

THE ORDER OF THE ESSENES  
2327 SUNSET DRIVE  
TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

THOUGHTS ARE THINGS!  
STARTLING PERHAPS,

TO YOU:

It is easy enough to understand in agriculture that as you sow, so shall you reap, but so many people today are sowing thistles in the mind and hoping to reap a reward of health, happiness, and success.

In agriculture, it is easy to understand that the field must be ploughed and harrowed and the seed-bed made ready, and you should recognize these preliminary lessons for what they are -- the preparation of the seed-bed, that the thought seed we plant in the course of these instructions may bring forth for you the realization of your heart's desire.

Give these instructions your sincere study. Every effort in this world contains within it the seed of a just reward. Every thought and every act is cause at work; an effect is inevitable and in accordance with laws we help you understand.

There actually exists in you extraordinary potentialities. A knowledge of the beginning of these qualities and how to utilize them is of great importance. This is the Science of Man.

Hall Caine, who wrote "The Christian" was the son of a blacksmith. He never had over eight years schooling in his life, and yet he died the richest literary man the world has ever known.

He loved sonnets and read all of Dante Gabriel Rosetti's poetry and wrote a lecture praising this author's artistic achievements, and sent a copy to Rosetti.

Rosetti was delighted. He invited the blacksmith's son to come to London to act as his secretary, because he thought that anyone so appreciative of his ability must be brilliant.

That was the turning point in Hall Caine's life. He met the literary artists of the day, profited by their advice, was inspired by their encouragement, and launched upon a career that brought fame and fortune. His start came from expressing admiration.

Such is the power of sincere appreciation and the expression of gratitude. Such a little thing and yet so powerful.

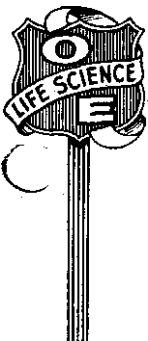
No effort is ever lost in the universe and that makes the law of giving operative. The time you devote to these lessons is an investment in yourself, so be faithful in the study that you may be true to yourself and your sponsors, that their giving be made effective.

Let every day be a day of thanksgiving,

THE ORDER OF THE ESSENES

Enc. 5

*J. Hamner Davis*



# THE **Essenes**

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## **Instruction 5**

**Assuring to the acceptable and accepted  
HEALTH, HAPPINESS AND SUCCESS.**

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*Common sense is a central sense, toward which all impressions converge and unite in one sentiment—the desire for the truth.*

*People of common sense love directness and simplicity, and ever seek to reduce complications and problems to simples—knowing the world is made up of simples.*

*Common sense is the art of resolving questions. It is the interpreter of riddles—the surmounter of difficulties—the remover of obstacles.*

. . . . **THOUGHT GEMS** . . . .

**DON'T QUIT**

When things go wrong, as they sometimes will,  
When the road you're trudging seems all up-hill,  
When funds are low and the debts are high,  
And you want to smile but you have to sigh,  
When care is pressing you down a bit,  
Rest if you must, but don't you quit.  
Life is queer with its twists and turns,  
As everyone of us sometimes learns,  
And many a failure turns about,  
When he might have won had he stuck it out,  
Don't give up, though the pace seems slow—  
You may succeed with another blow.  
Often the goal is nearer than  
It seems to a faint and faltering man.  
Often the struggler has given up,  
When he might have captured the victor's cup,  
And he learned too late, when the night slipped down,  
How close he was to the golden crown.  
Success is failure turned inside out—  
The silver tint of the clouds of doubt.  
And You can never tell how close you are,  
It may be near when it seems afar;  
So stick to the fight when you're hardest hit—  
It's when things seem worst that you musn't quit.



Let it be our endeavor to avoid the dead-letter of discussion and come into contact with the living principle, for man, even at his highest level, has so far no more than touched the fringe of the possible.



Present suffering is not enjoyable but life would be worth little without it. The difference between iron and steel is fire but steel is worth all it costs.

## **The Wellspring of Life**

Have you learned to discriminate between yourself and your body? Think! Who are you?

How vitally important it is to learn that you are an unchanging you—grasp the idea that the body is just a garment and not the real you. To realize that your functioning mind that receives the messages of the senses, is an instrument for you to use, and is not the you; that your personality is your character role in the play going on, and not you, you must come to comprehend.

Your success and happiness will definitely form in the infinite and begin to manifest the moment you do.

