

THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

OUTWARD DISCIPLINE -- EVIDENCE OF INWARD SPIRITUAL STRENGTH:

All of us experience intervals when we feel the need of re-establishing our sense of unity with the Divine Spirit, and Instruction 122 and subsequent instructions will be helpful to you in preparing you to make the readjustments necessary for creative living.

The trend of our modern day living with its constant activity is not conducive to the cultivation of the periods of quiet and utter tranquility that bring us en rapport with Universal Mind.

Individual thought, allied with the emotions, has produced all of man's creations. Every form of art and science, every tangible thing that we see about us, apart from Nature herself, has come from individual thinking.

The fifth thing we do as children is to think. But this is a propensity which the average child is never permitted to indulge for any very great length of time, for he is bundled off to school, where he is given a number of little volumes called "test-books" which correctly inform him just what some other individual thought.

It would seem that the process of inhibiting thought has been reduced to a science, with the result that our thinking is almost never individual. We follow blindly as sheep in the groove traced for us by tradition, convention, and our particular ancestors.

You, as a student of Life Science, are an exceptional person. Your quest is that of self-development through the understanding of Truth, and by this route you come to experience the fullness of living and are of the greatest service to others.

The effect of mere resolutions to do things differently may help for the time being, but their results are only temporary. If anything about your life is not going as it should, if your hands are not doing and your lips are not saying what they should, the controls should be adjusted. The remedy needs to be applied at the point of motivation -- the thought life.

Our desire for you is that you put into practice the remedial disciplines we prescribe - that you may know the supreme happiness that is your heritage.

Very sincerely yours,

THE ORDER OF THE ESSENES

By

J. Hamner Davis

Enc. 122



THE Essenes

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INSTRUCTION NO. 122 Assuring to the Accepted and Acceptable
HEALTH, HAPPINESS AND SUCCESS

"WITHIN YOURSELF LIES THE CAUSE OF
WHATEVER ENTERS INTO YOUR LIFE. TO
COME INTO FULL REALIZATION OF YOUR
OWN AWAKENED INTERIOR POWERS, IS TO
BE ABLE TO CONDITION YOUR LIFE IN
EXACT ACCORD WITH WHAT YOU WOULD
HAVE IT."

-- Ralph Waldo Trine

S E E K Y E - - W I T H I N

One could not know our students as we know them without a supreme faith in the inherent goodness of all mankind. Deep is our spirit of thankfulness for this understanding. Our supreme desire is to measure up to the high standard set by our sense of obligation to those we are privileged to serve, that we may step by step show to them and the world that the inherent goodness within each is but a true reflection of the real You of their being, and that its encouragement and expression is the way of attainment.

There is a way open to the serious to know and to contact, to recognize and utilize the real You of their being - with its contacts with the Infinite. There is a way to fully comprehend that there is only one Subjective Mind of which we all partake, in which we are all immersed -- the great Oversoul, and that this Universal, Omniscience, Omnipotence (which is absolutely impersonal) is available to all and is Omnipresent.

Even in the search of this understanding there are satisfying rewards. That you may recognize and realize the unity of the soul, and the over-soul, the unity of the spirit of man and the universal spirit is the object of our Instructions, henceforth and to the end.

We deal with it not as something mysterious or supernatural. It is the natural. But man by his materialism has wandered far and has given his attention to the personal ego, mind and matter, to the objective world of his material senses. He has been immersed by his senses and emotions. His attention has been outward and not inward, his interest has been centered in his physical well-being, his desires have been dictated by what may be termed world consciousness, as opposed to self consciousness. His awareness has been objective and not subjective.

There is nothing wrong with a man's desire for personal well-being, for health, happiness and material blessings. --- These are his intended heritage, but the way of attainment is not by direction but by indirection. Simply stated: If a man seeketh these things directly as a satisfaction of the personal ego, and in the spirit of self seeking driven by the dictates of pride and conquest, he has lost the way. Whereas, if he comes to the realization that he has a mission on earth, a mission of service, and finds his own soul as immersed in and a part of the over-soul, the way is opened unto him. --- His happiness is real, his health is a life abundant, and his material well being is satisfying and a blessing to him and to mankind as a whole.

