

## THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

BY YOUR DEVOTION

YOU SHALL KNOW TRUTH:

During the daily devotions of thousands of Hindus, this ancient prayer is heard:

"As different streams, having different sources,  
All find their way to the sea,  
So, O Lord, the different paths which men take,  
All lead to Thee."

As the title of this Instruction, The Gateway to the Path, indicates, you are upon the threshold of the greatest period of enlightenment that the Essene teachings can enable you to attain.

The many Instructions you have heretofore received have presented the fundamentals in small fragments and have set forth the principles upon which the Universe and man function, and those of you who have come this far are approaching the most fruitful period of your study, to which you have confidently and aspiringly devoted many months of preparation.

For each one of you who have been faithful in the study, there have been those who have stopped along the wayside, unwilling to make the sacrifices and observe the disciplines that are necessary in the building of a firm foundation for this glorious structure of advanced thinking that is the Essene way of life.

You who have traveled this far with us are truly the elite of a relatively small group of contemporary intellectual life. You have merited this by your devotion to Truth and your willingness to do something about it, and we know you will continue the giving of yourself which is so vital to the final phase of this work to bring it to a sharply focused, integrated panorama of the most ancient teachings of man. When you have completed this you will find in your possession a shining tower of perfection - Truth - which will be your source of great inspiration, comfort, and the ability to live life to its fullest and to give freely of yourself to your fellowman.

The world today is indeed at a crossroads, and the collective thinking of advanced minds has never been more sorely needed to prevent civilization from slipping into the abyss of unenlightenment.

--- Therefore, we progress together, and by your devotion you shall come to know Truth.

Very sincerely yours,

*S. Hamur Davis*

#123



# THE **Essenes**

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INSTRUCTION 123

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

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"THE LIFE-PRINCIPLE OF EVERYTHING IS INCARNATED IN ALL THAT LIVES, FROM THE LOWEST TO THE HIGHEST. MOST OF US ARE RUNNING HITHER AND YON, SEARCHING FOR REALITY OUTSIDE OF OURSELVES, WHEN, ALL THE WHILE, THE CONSCIOUS REALIZATION OF THIS INNER DIVINITY IS THE UNVEILING OF THE CHRIST: IT IS INDWELLING, AS WELL AS OVER-DWELLING, AND THE CHRIST IS FOREVER INFOLDED WITHIN HUMAN PERSONALITY. THE SEARCH FOR REALITY MUST EVENTUALLY END IN THE REALIZATION THAT IT IS WITHIN. AND HE WHO SEEKS THE CHRIST OUTSIDE HIMSELF WILL NEVER FIND HIM."

--- Ernest Holmes

THE GATEWAY TO THE PATH

There is no place in our Universe where there is a state of absolute rest. Scientists have discovered that matter in its ultimate character is composed of electronic energies moving at high rates of speed, and in examining human consciousness we find the same incessant activity with numerous thoughts, impressions and desires constantly streaming through it.

Our experience of the world is nothing but our thoughts of it. We see that the law of constant movement is not limited to the material, but also determines the mental. We begin to view the Universe, not as a structure, but as a flow -- it is a state of ever becoming rather than one of settled being. As we make this important concept a part of our being, the materialistic ideas of stability and solidity which the senses render to us become mere appearances, and we realize Nature as consisting not of things, but rather as a continuous series of happenings.

We arrive at the conclusion that we live in a world where the final reality is not an immobile thing, but an ever active force, which appears as though it were a thing. Does this not broaden your concept of all Life - of the Real You as an integral part of all Life - and of the harmonious, fluidic pattern of the evolution of all Life?

When we have reached the full realization that Universal Intelligence - Mind is the ultimate reality out of which all life stems, and when we have incorporated this profound truth into our every day thinking and living, we have made a great advance in the Essene way of life. We understand the transiency of all things, be they wealth, civilizations, or the tremendous number of physical manifestations in plant and animal life. It brings the realization that the true substance of life is not in these short-lived manifestations - that they are but the appearances.

Our purpose in presenting these Instructions is to reveal to mortals their immortality. Man is prone to fit every experience into the pattern of his existing ideas. It does not often occur to him that his pattern is so imperfect that he can only find what his experience really means by transcending this pattern.

One of the fundamental truths of Essene teachings is the universality of all life. Human, animal, mineral and vegetable life - all have their origin in the same Source and are simply different expressions of the Universal Life Principle in action.

All of these manifestations of the Life Principle are evolving within their own spheres. Science has proven, as we have pointed out to you in our Instructions, the mutation of botanical plants. Physicists are learning more about the evolution and change of minerals. The culmination of this knowledge is becoming evident in this atomic age. The source of atomic power is due to the change of the atomic structure of certain minerals. Man is evolving in his physical form, as has been proven by leading anthropologists.

The Universe is mental in its substantial nature. If thus the universe is understood in accordance with its nature - then the mind is the highest power effecting its phenomena. Man, as a part of the Whole, has only one real purpose for being -- It is his sacred duty to do the utmost to further his own evolution, and it cannot be accomplished except by his conscious direction. This is the only method by which he can contribute the greatest good to mankind while upon this earth.

What is the pith of this presentation of ideas? Certainly! That man, endowed with the greatest gift of all creation, his directive ability, needs to be brought to the realization that the loftiest of all these series of evolutions is the evolution of his own soul. He has demonstrated that the forces of nature are subject to the direction of man. He has changed the character of flowers, animals, fruits and trees, because the Mind of Nature is passive and moves when the intelligence of man moves upon it. He can produce "seeming miracles" then with respect to the development of his own inherent qualities.