Are you familiar with the statement in the Christian religion, "You must be born again"?

When it becomes fixed in your inner consciousness that you—the real you are separate and apart from the things you have heretofore thought of as you, you are born again.

What is there so difficult about this realization?

Can you not visualize the **you** standing apart?

You say, "I am going to change my mind."

Well—are you not in command? You do change your mind. If they were not separate entities—the you—and the mind, why would you thus speak.

Likewise your personality is not you—that is your character role.

Do not actors play different character roles?

Your personality is the outward reflection of your moods—your feelings—your thoughts, your commands to your physical instruments.

You assume, do you not, a kindly, friendly, loving attitude toward some person or persons,—to others an entirely different attitude?

To the one your personality is one thing, to the other something quite different. It is quite apparent, your personality can not be **the you**.

Personality is one thing, and character another; your personality is what you appear to be; your character is the sum total of real qualities.

You cannot say that the real you is your character. Character changes—in fact, we have a very definite idea that yours is undergoing or will undergo a material change as you progress in this order.

Contemplate this—you speak of your character, your personality, your mind, your body, your thoughts—"Yours" is possessive—it denotes ownership and control. Yours means "belonging to you." Your expressions, your whole language indicates that you are a separate entity—an identity.

Well — why not become fully conscious — inwardly and outwardly—just bathe in it—that **you** are monarch, commander, dictator, and supreme over your tools, implements, garments—body—mind and soul.

That is the re-birth!

From that point onward can come understanding—manifestation—demonstration—health—happiness—success,—the realization of your long cherished ambitions—the ideal made real, if you will just apply yourself.

If you have been working in a shop, or at an office desk, and haven't kept up the habit of tackling substantial mental food, if you have just played with your mind and let it dawdle over feeble stories, and never held it to more than a few minutes concentration, you are going to find your mental muscles pretty flabby for a while.

You will be surprised to find how soon the rust wears off, and after a little oiling the works run smoothly.

The teachings of this order, when understood, will stir and arouse those who are sunk in sluggish torpor of unsuccessful living.

There is really no great difference between every day people, and great men,—except in the matter of qualities.

In this Order we search out the source of these qualities. By intelligent application you too can speak with a master insight into the known laws of life. You too can not only know these sources, but also you can tap them.

You possibly want to see and have opened up before you the advanced teachings of this order, and ignore the elementary instructions. It would be useless and senseless to do this when you do not

understand the common every-day things which you see and with which you deal, when their source is a mystery to you and their relations to and illustration of life principles have been given no thought by you.

This brings to mind a story. A young man by circumstances, found himself in the presence of, and had been introduced to a very rich and successful man.

The young man was ill at ease, and the very rich and successful man noted it, and was intensely human, and tried to put him at ease by addressing him. "Young man," he said, "You don't seem comfortable, I trust that you are feeling well."

The young man then told this millionaire that all of his life he had dreamed of meeting some great and successful man, and that when he did he would ask him for the secret of success.

"Will you not give me the secret," he pleadingly asked.

"Yes," replied the successful man, "I will give you the secret, but when I do you are going to be a disappointed young man. Perhaps with your ambition you will some day get over the disappointment and comprehend all of the meaning of the simple answer. "The secret of success is to deserve success."

As you progress we are going to give you most specific directions for achieving health, happiness, and success.

Remember that the above "secret of success" is not our formula, but when its deepest meaning is understood, it deserves high praise.

We are going to make it very simple to you by showing you how to tune and exercise your talents, that you may know how to deserve success.

You must, in an elemental way, become familiar with your functions, energies, powers, and possibilities, and these you must get by simple lessons, and in simple ways. These must become familiar to you, and you must learn to use them, just as a child learns to walk and talk.

Have you heard in the religious world this? "You must become as little children."

Shortly we are going to deal at length with the matter of health but at this point, it is our purpose to show you that "You must become as little children."

You are grown—you breathe and have breathed ever since the first spark of life entered your body. Unless you have been trained otherwise, and few have, you are at this moment breathing high up in your chest—you are not breathing deeply.

The moment you pass from consciousness tonight and drop off to sleep, nature is going to take hold and you will breathe clear down into the abdomen—you will breathe deeply—you will breathe naturally.

Now watch some baby breathe, see its little abdomen rise and fall with each breath.



Perhaps you will have to learn again to breathe properly "become as little children"—Do you fully appreciate how important is correct breathing? Do you ever yawn? Nature's demand for more oxygen, for deep breathing. Are you conscientiously following the request and instructions upon the subject of breathing?