We have heretofore dealt with mind, the findings of science, the body as a physiological unit, and subjects without number, laying a foundation which in our judgment would prepare all serious seekers after Truth and the truth of their real being to grasp by way of the route of intelligence the fact that there is an entity -- "the self" -- the "I" of being - a soul - a spirit - a life over and above their physical and their mental or intellectual.

This preparation we believe will further enable them to direct their gaze inwardly, under simple direction, and come up with the satisfying conviction that they really are a soul in command of the physical and the mental, and the realization that this soul is a part of an over-soul -- the Infinite, and that life is a unity with life universal, without beginning and without end.

We have called your attention to that which a great philosopher once said: "As above, so below." Man is, on a reduced scale, exactly what the Universe is on an Infinite scale. Man is the microcosm and the universe is the macrocosm.

You are at the very center of your universe. You look outward and see results. You look inward and see the cause.

Heretofore we have dealt with psychiatry, psychosomatic medicine, psychoanalysis. From it you will note that it deals with the mind, and we ask you to particularly note the dealing is with the past errors of the human mind ---- the object, a correction of the consciousness created by the patient's own free will and choice as a solution of the problem of the best way of meeting the world as it is.

The psychiatrist has as his only tool or instrument the mind and "talk" -- call it suggestion, mental probing or what you will. He deals not with surgical instruments of steel, nor with chemicals, drugs, and medicines, except when he administers those sleep inducing drugs, heretofore dealt with as hypnotics.

We have emphasized the physical effects of mental errors throughout these instructions and called attention to the recent and limited acceptance of this by the medical fraternity.

The story is told of a patient in the Pennsylvania Hospital's Department for Nervous and Mental diseases who had been confined for fifteen years. This patient was forever endeavoring to curl herself into a ball, had no incentive for eating, and had not spoken a word in three years. Medicines had been ineffectual. It was one of those hopeless cases - the effort being just to sustain life.

A Professor of Psychiatry was conducting a tour of the hospital accompanied by a number of the students under his tutelage. When he came to the bed of this patient stated the case thusly: "As characteristic of her disease she has split herself off from the world of reality. We do not know what caused her to do so, but according to Freud's theory of schizophrenia she has made a complete regression to an infantile state and is seeking to resume the fetal position."

The doctor was called away at that moment. When the patient saw he was beyond hearing distance she spoke to the observing students thusly: "Did you ever hear such ---- nonsense in all your life!"

The sequel of the story is that she from that moment made a rapid recovery and in a few weeks left the hospital and lived a normal life for ten years thereafter and died of a heart disease.

So it goes --- When the error planted in the subconscious is brought to the scrutinizing attention of the conscious mind and it is termed "---- nonsense" - the release is accomplished and nature or the superconscious is free to do its work. And we again stress that the superconscious ever works for perfection. That is its nature.

Let it here be noted again that man's gift of free will is a heritage which can and does often work ill - and all because his gaze is outward and seldom inward, and by inattention he has almost lost the sense of unity of the conscious and the superconscious.

To regain this sense of unity is not impossible; likewise it is not easy, but is attainable by the serious and earnest individual who will give some time to the task of making a life -- and the time need be but meager as compared to the time most devote to making a living.

Directions leading to that desirable end is the task we set for ourselves, prayerful that they may be effective and with full confidence in the worthiness of those

who have traveled thus far with us.

Just as words are tools we use to describe the things of which we are conscious, right thinking is one of the most tangible tools we have at our command for self development. Right thinking is a powerful, creative force that is our birthright, by which we can all accomplish the worldly aims that we desire, and by which we can transcend these desires to the plane of helping others to orient their lives. The world you see and experience is the world that you, consciously or otherwise, have created.