The universe being wholly mental it follows as a logical sequence that it may be ruled only by mentality, and the student of Life Science who has learned to live in the realization of his Oneness with the Infinite Power has learned that he has become a magnet to attract to himself whatsoever things are necessary to his well being. The Trinity is mind (the ideal) spirit (consciousness) material (materialization). The degree in which we live in realization of this Oneness is the degree to which we actualize in ourselves the power of materialization. Make manifest the Kingdom of Heaven that is within you!

All creation is thought objectified, and the universal creative substance is man's to command. He needs but to formulate the objective, envision an idea and by desire project it into the circumambient sea of power.

We have taught you throughout the Instructions to maintain an attitude of constant watchfulness with regard to all thoughts that enter your mind, for the mind is like a magnet, attracting and repelling, and the character of the thought pattern that becomes your nature is determined by the kind of thoughts you habitually encourage.

The ability to concentrate can be used to effective purpose in strengthening the good in the individual - You - and is an all important element in your preparation for further spiritual advancement by the route of daily meditation. Through concentration the mind can be shaped into an instrument which can be used according to the will of the thinker.

At this point there comes to mind an experience related by Stefan Zweig, the distinguished Austrian writer, and great admirer of the work of Rodin. While visiting in the country home of the French sculptor, Zweig accompanied him to his studio one afternoon, where Rodin donned a linen smock, picked up his scalpel and passed the wood lightly over the soft clay of his latest work.

His strong hands awakened to life, his eyes kindled as he worked. This went on for half an hour, an hour. He was oblivious to everything but the vision of the sublime form he wished to create. He was alone with his work, like the Divine Intelligence on the first day of creation.

At last, with a sigh of relief, he threw down his scalpel and wrapped the wet cloths round the torso. Just before he reached the door, he caught sight of Zweig. He stared -- Only then did he remember, and was visibly shocked at his discourtesy. "Pardon, Monsieur," he said. "I had quite forgotten you. But you know ---." In Zweig's words: "Nothing has ever so moved me as this realization that a man could so utterly forget time and place and the world. In that hour I grasped the secret of all art and of all earthly achievement -- concentration; the rallying of all one's forces for the accomplishment of one's task, large or small; the capacity to direct one's will, so often dissipated or scattered, upon the one thing."

Advanced spiritual methods in ancient times were almost always reserved to those who had renounced the world. In this modern age such a renunciation is not only impractical for the great majority of people, but even inadvisable. For the way to higher life must and can be found in and through the world and not outside of it.

Man, however, has to make a sacrifice in order that he may be able to enter the higher spiritual planes, and this sacrifice is the renunciation of man's bondage to the constant stream of errant thoughts which make him believe that the world he perceives by his senses is the ultimate reality, which it is not. The senses only perceive the appearances.

It is when man turns his attention inward and explores the source of his being that he discovers rare treasures which lie buried in the recesses of his own being.

How is man to begin this search to find the mystery of the I? What is the Soul? What is the meaning of Eternity? These are all questions which have preoccupied the thoughtful men of every age, and there are some who have delved deeply and have found their solutions. These ancient lores hold genuine and valid answers to the riddles that trouble the modern mind also. These ancient sages have made it possible for the present day man to reach the same discoveries by following the methods of religious approach and psychological techniques which they evolved and which are the door to vital personal experience in the spiritual plane.

The Essene practices used to plumb the depths of man's innermost being have something of the nature of prayer in them, something of the nature of sustained intellectual effort along a single line, generally called meditation. Through these practices persistently and confidently performed, man does eventually discover his own deathless spirit. Man goes along, quite unaware of the depths which lie below the surface of his being. He is conscious of only a small part of what goes on in his mind.

All methods of meditation are based on the principle of cutting oneself off from the awareness of the outside manifested world and the sense perceptions of the conscious mind by some physical, mental or emotional practice, in order that we may become aware of the deeper levels of the mind.

There is no one set method of approach that is entirely compatible to the many different mental make-ups of individuals. The Essene teachings do not quibble about the way of attainment, but allow each man to choose the approach that suits him best, knowing that the ultimate attainment is identically the same. There is but one ultimate power throughout the universe, and whoever becomes aware of it today will find it the same as it has always been. The Divine essence does not change. Only man's ideas about it do.

The form of meditation most familiar to the people of the western world is that of religious mysticism, with Christianity the leading form. The great Christian saints have written how they attained religious ecstasy by repeated contemplation of the mental image, life and teachings of Jesus the Christ, usually combined with the renunciation of the world and rigorous asceticism. The effectiveness of such a method depends upon possessing a deeply religious temperament, and intense devotion which wells up during periods of silent mental worship. It is possible for man, by intense devotion to God, to lift himself through the power of purified emotion to the point where he feels his personality melting away and becoming a part of the larger being of the soul.

Man cannot lose his source in the Infinite, although he may temporarily lose his awareness of it. The Essene teachings present an approach that will possibly be more compatible with the skeptical, inquiring mind of modern man - a path based on the use of reason.

This path of introspective, self inquiry, combines the rationality of analysis with the power of meditation and can be practiced by anyone at any time. It is simple, direct, primarily intellectual, and has no connection with any particular cult or religion. The technique is simplified and designed for our own time, where a life wholly devoted to meditation is impossible, and where most people are compelled to live in constant activity.

In pursuing these teachings we attempt to reveal some of the secret, subtle but definite laws that govern the working of man's innermost mind and his soul. Obedience to these laws will put him in tune with the best in life. Jesus said: "And the Kingdom of Heaven is within you, and whomsoever shall know himself shall find it."

The follower of these techniques will have to think out analytically each step of the way from man's normal state of consciousness to the interior spiritual attainment. He who follows this path, accepts these truths and practices these techniques will free his mind from its restlessness, sharpen his concentrative powers, and achieve peace of mind.

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