Nature achieves the grandest results by the simplest means—the constant adding together of atoms. Nature achieves her marvelous results in the construction of the building blocks of the universe by the simplest means. She combines protons and electrons to form the 92 known chemical elements, ranging from hydrogen with one proton and one electron to uranium with 238 protons and 92 electrons. From these 92 various atoms an infinite variety of combinations of molecules give us every substance found in nature or created by man.

So in this Order, devoted to relieving sick minds and handicapped individuals; to learning the location of the head waters and reservoirs; to tracing brooks and rivers therefrom and how to tap them, we must make extensive surveys, comprehensive maps and triangulate and prove every point.

We must learn a new language so to speak—we must start with the elementals,—“we must become as little children.”

When you were a child and got your first bicycle, your first gun, or your first watch, you were nearer to the first principles of success,—you more

nearly observed the laws governing success—than you have possibly been since.

Let us "become as little children" and we shall probably more exactly describe to you the processes by which you got the bicycle, gun or watch than even you can remember.

When you first saw a bicycle, gun or watch there began to form in your child mind a picture of **you** riding the bicycle, shooting the gun, or wearing the watch, pinned on your little dress with fleur-de-lis pin.

Some one let you ride a bicycle, shoot a gun, or pin on a watch. The picture in your mind took definite form, you knew that that was what you wanted.

From that time on your waking hours were filled with the picture, air castles arose around the picture, you longed with all your heart to own one,—all your very own. To fail to get it would be to fail in your then life ambition. At night on going to your bed it was the last thought and upon arising it was the first. It was a longing—nothing could take its place.

Your hearts desire you told to mama, to papa, to uncle John and Aunt Kate—if you were taught to pray, you prayed fervently for it.

Possibly Christmas came around, Santa Claus inspired faith; you were just sure mother, father, Uncle John, Aunt Kate or Santa Claus all would not

fail you—you did not fail to let everybody know that you were about to get that cherished gun, bicycle, or watch.—How you insisted that you must have it! You ding-donged it on all occasions.

You had heard that little boys and girls had to be good or Santa Claus would overlook them. You, like a boy scout, did your good deed every day—you helped with the dishes, you brought in wood, you were polite to Uncle John and Aunt Kate—You were a willing helper.

At last you got it!

If you are a mental chemist, you can take apart and fit together this simple narrative—and build the complete formula, the never failing success formula.

You knew not the laws—but simply and naturally you observed them.

So there is meaning to "You must become as little children."

As you progress—this child story will be recalled—As you learn the universal laws it will take on significance.

"This day we fashion Destiny, our web of fate we spin."

It is strange that we spend weeks, months and years learning some law of mechanics, some physical law, and are unconscious of, or give scant thought to the fact that those who violate the laws

of nature, must pay the penalty, whether they be Pope, potentate or pauper.

It is perfectly natural for all persons to desire health, because health creates confidence and gives assurance; it is the foundation of hope and faith; it gives one courage and banishes fear; health is itself energy and force; happiness and success are its twin children.

The ideal of health that each should have is not merely to be free of pain and disease but a health surplus, a reserve in the physical bank.

Abounding health makes the eye sparkle, the step buoyant; one has the feeling of vim, vigor and vitality; it is a quality of the body that radiates; there is an inner sense of joy and gladness, consciousness of power accompanies it; it is plus vitality. Health is the first wealth. Personal magnetism is largely a matter of health. The spendthrift of health is the most foolish and reckless of all spendthrifts.

How few there are who realize that the great healing principle is in ourselves. The power that cures all disease and all maladies, resides inside of every human being. The creative, restorative, renewing, rejuvenating principle, the life principle is within every one of us.

Perhaps you have been or are sick—yesterday in perfect health—today flat on your back, confined to your bed. It may be difficult to realize or

appreciate it as a blessing in disguise, but such it may be.

History is full of instances where people were going along in daily routine,—making a living, ambitionless and without purpose and suddenly illness overtook them.

The first reaction was to curse the fates, to fret and fume, call it ill luck, and to envy those in possession of full health and bodily vigor, and in that mental attitude they could see no good that could come of it.

After a while they begin to appreciate that this enforced holiday had its compensating features. Surely it released them from the too busy world; it enforced a stock taking leisure period; it gave the opportunity for a review of the past activities, to find the errors of their way, and to give thought to the better way.

