

THE ORDER OF THE ESSENES  
2527 SUNSET DRIVE  
TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

AS A STUDENT  
OF LIFE SCIENCE,

SERIOUSLY CONSIDER:

Perhaps you, like many others studying with us, have had a number of lessons or sets of instructions from other institutions and to this point have felt that much of this you knew.

Doubtless too you feel like many others who have been kind enough to write us. They say that they have the inner feeling that ours are plainer, more understandable, more convincing and reasoned, sincere, and workable.

This you can accept -- As you progress the difference will be apparent the comparison as between light and darkness. Those instructions, if you were one who had this experience, did not work the eternal miracle, self realization - and the accomplishment of your cherished aims. These will.

Comparisons are futile. These instructions through the weeks and months ahead will unmistakably reveal that there is no other extension course comparable to it. The instructions of The Order of The Essenes compose an educational course in its purest sense. To impart knowledge is one thing - To teach the use of it and create a "consciousness" is quite another.

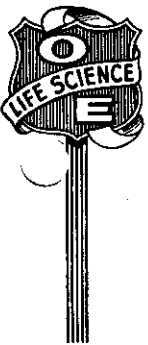
Like James, you may well ask "Who, then, in the midst of the ceaseless pandemonium of schools, and creeds and cults has the truth?" The answer --- "He who lives it. He who practices it." How to practice it and how to live it is not mere knowledge - It is wisdom.

Each individual must learn for himself or herself the true value of our course of instructions. What you get out of them depends upon what you put into them. It's just the basic law in action.

YOUR INSTRUCTOR

*J. Hamner Davis*

Enc. 9



# THE Essenes

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**Instruction 9**      **Assuring to the acceptable and accepted  
HEALTH, HAPPINESS AND SUCCESS.**

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*Although we have many times passed through economic storms, and have witnessed fundamental changes in our conception of life problem solutions, the never changing laws of nature are operative, and the ancient fact of life remains, that purposeful people, who know what they want, and intend to get it somehow, sometime, always have a considerable edge over casual, contemplative people who rather like the world in general, and would be mildly pleased to have life drop something nice in their lap some day.*

## . . . . THOUGHT GEMS . . . .

We can all see what we look for. Six people look at the same woodland stretch. The artist sees a scene for a beautiful painting; the geologist sees the rock formations and the history of the soil; the farmer sees the amount of clearing necessary to change it into fertile fields; the huntsman sees the possibility of game; and the child sees it as an enchanted playground. — They all see the thing they look for.

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"Men at some time are masters of their fates. The fault, dear Brutus, is not in our stars, but in ourselves that we are underlings."

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You never can tell when you think a thought  
How far its intent may reach.  
The very best things in our lives are wrought  
By thought, that did not find speech.

You never can tell when you kindly do  
Some deed that will helpful be.  
How far its effects may go, wand'ring thru  
The lives that you never see.

You surely can know that unyielding Law  
Runs through the affairs of man.  
And renders to each (and without a flaw)  
Results that are in the Plan.

—John Willis Ring.

## Exploring the Subconscious

We are from now on going to have much to say about the subconscious and therefore deem it of importance to you that you understand it is a natural functioning part of your real being—whether you realize it or not.

Get this picture; you can plant or permit to be planted in the subconscious a thought, idea, plan, vision, impression or feeling, and it grows just as though you planted a seed in a garden, or inserted a bud, as we have in these Instructions illustrated by buds in the citrus family—(oranges growing on lemon trees, etc.)

**You** can plant the seed—that is called auto-suggestion. **You**, the conscious you, just talk to or command or hold in mind as a good idea the thought, with insistence that it must have your attention or must be remembered, or must have an answer.

If some one gives you an idea by statement, command, suggestion, or if you get it from newspaper, book, or even the impression from the acts and manners of another and the idea or impression is acceptable to your conscious mind and you are moved or swayed by them—if they make a favorable imprint, they are suggestions.

So your subconscious can be reached by suggestion or autosuggestion, and will respond—or sprout the seed, or nourish the bud. How vitally important this may become to you we shall soon learn.

We have told you that the subconscious presides over the activities of your whole physical being—your blood circulation, your digestion, your secretion, elimination, reproduction—yes, all the vital processes.

If you have not otherwise been instructed, you have just imagined that by birth, and with the first breath, a piece of machinery was set in motion and just keeps running automatically, that you are a sort of clock that was wound up at birth and runs down at death.

All persons of any scientific training, observation or experience know that every action and movement of your internal organism, except some chemical changes, is effected by your will, manifesting on the subconscious plane. All life action is mind action—mostly subconscious mind action. It manifests in some form, some degree or some phase.

