - nose or throat; others to heart ailments; others to ailments of stomach or intestinal tracts. The specialization has gone so far that we have about as many specialists as we have organs of the body.

It is our humble opinion that this is following a belief of disunity. More to be desired is to follow along the line of a belief in the unity of man. The universe is one - The laws of the universe are expressed alike in the infinitely great and the infinitely minute. This world and this Universe and this life we live, if they teach anything, teach interaction and interdependence.

From our knowledge of the atom and the make-up of the atom we inevitably arrived at the conclusion there is a primal energy - and that from this energy or force or activity the whole universe was fashioned. Energy or force or this primal activity and matter are interconvertible, transmutable and interchangeable. Every substance in the universe is in reality a condensation of this force or primal energy. We know these substances by their behavior or activity.

Health is harmony in activity. Disease is but an expression of disharmony. Breathing or respiration - food and digestion - are the fuels of or entrance of activity into the human body. Hence the importance of correct breathing as taught in early instructions - and of correct eating.

Far greater authorities on the source of disease than we are declare that practically all, if not all, of the micro-organisms causing infection from without stem from micro-organisms which were once resident in the intestinal tract of man or animals.

Freedom from disease due to infection would be the lot of man if intestinal intoxication were banished from the earth. Micro-organisms, said to be the source of infections, play a smaller part in disease than is thought to be the case. They are ineffectual and nature eliminates them, except in the cases where a weakness has been developed and the organisms find a fertile soil for lodgement and multiplication.

Thorough elimination of waste products from the intestinal tracts is highly important. That is one reason many religions have some season or occasion for fasting.

If micro-organisms play the minor roll in disease, then the keeping of the whole body in balance and maintenance of a harmony is the major problem. The main functions of the blood are to collect activity and to convey it to the cells of the tissues and organs of the body. This activity may be called vital force.

We now revert to the fact as pointed out in our instructions that mind is a product of forces or activities - sense forces - constitutional or organic forces - and cosmic forces, playing upon the physical brain, and is in itself a force or activity - electrical in nature - and that this force or activity is the chief cause of inharmony in the human system.

The fact is that the actual lesions in disease are produced by the precipitation of hydrated protein particles in the areas affected and it is only later, if at all, that they are invaded by micro-organisms.

This precipitation or congealing is the result of inharmony, and inharmony is the result of inharmonious thinking or mind action.

Every thought has its congealing and creating capacity - creating the material from energy or force - and inharmonious thoughts create varying chemicals, which are carried by the blood stream. -- Little wonder is it then that different inharmonious thoughts have different effects. -- Upsets in the love life effecting the teeth --- thoughts of inadequacy causing asthma --- thoughts of resentment creating arthritis, and so on through the list as found in these instructions.

Scientific research has marshalled all of the energy, enthusiasm and effort of our people and we have gone far -- nearly to the point of self destruction, all to the end of material gains.

The day fast approaches when we must put that same enthusiasm, energy and effort into human betterment.

We feel that our efforts point in that direction, and we are humble in our role of disseminators of truth and are tremendously proud of our student body who share in our enthusiasm and by their voluntary contributions enable us to ever expand.

In schools we teach reading, writing and arithmetic, and a varying assortment of subjects said to lead to the accumulation of knowledge. We teach grandly upon almost every subject, but neglect the most important --- an understanding of ourselves.

The medical schools do treat upon the human as a subject - but in the study they separate him into parts -- bone, tissue, organs -- but say nothing of man as a unit in the universal. In most public schools any reference to religion is barred because of jealousies of denominations and sects - differing beliefs of the role of Jesus - differences as to baptism - rituals - authorities - dogma and interpretations of the Bible.

It might come about that there will arise a conception of religion as a way of thinking and a way of living. Our thoughts are real, our loves are real, our emotions are real, and all of these are effective - but they are among the invisibles.

Atoms are real - protons and electrons are real - cosmic rays - X-rays and infra-red rays are real --- and these too are invisible.

Fear is real; so is faith, as are happiness and misery -- all invisible - (not so the effects). Surely, we can teach that "As a man thinketh in his own heart, so is he" without the introduction of disputed questions of religion.

So-called "Human nature" let alone in an individual will no more thrive than science will thrive without thought and effort.

"Life Science" will some day take its place in the sun -- and we trust that you, the student, will have pride in your part in maturing this infant of light.

As of 1946 - at this revision - there are approximately four thousand practicing psychiatrists in the United States - and they are over-run. And such treatments as they undertake average about \$1000 per case.