Soon it dawned upon them that here was a time to enter the within, to get a clear perspective of their capabilities, to sharpen their mental and spiritual perceptions, to plan, to acquire a purpose, and to detail the approaches, and upon their return to health, they discovered that during this enforced sickness, they had found themselves, were "born again," and from that time on they were successful. It was the turning point in their careers, and from failures, or mediocre "living makers" they became successes and "life makers."

It is really amazing to find so many great characters in the business and professional field, in the arts and sciences, whose successes date from a prolonged illness.

A serious illness should be regarded as an opportunity to gather dividends, and create energies, that in health were not possible.

Like any major experience, illness actually changes us. How? Well, for one thing, we are temporarily relieved from the terrible pressure of meeting the world head-on. Responsibility melts away like snow on an April roof; we don't have to catch trains, tend babies, or wind the clock. We enter a realm of introspection and self-analysis. We think soberly, perhaps for the first time, about our past and future. Former values all seem to be fallacious; habitual courses of action appear weak, foolish or stubborn. Illness, it seems, gives us that rarest thing in the world—a **second chance**, not only at health but at life itself!

Illness knocks a lot of nonsense out of us; it induces humility, cuts us down to our own size. It enables us to throw a searchlight upon our inner selves and to discover how often we have rationalized our failures and weaknesses, dodged vital issues and run skulkingly away. Mistakes in our jobs, marriage and social contacts stand out clearly. Especially when we are a bit scared, is the salutary effect of sickness particularly marked; typhoid and pneumonia have reformed drunkards, thieves, liars,

and wife-beaters. If a stiff bout of illness brings us near to death's door—perhaps so much the better. For only when the way straightens and the gate grows narrow, do some people discover their soul, their God, or their life work.

In illness you discover that your imagination is more active than it ever has been; unshackled by petty details of existence, you day-dream, build air castles, make plans. As your physical strength returns your fantasies are not dulled; rather they become more practical and you definitely decide upon the things you will put into action when you recover.

Your concentration improves tremendously. You are astonished to find how easily you can think a difficult problem through to its solution. Why? Because your instincts of self-preservation are speeded up, and all non-essentials are eliminated. It is interesting too that your reactions to what you see and hear are more acute. A robin at the window, a fleeting expression on a friend's face, are delicately savored as memorable experience. **Illness sensitizes you;** that is why you may be irritable. You may even weep at the least provocation. But this sensitivity should be turned to better uses. Now is an excellent time to develop yourself along a special line, to read widely, or to create original ideas. Contrary to an old belief, a sick body does not necessarily make a sick mind, except in those who try to make their illness, whatever its nature, as an excuse for ineffectualness or failure.

Artists and lovers have always known that suffering confers a radiant beauty upon the afflicted. Such beauty has nothing to do with make-up or negligee. Rather, it is an inner liveliness, illuminating the spirit and features of those who have learned to look upon illness as a challenge that must be met with hope and courage.

If you have never been sick, never lost so much as a day in bed—then you have missed something! When your turn comes, don't be dismayed. Remind yourself that pain and suffering may teach you something valuable, something that you could not have learned otherwise. Possibly it may change for the better the entire course of your life. You and those around you will be happier if you can look upon any illness as a blessing in disguise, and wisely determine to make the most of it. You can turn your sickness into an asset.

Of course, no one wants to be sick, but if sick—it is a splendid time to grasp the full realization that thinking is cause.

It is easy to understand that there are different kinds of thinking, progressive, creative, constructive, inventive, optimistic, pessimistic, depressed, destructive, dejected, spasmodic, periodic, scattered, concentrated, persistent, positive and negative.

Never lose sight of this fact, that every cell in the body gets an impulse from every thought in the mind. Your condition is therefore your thoughts objectified or out-pictured.



Guard well, therefore, the well spring of life against the poisons of worry thoughts, fear thoughts, anger, revenge, or self pity.

All phases of fear and anxiety contract the blood vessels and impede the free circulation of the blood. We see this in the pale face caused by fear or terror. These fears also modify all secretions—beads of perspiration stand out. There are authentic cases without number of hair turning white over night—even deaths from fright or fear.

Now, if fear or terror can do that mentally, what do you think of the influence of chronic fear poison, worry and anxiety poison, acting on the system for years—just slow, miserable self-destruction.