In fact, from the instant that the cell-germ of a human organism comes into being, in the mother's womb, the entire individual is present—the real you. Life and mind are not for one instant separated.

By no physical law or theory—by no mechanistic theory can the marvelous life processes be explained.

The medical profession and the scientific world accept this statement, "The action and regulation of no part of the human body can be satisfactorily

explained without conceding a mental element which does, and if conceded, satisfactorily explain all phenomena."

You have no doubt seen references to such phrases as "mental healing," "mind cure," "mental therapeutics" and "the power of mind over matter." The true condition is "mind over mind," the conscious over the subconscious. The condition may be readily demonstrated and manifested by you or by any one willing to take the pains and make the effort. There is no doubt but that the conscious mind positively can and does influence the subconscious—the regulator of life processes.

We must get this thought, so that it will be stored, indexed, classified, and ready for relation to other matter to follow in this Course. The best method is to have you here and now manifest.

You have every day of your life a flow of saliva in your mouth, which is taken into the system, and when you learn it amounts to about a quart a day, you realize that the conscious mind is not conscious of the fact.

We are here and now going to describe to you a certain physical operation. You know that it is a word picture. You are going to get it by reading. Your conscious mind will clearly see what we do by that word picture. Now note carefully what the subconscious mind does, and what physical thing happens to you.

Note! We take a nice large ripe lemon. We

lay it on a table, and take the palm of the hand flat and press on it and roll it and break up the inner segment arrangement, so that the juice can practically be felt by squeezing it.

We take a sharp knife and cut this lemon and the juice just spurts out.

We take one half of this lemon and put it to our mouth and we suck the juice of the lemon. You can see us sort of curl our upper lip from the acidity, and you can see us swallow the juice with a sort of gulp, and sort of click our teeth, as if on edge.

Well, what happened? Did you taste lemon? Did your mouth flow with saliva—mouth water? Did your teeth get on edge? Did you gulp too?

If we knew your favorite food and by word picture brought it clearly and vividly to your conscious mind so that you could just smell it cooking or could mentally just see it ready to eat, your mouth would water and your gastric juices and digestive fluids would start flowing—no food present—nothing physical touched by you,—just a mental picture, and the subconscious does it.

“Here is a tremendously important and vital fact: Each atom of your body, each cell, each drop of your blood contains the life principle and each is you in miniature! Each contains the subconscious mind! If this were not true, then it is obvious that the physical and the mental would be disassociated and each would be individually governed by its separate laws. Now we have already demonstrated

in these Instructions that the physical is governed by the life principle operating with its own laws."

The real mind of man functions in every cell of the body, but you are in your present state of understanding conscious of it only when it functions through the brain.

Just what is the physical body?

The average human body, reduced to commercial products would produce enough fat to make seven bars of soap, enough phosphorus for two thousand matches, enough lime to whitewash a small chicken house, enough iron for two small nails, about two pounds of sugar, one large dose of magnesia, six teaspoons of salt, a small amount of sulphur and ten gallons of water — intrinsically valued at thirty cents.

Blood corpuscles of the human body normally die at the astonishing rate of twenty million per second. With every voluntary or involuntary muscular action, thousands of them perish. That which contained mind becomes inert—it becomes matter, and the human system eliminates it. We repeat all life action is mind action. Life and mind are not for one instant separated.

So to us, nothing more amazing, and few things more disastrous than ignorance of our self-hood, the woeful lack of self realization.

Enlightenment, raised to the tenth degree, awaits him who would enter within himself, and shut



the door upon the external, or worldly physical things, and explore the secret mansions of his inner being. This calls for thinking—and we are reminded of what Marie Corelli wrote—sounding a call for thinking, "Will you, to begin with, drop your burden of preconceived opinions and prejudices, whatever they are?"

Will you set aside the small cares and trifles that effect your own personality? Will you detach yourself from your own private and particular surroundings for a space and agree to **think** with me?"

"Thinking, I know, is the hardest of all hard tasks to the modern mind. If you would learn, you must take this trouble. If you would find the path which is made fair and brilliant by the radiance of the soul's imperishable summer, you must not grudge the task of thinking. If I try, no matter how inadequately, to show you something of the mystic power that makes for happiness, do not shut your eyes in scorn or languor to the smallest flash of light through your darkness, which may help you to a mastery of the secret."

"I say again—Will you **think** with me? Will you, for instance, think of life? What is it?"

#### . . . THOUGHT GEMS . . .

The difference between an optimist and a pessimist—

An optimist sees the problem in a difficulty.

The pessimist sees the difficulty in a problem.