Possibly the answer is not more psychiatrists, but moderate attention by all to the fact that life is a science. To bring about peace of mind, and living harmoniously with one's self and associates is purely a matter of the control of the emotions, the bringing about of an inner serenity -- peaceful living. We have often mentioned "good will" as an avenue to "peace on earth."

To understand "good will" let us turn the coin over and see what we find. --- Jealousy - grudges - resentment - smoldering and hidden anger. The sure sign of greatness is found in one who is magnanimous in dealing with those who are hostile, ungrateful and even crude.

The greatest satisfaction one can know is to be magnanimous under trying conditions - and the reason for that glow is a realization that one "has arrived" in the matter of self control -- and be it remembered ever that when one can control self - the control of all else desired is simple in comparison. Another flower blossoms, too --- a real self respect.

Self respect or self pride is unassuming -- it sparks an inner light -- and is never seeking recognition. If there is arrogance, cockiness, and an overbearing attitude, self pride is totally absent and instead you have within a feeling of guilt, a self hatred, and a sense of humiliation. -- Just another description of inferiority complex - and upon this the psychiatrists flourish - and the patients flounder.

Life has a meaning -- He who recognizes that he is one with the infinite -- that he has become a part of the life of today for a purpose and who seeks and pursues a purpose - and unselfishly devotes himself to persons and causes outside himself, will need no psychiatrist. -- And experience in a life of service will bring an abiding conviction that there is within and without man all the power, intelligence and strength to carry out the purpose, and always available to him, if he depends upon it -- and gets still and awaits its inflow.

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THOUGHT GEMS

Life aims propelled by a love of power will likely lead to disaster, but a life of service coupled with the power of love is insured a safe voyage on the most tempestuous seas and in the end power is entrusted to him who sought it not.

Love of power is self-seeking. The power of love encompasses all mankind. It's the old, old story over again -- "As ye give, so shall ye receive." -- So simple it is unbelievable to many - and these are the people who have the fears, tensions, and nervous break-downs and have called into being psychiatrists - and have elevated psychosomatic medicine to a place in the sun. -- May all this lead to the discovery by the many that the mind is the master, and the seeking should not be for a master mind outside of themselves -- but for a recognition that the mind of man and the mind of God are one -- and an attunement is possible to all.

CONSIDER

In our modern times we think much of our progress, and pride ourselves upon our intelligence. We read the Bible and consider it a fountain source of wisdom.

In about the year 550 B. C. there was born a Chinaman. He experienced great poverty in his youth - his father having died when he was three years of age.

In his twenty-second year he established a school, not of boys to be taught the elements of learning, but of young and inquiring spirits who wished to be instructed in the principles of right conduct and government. He accepted the substantial aid of his disciples, but he rejected none who could give him even the smallest fee, and he would retain none who did not show earnestness and capacity.

He lived to be sixty-nine years of age - and his work comes down to us of this day. It was doubtless available to the Essenes and to Jesus.

Mark you well -- he died 478 years before Jesus was born.

For a study in logic, for an example of reasoning, for great wisdom - consider this from his pen:

"Things have their roots and their completion. Affairs have their end and their beginning. To know what is first and last is the beginning of wisdom.

Those who desire to create harmony in the world must first establish order in their own communities. Wishing to establish order in their communities, they must first regulate their own family life. Wishing to regulate their own family life, they must first cultivate their own personal lives. Wishing to cultivate their personal lives, they must first set their own feelings right. Wishing to set their feelings right, they must first seek to make their own wills sincere. Wishing to make their wills sincere, they must first increase to the utmost their own understanding. Such increase in the understanding comes from the extension of their knowledge of all things.

Things being investigated, their own knowledge will become extended. Their knowledge being extended, their own understanding will increase. Their understanding being increased, their own wills will become sincere. Their wills being set right, their own feelings will be set right. Their feelings being set right, their own personal lives will become cultivated. Their personal lives being cultivated, their own family life will be properly regulated. Their family life being properly regulated, their communities will become well ordered. Their own communities being well ordered, the whole world will become happy and peaceful.

From the greatest of men down to the masses of people, all must consider the cultivation of the personal life the foundation of every other thing."

This man laid no claims to having any divine revelations. He said that the rule of life for men in all their relations was to be found within themselves. To him there was available the work of sages and wise men of his country for thirty centuries or 3000 years before. From these he gathered much that he transmitted. He said of himself he was not a maker but a transmitter. ---- This was - Confucious - whose clan name was K'ung, and Confucious is merely the Latinized form of K'ung Fu-tze, meaning "the philosopher of master K'ung." ---- And some people doubt that Jesus - from the age of twelve to thirty, when his ministry began - was schooled.