You know that Thought is the genesis of every material object that we see or use in our life. The chair in which you sit as you read these truths had its pattern and size determined in the mind of the furniture craftsman who designed it before it was ever manifested in its present physical form. The great aircraft which spans oceans represents the highest development in western civilization of the techniques of metallurgy, structural engineering and scientific research. The aircraft itself is the culmination of the thoughts and thought forms of many different men pooling their ideas, but in essence it existed first in their mind's eye before it took form on the engineer's drawing board, and later on the production line.

The great masterpieces of Rubens, DaVinci, El Greco, which thrill the art lovers of today all had their origin first in Thought.

Throughout these Instructions we have taught and you have come to understand the primacy of thought and its being the source of all physical manifestation of art, literature and the economic works of man, such as factories, means of transportation and commerce.

You are learning to incorporate this concept of thought as being the source of all good into the every-day pattern of your living and being. By your aspiring to a life more full -- more meaning-ful -- and of greater service to others, and by giving of yourself in the many ways we have taught you, you have set into motion that great law of cause and effect -- and have in turn become recipients of your own giving. (We refer you to Instruction 18 - The Law of Balanced Compensation).

We call these things again to your attention to re-establish, if need be, in your mind the fact that the growth and development you have thus far experienced during your study with us has come about by your use of the creative process that is your natural heritage, your contact with the one Power, Divine Mind; your demonstrations evidencing the Fact that at the very center of your being are all the attributes of God.

Man is not a body with a soul: man is a soul with a body, and it is toward the bringing about of the individual realization and understanding of this and of the interrelation of man's soul with the Oversoul that we serve as guide.

The preparation for bringing about and maintaining this realization, this Knowing of your Oneness with the Infinite is an inner process. The development is mental and spiritual, and that is brought about by mental and spiritual exercise, just as physical exercise develops physical strength.

In this mental and spiritual development, the importance and value of Concentration and Meditation, as we have taught you, cannot be over-estimated. The habit of concentration will by itself tend to discipline the mind so that you

will readily exercise control and selection of thoughts that drift to you from the outside. Meditation, the process of realizing the Divine plan and order, of attuning one's inner life to a realization of his Divinity, and of making it conform to the attributes of the Divine Spirit, is the way to a "re-birth." This leads to a re-arranging of the building blocks of the Universe by means of the invincible forces of thought, to materialize in the pattern you desire.

The two skills of concentration and meditation give a man the power of withdrawing from the turmoil about him, the result of which is a greatly increased energy in work and a greater self control and serenity.

The man of meditation is one who wastes no time, scatters no energy, misses no opportunity -- for he is aware that something inside himself is superior to circumstances. Such a man governs events, using the power of his thoughts for wise and good purposes. He does not waste energy in worry, in being depressed or troubled, or in undue excitement. He has no time for argument, knowing that Truth is many sided and that there is room for a diversity of opinion.

Through the discipline of meditation Jesus became conscious of His Divinity -- through meditation you too can become conscious of your Unity with the Universal.

In our next instructions we shall direct you in the techniques of realizing, recognizing, and utilizing Spirit, as a means for revealing to you what effort you need to make and how to make it to perform well your mission on earth - and thus fulfill your Destiny.

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GEM THOUGHTS

"It is not the number of books you read, nor the variety of sermons you hear, nor the amount of religious conversation in which you mix, but it is the frequency and earnestness with which you meditate on these things till the truth in them becomes your own and part of your being, that ensures your growth." --- F. W. Robertson

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"Wisdom allows nothing to be good that will not be so forever; no man to be happy but he that needs no other happiness than what he has within himself; no man to be great or powerful that is not master of himself." --- Seneca

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"Real knowledge, like everything else of value, is not to be obtained easily. It must be worked for, studied for, thought for, and, more than all, must be prayed for." --- T. Arnold

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