We may all possess wisdom if we are willing to be persuaded that the experience of others is as useful as our own.

## **Section 2 Instruction 9**

In this day and time we are hearing much about vitamins. The foundation of the word vitamin is vita, which implies life.

We hear a great deal about vitamins A, B, C, D, and E. It is not our intention to go into the study of foods to too great an extent but everyone ought to know just a little something of the effects of the various vitamins and eat carefully that they may observe the laws of nature and thus attain perfect health.

Vitamin A preserves the cornea of the eye and is helpful in giving perfect eye-sight. It also has a very material effect upon the delicate cells lining the body and also prevents what is commonly known as tonsilitis and prevents what are commonly called abscesses. This is just a general broad statement of the value of Vitamin A. A few of the better known sources of Vitamin A are butter, milk, cream, egg yolk, and tomatoes, and especially raw carrots.

Vitamin B builds up a resistance to fatigue and many diseases which effect the nervous system and when the nervous system is in poise, irritability, and what is commonly called the jitters are avoided. The better known sources of Vitamin B are wheat germs, rice polishings, whole corn products, whole rice, wild rice, milk, oranges and other fruits.

Vitamin C is valuable in preventing pyorrhea, sore mouth, loosening teeth and scurvy diseases. The dictionary defines scurvy as a condition of

anaemia and prostration characterized by livid soft spots and mucous bleeding. The better known sources of Vitamin C are lemons, oranges, grapefruit, tomatoes, tomato juice, cabbage raw, apples, pineapples, onions, lettuce and grapes.

The actual cause of rheumatism has puzzled physicians for generations. Is it due to infection? Yes, clearly in some cases. Is it related to allergy (sensitivity) to certain proteins? Possibly. Is it dependent on the failure of a vitamin, the absence of a substantial quantity in the blood? Perhaps.

There is considerable evidence to prove that while infection plays the basic role, yet it is not alone responsible; that a deficiency of Vitamin C (ascorbic acid)—the lack of which brings on the disease called scurvy—may be a determining factor. Changes about the joints which are almost identical with those of rheumatism or rheumatic fever have occurred whenever chronic scurvy is followed by a bacterial invasion.

Recently far more accurate tests have been devised by means of which the normal blood level of this important substance can be measured. As a result numerous studies have disclosed that there is a close link between too little C in the blood and rheumatic fever. In fact, ascorbic acid clearly is needed when an insufficient amount is found in the circulating fluid. Why? Because the patient with lowered resistance is predisposed to infection. In other words, it becomes our job to see that every

child receives enough vitamin C, otherwise he becomes susceptible not only to rheumatism but to many other maladies.

Vitamin D is essential in building up the bones, the nails, and the hair. It is absolutely proven that Vitamin D can not only come from certain food sources but by direct exposure to sunshine. Some of the better known sources of Vitamin D are figs, dates, and the green tops of many vegetables such as turnip greens, spinach, beet greens, as well as from butter, cream, milk, malted milk and the yolk of eggs.

It has recently been demonstrated that Vitamin D cures a great majority of cases of arthritis. In arthritis cases "Ertron" is used—This is made from the organic chemical Ergosterol—but instead of being irradiated with ultraviolet light, the orthodox way, it is made by a process of shooting a powerful current of electricity through ergosterol vapor. Ertron should be administered under a doctors supervision, although it has been demonstrated that you can give an arthritic up to 400 times the dose needed to cure a child of rickets—give them daily for months with no harm other than nausea in a few cases.

The human body requires Vitamin E for procreative vitality and for the vigor of the body and the mind. Some of the food products rich in Vitamin E are corn, rice polishings, and whole wheat, also water cress and dates.

When greens and spinach and butter beans and other leafy vegetables are cooked by boiling, a large part of the vitamins or vitamin content is in the water in which they are cooked. In the South many of the people drink this water instead of pouring it off and it is termed "pot liquor."

Many people think that vegetarians are fanatics and that their fad is without sense or rhyme or reason—but there is much of value to be learned from vegetarians.

The whole trick in eating is to keep the blood alkaline if possible which is accomplished by avoiding foods largely composed of meat products. If four-fifths of the diet of persons came from the fruit and vegetable list we would find people with clear skins, splendid complexions and abundant vitality and the attainment of 100 years of age would not be so unusual as it is today.

Heretofore in the course of our studies we have said that the human body is composed of sixteen ingredients. If we are going to have perfect health and perfect bodies—perfect balance in the human frame, we must know these elements, how much there is of each, and we must know the part each plays, and from whence derived, that we may intelligently appraise our own feeling and condition and then in a perfectly natural way give nature a chance.

