

THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

Dear Friends:

It seems well to begin to understand a little more about the body as the very temple of the Holy Spirit; therefore, we submit this lesson on the lungs. When the Truth and beauty of it is established you will not have to think of it anymore, for you will be automatically accepting it.

I hope some of you can manage to see a book in two volumes called "Man, in Structure and Function" by Dr. Kahn, which was translated into English a few years ago, because of its amazing illustrations. Life Magazine devoted a whole copy to it at the time. There is an illustration of a cell in the body many times enlarged and in the very middle of it there is a radiant light and when you can think of yourself as composed of innumerable cells of light you can feel like a Neon sign - which, of course, gives forth no light if detached from the current. So, my friends, let us keep in the stream of light and life and behold the Christ in everyone.

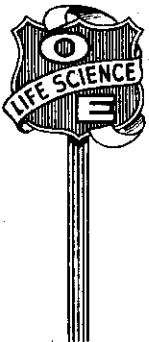
We are so grateful for your bountiful gifts as expressions of the worth of these lessons and we send them forth to prosper all.

faithfully,

THE ORDER OF THE ESSENES

S. Hamner Davis

Inc. 131



THE Essenes

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INSTRUCTION 131

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

"EACH NEW DAY STRETCHES OUT BEFORE US AND
GIVES US THE OPPORTUNITY TO LIFT UP OUR HEARTS
AND MINDS AND BE FILLED WITH THE PURE, SPARK-
LING ESSENCE OF LIFE. I NOW TAKE THIS
MOMENT TO LIFT MY HEART - TO HOLD MY CUP
TO BE FILLED. THE MIND FILLED WITH THIS
PURE ESSENCE, IS NOT FILLED WITH ANY BURDEN
OR WEIGHT. THE DIVINE ESSENCE LIFTS AND FREES -
BUT ADDS NO SORROW. I AM ESTABLISHED IN
PERFECT EQUILIBRIUM."

Mary West Fullenlove.

THE BODY OF LIGHT

The Students of Truth are bending every effort to become consciously aware of the fact that "In Him we live and move and have our being." We must become conscious of the Most High and that this Most High is All Wisdom, and it is healing strength. We must walk consciously with God, knowing that His Presence is transcendent and imminent. We must also attain a new birth, a quickening spirit. We have no real power except that which comes as we contact this Divine Presence. There is One Power and One Presence. Malachi 3:6 - "For I am the Lord, I change not; return unto me and I will return unto you."

We know now that there is no matter. We know there is one thing, Universal energy, and all substances are merely expressions of that one. All qualities are determined by the mode of motion of the force, change the mode and you change the quality. Einstein, long ago, worked out the equation that showed the existence of a definite relationship between matter, energy and the velocity of light. More recently we read that the lighting effects of the atomic bomb begged description. We speak sometimes of a blinding light and we know that the ordinary acetylene torch gives a light that hurts the eyes, so the welder protects his eyes. Who can look straight into the sun? Yet, people wonder why they cannot see Jesus when we know He is in His body of light. When He appeared to Paul at the time Paul was converted, do you recall that Paul was blinded for awhile? We have only a limited understanding of the meaning of Christ as the Light of the World because we have thought of Christ in terms of the person of the man Jesus, and have remained at that point of worship quite long enough.

It was uttered long ago that there is One Infinite and Eternal energy from which all things proceed. It has no limit, it is eternal, has no beginning, no end; you can't see it, but out of it everything you see comes. All proceeds from One. Even before this another said that - "The thing that hath been, it is that which shall be; and that which is done is that which shall be done; and there is no new thing under the sun." Eccle.1:9 Paul said in second Corinthians 4:18 - "The things which are seen are temporal; but the things which are not seen are eternal." Ephesians 4:6 - "One God and Father of all, who is above all and thru' all and in you all."

An ancient seer said that religion, philosophy, literature and science came from the same source and arrived at the same conclusions, namely: there is only God. We, who have the desire to know Truth, if we are willing to give ourselves to it will find we are moving toward the same event - Divine consciousness, where we know God. "For I am God, and there is none else; I am God and there is none like me". Isaiah 49:9. The prophets were aware of His Presence. At one time we thought that elements were ultimate,

then we came to know molecules and atoms, and now we have split the atom and find that energy moves intelligently. Back of the atom is the light and back of light is Infinite Intelligence and they are One. When we understand a thing, we say we have light. Those who knew the Divine were called the illuminati. God is the Father of Light and everything comes from light, - everything.

Father means first urge. God is Father of us all, above all, through all and in all. All substances in their last analysis are light energy, which moves, and we can only behold it with the eye Divine. We can only know God through spiritual faculties awakened by prayer. He that can breathe that wisdom can become God. Jesus came to awaken us to the fact that we are offspring of God. Behold I say, "Ye are Gods", was spoken from His understanding. He was conscious of the Light, not sentiment, but conscious knowledge is what we want, that we may look out with a new vision and a new understanding. The eye must be single to "I Am that I Am", and then we will live in another world. David said: "Day unto day uttereth speech". So there is no place where God is not.

We are citizens of the Universe, drawing elements to build the body. We are sons of God and God is Spirit, so we are children of Spirit. The breath of Brahma created the universe, so we are children of the great breath.

In the last instruction we touched on the subject of the lungs and their ability to breathe light. In one of the early instructions you were given some breathing exercises and now we will show you a deeper meaning as we consider the lungs as organs of light. We see with our lungs, for they light the inner, which is a light to the outer. Nature is but a symbol of Divine mind and movement. The verdure of nature are lungs to the planet, for the trees and plants reach into the atmosphere. The trunks are fixed in the soil, but the fine twigs grow foliage and leaves which are lungs, because they take in the air. Their fine capillary filaments serge with sap, the blood of the tree, and take out of the air what the tree can use. The world and the planet breathe air. Flowers are taken from a sick room at night for a reason.