The second section of each set of instructions contains a request to do something. Evidently we cannot depend upon sickness to do some constructive thinking. Thinking requires concentration, and when one gets letter perfect in concentration and also in shutting out thoughts and can meditate—and accept back from the subconscious the great within, the answer to life's problems, one has gone a long way on the road to health, happiness and success.

Every philosopher, every sage, every saviour, and there have been many of them in history, got his thoughts, ideas, theories, philosophies or whatever you want to call them only during a period of meditation, or concentration, or application, or silent uninterrupted study and thought.

Christ went into the mountains to meditate, to accept the messages. We suggest that you find some time and some place, where peace and quiet prevail, that you may read and study our instructions and do the things we suggest. Concentration you may have to learn by degrees.



. . . **THOUGHT GEMS** . . .

A well-ordered life is like climbing a tower; the view half way up is better than the view from the base and it steadily becomes finer as the horizon expands.



It is good to dream but it is better to dream and work. Faith is mighty but action with faith is mightier. Desiring is helpful but work and desire are invincible.



Those with mediocre minds generally condemn and criticize everything they can't understand.



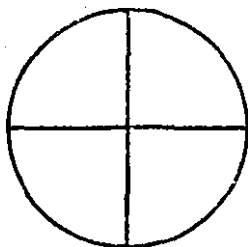
Search as you may, you can find no evidence of a personal will operating in the universal—only changeless and unchangeable laws—such is the "will of God."



If you would find the "Secret place of the Most High" the search must be within your own being. Within you is the shrine for resultful worship.

## Section 2 Instruction 5

Here is today's request: Get a piece of white paper. Draw a circle about one and one half inches in diameter. Put a cross in the middle of it—thus



Now get a piece of thread about 20 inches long. Thread a heavy needle or take a ring from your finger and run the thread through it.

With the needle or ring suspended, take the two ends between your thumb and forefinger, and hold the needle or ring suspended over the center of this circle where the two lines cross. Rest your elbow so as to brace and hold your hand steady.

When the point of the needle or ring is over the center and not moving—then begin to concentrate and desire and quietly will it move up and down along the verticle line.

After it swings up and down as you have concentrated, willed and demanded, stop it on center, then concentrate and will it to go crosswise along the horizontal line.

When that has been accomplished, again bring to a stop at dead center, and begin to will and concentrate that it go in a circle until it follows the outline of your circle.

You can then vary to suit your will. Keep this up for fifteen or twenty minutes, longer if your mind wanders and other thoughts enter your mind than what you are doing.

Do not draw any unwarranted conclusions from what takes place. Some so-called schools of esoteric teachings attach unwarranted importance to this or similar phenomena. We want you to learn to concentrate only.

If the needle or ring does not move as suggested do not attach any significance to that either—Just try—A simple form of concentration—Later you will have other exercises in concentration.



### **. . . JUST TALKING IT OVER . . .**

You will hardly be fair to yourself if you do not read pages two to sixteen many times. It seems very, very simple—it is our aim to make it that way. Remember this—that in one simple sentence may be the conclusion from a life time of observation. Concentrate on this and every set of instructions.

Here are words of wisdom on the subject of concentration. *Concentration is one of the most marvelous forces that can be conceived. Without concentration, no success is possible.*

Fidelity to an idea is always the initial step to all successes. For if an idea has no time to become at home with us, if what is rightly called the crystallization of thought does not form the foundation of every decision, we shall find it impossible to give it definite shape, and it will fade away like impalpable smoke.

If, on the other hand, we know how to exercise concentration, this idea will soon become a focus of organization around which the association of ideas will come to marshal the reasons that determine the action which we have in mind.

Concentration develops all our senses and brings them to a degree of remarkable acuteness.

He who succeeds in concentrating himself on a manual labor is certain to perform it with a minimum of fatigue, for he will be able to husband his strength, he will save himself from dissipating it in useless exertions, and he will concentrate all his faculties of attention, of calculation, of ingenuity, and of muscular power in order to succeed.

This is how so many jugglers achieve perfection in their art—by concentration they have reached such a point of self-absorption that for them nothing exists outside their own particular performance.

To think of an act which we are performing, to think of it alone, to concentrate everything and forget everything outside of it, there is the secret of so many successes, the explanation of so many good fortunes; the secret, also, of the immense influence which certain men exert over their fellows.

Concentration is a state of inward contemplation which allows us to shut ourselves in from external things so as to engage thought solely on the subject which we have set before ourselves.