Let us take a person weighing 150 pounds avoirdupois. In such a one in perfectly natural bal-

ance, we find the most abundant element to be oxygen—96 pounds. It is not only the largest elements but the first essential of life, growth, energy, and intelligence.

The sources of oxygen? You breathe it from the air—sixty barrels of it a day—that is why deep breathing, as we have heretofore instructed you, is important—yes, vitally important. Another source? You drink it with your water which is ( $H_2O$ ) two parts of hydrogen and one part oxygen as you have been told. Other sources? The fruits, vegetables, and other foods you eat all have some oxygen.

All vegetation actually gives out oxygen when in sunshine and this is probably the chief source of the life-giving oxygen which constitutes some twenty percent of the air we breathe. The radiant energy of sunlight enables growing vegetation to combine carbon dioxide (which is a product of combustion and is also given off from the lungs of living creatures) with water from the soil to form glucose and oxygen. The glucose is dissolved in the plant sap and is deposited as starch and cellulose. Thus does nature maintain a continuously balanced supply of oxygen.

Generally speaking, tired, pale people need more oxygen. In fact most of us need more of it.

Excessive amounts of oxygen in the body create quick tempers, excessive appetites, idealism or idle day dreaming (mostly morbid) mental depression and over perspiration.

The next largest element in this 150 pound person would be 27 pounds of carbon. This is essential for heat and energy and growth, and for the texture of the skin.

The principle sources of this element are the sugars and starches. Long life is almost certain if the sugars and starches come largely from fruits and vegetable sources.

Excessive amounts of carbon produce fat, acidity, heart trouble, and mental and physical laziness.

This 150 pound person we are chemically analyzing would next have 15 pounds of hydrogen. This element promotes growth. It is a cleanser of the entire system. Just generally speaking, it is the watery part of the physical structure which keeps the tissues soft and delicate, fills out the flesh, and performs a part in draining wastes from the body.

Any of these symptoms might denote the lack of hydrogen; dry skin, heating of the tissues, coughs, lung irritation, liver, tonsil and kidney trouble.

The sources of hydrogen are water and liquors of fruits and vegetables and any food of water content.

The next element of this 150 pound person is  $4\frac{1}{2}$  pounds of nitrogen. It contributes the proteins, builds the tissues and produces the fats. It is more or less a regulator of the heart. A lack of this element causes acidity and disturbs the liver and

heart. Too much of it is not desirable as its primary function is the building of new tissue.

The principal food sources of this element are dry beans, peas, nuts, milk, eggs, cheese and meats.

This 150 pound person would normally have 3 pounds of calcium or lime. This element is a body builder, and essential for structure of bone, teeth, hair and nails. It is one of the chief binders of the mineral salts in the human body. This element gives endurance, body control, and lack of it causes one to tire easily and to suffer from fatigue due to nervousness.

The better known food sources of calcium are germs of grains, the skins and husks of cereals, oranges, lemons, greens and milk.

The next heaviest ingredient is one and one-half pounds of phosphorus. This element is well distributed over the entire body but particularly in the gray matter of the brain. It is for that reason that mental workers require a goodly amount of food of phosphorus content. It is also a potent factor in sex energy.

For food of phosphorus content we must go to the whole grains, including the germ and husks, asparagus, dates, raisins, almonds, egg yolk and the berries. A deficiency of this element spells dullness, fatigue, and faulty bone structure also.

The next element of this mineral man is 1½ pounds of chlorine. This ingredient dissolves fat,



increases glandular activities. It purifies the blood, and is highly important in the digestive processes and the maintenance of general vitality.

In excessive amounts chlorine produces dryness of the skin, a yellow color, enemic constipation and a suspicious disposition. A lack of it means a devitalized, sluggish, malfunctioning human machine.

Some of the recognized sources of chlorine are whole rye, whole wheat, olives, sea vegetables, (such as kelp), spinach, pears, butter, cheese and mutton.

In this 150 pound human structure we find 8.1 ounces of potassium. This is a highly important element, as it is almost as radio-active as radium. It plays a part in the healing of wounds—the building of muscle, and the elimination of the wastes resulting from food digestion. The lack of this element shows up in constipation—and weakness—chronic weakness.

Some of the food sources from which derived are potatoes, oranges, dates, figs, raisins, egg plant, turnips, grapes, cherries and all the greens.

Making up this 150 pounds we next find 6 ounces of sulphur. This is a powerful disinfectant and purifier, highly beneficial in cases of rheumatism, skin and blood diseases, and helpful to the digestive organs. It is classed a blood purifier. It imparts healthful elements to the hair, and vitality to the nervous system and the brain.