As the tree, so are the lungs in man. The sap of the body moves upward to them, laden with waste products which are purified in the lungs with air, then it goes into the arteries charged with light red. The blood is a stream of light, we breathe in light and it lights the body, for pulmonary breathing extends to the feet. We breathe with the feet and they become full of light. "How beautiful upon the mountains are the feet of him that bringeth good tidings, that publisheth peace." Iss. 52:7. "Thy word is a lamp unto my feet and light unto my path." Psalm 119:105

When man inbreathes, he draws the inspiration of the Almighty. The body breathes what the mind accepts, for the body corresponds and synchronizes with the mind. If the mind breathes love, light and wisdom, the mind will be clean and pure, so will the body. There was no poison in Jesus' breath, because when he breathed on the disciples they received the Holy Spirit. His will was the will of God and His body was full of Light. We inbreathe of vitality and power as the mind breathes.

The lungs have their trunk and when the mind is fixed on God, the bronchials will be strong, alive, elastic and yielding. As the tree trunk supports and meets the wind it grows strong. No tree is firm without this test and no tree can live without movement in the atmosphere, for the foliage would wither and die. And so with the lungs, if there is no wind (breath) blowing through, there is no life in the body. We can determine the vitality of the body by seeing how it quickens under exercise. The deep-chested are active workers, and breathe the deep breath of Heaven. He who breathes inspiration is always trying to lift the consciousness of his fellowman. Inspiration and expiration form a perfect balance. Sometimes a neophyte wants to turn the world upside down in his outbreathing, but one calls for the other.

So the lungs are the tree, the organs with which we lay hold of the ethers, the breath of the planet. The air is the planet in solution, and the trees return it to the planet, so, too, man repeats it back to the Almighty. You know in sending a telegram over the telephone you have it repeated back to see if it is correct. In the Lord's prayer - "Hallowed be Thy name", actually means to sound back or sound forth in us. The Divine inspiration is the inbreathing and outbreathing of God, "The breath of the Almighty giveth understanding." Job 32:8 Jesus said He knew nothing but what He got from the Father, He breathed the breath of God. Easterns speak of the breath of Brahma. God is light and life.

The spirit in man is the light of the Lord, it lights our understanding, quickens our knowing, and inspires our mind. As we inbreathe from the mind of God and partake of His wisdom we find our outer breathing moving in accord, but if we look downward we breathe out pestilence. Paul went to Damascus breathing slaughter, but was blinded and heard the voice of Light, which changed him to breathe love and light. So he brought the light of Christ to the Gentiles and his sight was restored. He had new eyes and new light, no doubt he even walked differently.

Every organ is affected and placed by the lungs. They also determine the texture of the skin, which is a great breathing apparatus. The breath of the Almighty covers our whole system. The movement of the lungs determines the constituency of the blood which moves with regularity, carrying a cleansing fluid which takes away the dross.

We die daily, which is a passing away of that which has done its work for us. If the mind is on High, tapping the ethers of Heaven, we become more pure. The changed breath moves the bloodstream and determines the whole condition of the body. If the lungs don't breathe, the brains won't breathe, but as they breathe, so is man.

We are breathing Deific Essence, the breath of the Almighty. As man taps the Heights, so will the body reach out and take the atmospheres they formerly could not get. So the body alters and changes. We touch the magnetic energies, finer tone and higher vibrations until we are in that place where we emit light. Jesus was like this. He breathed the Holy Word, the Lost Word, the Deific Essence. It is nigh thee, it is in thy mouth. God is closer than breathing, but we know it not.

As we become steady in our upward gaze, we find the mind breathing new ideas and the body moves up within itself with a rearranging of cells, for as we reflect the breath of God, we change the functioning of the whole body. "Be ye transformed by the renewing of your mind." Romans 12:2 If the mind is set on High, the breath comes deep and strong. We can breathe a person out of pneumonia until he begins to breathe the breath of the Most High and is in harmony with it. Pneuma means breath in Greek and means spirit in the Latin. It has been only a short while since the medical world found that fresh air was good for pneumonia. The lungs become luminous and red with the beauty of light, and when they are not filled they become dark and impure. So the lungs are the organs of light and the whole body is a solarium, all aglow, and all alight when the mind is fixed on the Divine and inbreathes the Heavenly breath. The body will be a living temple as Paul said, the temple of moving Spirit, which, in blowing through it will keep it pure and make it Holy.

It is not necessary to take physical breathing exercises to expand the lungs, for high thinking is always followed by deep breathing. When one is in the silence, in the deep stillness of Spirit, the outer breath seems almost to cease, but inner quickening is observed, which metaphysicians know as the receiving of the etheric or divine breath. This is genuine deep breathing and is quite different from mere muscular expansion of the lungs, which wholly misses the mark and often leads to serious results when practised until psychic vibrations are induced. Do all things with your mind set on the Lord and you will feel the pulsation of the Divine Breath.

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THOUGHT GEMS

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The same stream of life that runs through my veins night and day runs through the world and dances in rhythmic measures. It is the same life that shoots in joy through the dust of the earth in numberless blades of grass and breaks into tumultuous waves of leaves and flowers.

Tagore

"The heavens declare the glory of God,
And the firmament showeth His handiwork,
Day unto day uttereth speech
And night unto night showeth knowledge.
There is no speech nor language;
Their voice is not heard."

Psalm 19:: 1:4