In cases of mental sluggishness and lack of ability to pay attention and concentrate—the lack of sulphur requirements might easily be a cause.

From the vegetable kingdom this element comes in string beans, cauliflower, mustard greens, dandelion greens, turnip tops and the berries.

The next element for consideration is sodium— $3\frac{1}{2}$  ounces. This is a cleansing agent, and helps digest food. The lack of it shows up in stiffened joints, catarrhal conditions, kidney stones, and rheumatism. One of its functions is to contribute alkalinity to the blood stream, and the neutralization of acidity with which most persons suffer unknowingly. It tends to relieve fatigue, and wards off colds and tends to create efficiency of effort.

Food sources of sodium are carrots, lima beans, tomatoes, squash, oranges and certain berries.

Baking soda, or bi-carbonate of soda, is inorganic and is not a source to be sought. Organic sources that come through the vegetable kingdom are the sources for this element in the human blood stream.

The next constituent element is flourine— $3\frac{1}{4}$  ounces. It is a strong antiseptic, tends to keep us young—essential to overcome tuberculosis, e:rysipelas, bladder and kidney stones, faulty bone formation and brittle teeth.

It is a requirement for normal health and for a part in the construction and cementing of the bony

structure. It likewise assists the muscles, spleen, and joints and works for physical energy.

Some of the food sources of this element are lettuce, cabbage, endives, cheese, milk, sea lettuce, and many kinds of green leafy vegetables.

While there are only two ounces of iron in this normal 150 pound person it is essential to promote youthfulness, vigor, and a clear mentality. It vitalizes the organic system by attracting and distributing oxygen to the blood, and feeding the tissues. Iron in food is much needed by thin, pale, and anemic persons.

Some of the food sources of iron are spinach, raisins, dates, egg yolk, oranges, lemons, asparagus and strawberries.

While the silicon content of our normal 150 pounder is but 1¼ ounces, it is necessary for bone and teeth, nail and hair growth. It adds brightness to the eye. If you have a sufficiency of this ingredient you need not fear tuberculosis, cancer or wasting diseases.

Silicon is naturally taken to the system from honey, pecans, peanuts, walnuts, pumpkin, parsnips, and onions.

Of magnesium there is one and two tenths ounces. Its function is to allay acidity, and thus furnish a defense against constipation, glandular weakness, sex weakness, forms of headache, forgetfulness, and brain and body exhaustion.

Apples, oranges, grapefruit, pears, whole wheat, coconuts and black walnuts will supply the element magnesium, if the body functions normally.

Manganese is but one fourth of one ounce, but it is potent as a purifying agent and neutralizer of body acids, and builds lining for the heart.

The higher functions of the brain such as thought and memory need its beneficial effects.

Coconuts, rye, peppermint, parsley, almonds, black walnuts are among the food sources.

Iodine too is but one fourth of one ounce, but without this perfecting chemical ever at work one would tend to lameness, numbness, goiter, varicose veins, colds, tumors, thyroid troubles, thick lips, and wrinkled skin.

An abnormality that might result from this lack would be extra sensory perception, or what is known as mind reading or clairvoyance—rare yes, but scientifically a fact.

Among the iodine foods that work for rosy cheeks and sexual energy are asparagus, mushrooms, sea foods, fish, shell foods, carrots, pineapples, whole rice, water cress and kelp.

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

We sometimes wonder if our initiates reading these instructions get the full import—the full essence—the deeper meaning, as they go over these instructions.

Observation, reason, logic, and science teach us that there are universal laws. We could all observe the falling of an apple—but how many of us would grasp from the fact the law of gravitation?

Good things—and bad things—have happened in your life. How much time did you give to an analysis of all things which went before, that you might discover the cause—and perhaps lay down a rule or principle or law governing in such cases? Did it ever occur to you that too many good things, or too many unfortunate things were happening to you, for things to be governed by chance or luck? In the course of these instructions we are going to show to you that more so called miracles are happening daily in America than were ascribed to Jesus in his life time.

On every hand men of mediocre ability are becoming world leaders. They have grasped but a fraction of the possibilities of supermind qualities which existed in them and exist in you. They have had initiative—put their beliefs to work.

You have experienced a lifetime of events, and have worked out no formula for health, happiness, and success, which is never failing. These things are governed by laws, and you know them not.

Therefore, be not impatient if it takes time to sow the seeds of understanding. You can become master of your body and your affairs, but you must positively overcome a lifetime of objective thinking and learn to think in terms of the elemental and universal. Every sentence and every paragraph of these Instructions is weighted with meaning—it is up to you to dig it out.