

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE
TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

ADRIFT IN A PSYCHIC SEA
IDEAS AND IDEALS WILL BE

THE SAVING GRACE:-

The cosmic realm of thought is charged and super-charged with ideas of discord. Hate is being fostered. The world condition today is the result of false thinking projected. The mind untrained and without the power of selective attunement is bombarded with destructive fear thoughts, and is adrift in the psychic sea.

You have lived to witness what one man of a low order of mentality, a moral degenerate incarcerated in a jail thinking along a certain line, writing his ideas (Mein Kampf) and persistently projecting them can do to a whole race of people - and with them subservient to his ideas, to the whole world. It is not the first time in history that the thoughts of one man have upset the world - yes! Think of it! What cannot the thoughts of one man do? Christianity started with one man.

As the director of the Order of the Essenes I serve long happy hours - I do it joyously - knowing that the day fast approaches when this understanding may prove to be The Saving Grace.

Imagine my gratitude at expressions like this: "For years I have believed there existed some course of study that would tell me something of the meaning of life. In this course I have found what I was looking for. You call it Life Science - To me it is a grand religion - something I can understand - use - live by and attain as I merit. I have attended Churches, given grudgingly as the collection plate was passed but this check and all others I give to you gladly.- I now know what was meant by the "cheerful giver". I have an ambition to see your order reach ten million - but I can't down the fear that many will take advantage of your too generous handling."

Our response was in part - "he who can give and does not, thinking in his secret heart to take advantage, has not grasped the greatest living principle - he has not benefited and will not benefit. Your heart would leap with joy to know of the many who could not give when they began but grew into the ability to earn and give. They started with postage stamps - then to dollars. We share with you the ambition to reach millions. At our present rate of growth we will attain your figure in "The Years To Come".

WE have no fear - and if YOU study lesson 17 herewith and all others past and future as they merit - YOU will have no fear and will grasp ideas and ideals that will be the saving Grace in your individual life and affairs.

The hope of the World is in individuals illumined by truth. Our hope is in you, and through you to reach the world.

THE ORDER OF THE ESSENES

B. H. Hammer
Director

Enc. 17



THE **Essenes**

This booklet is published by the ORDER OF THE ESSENES, a non-profit corporation, and always remains the property of the Order.

Copyright 1939, by The Order of the Essenes,
Instruction Headquarters, Tampa, Florida.

Instruction 17 Assuring to the acceptable and accepted
HEALTH, HAPPINESS AND SUCCESS.

Assert your possession of the things you need; of the qualities you long to own. Force your mind toward your goal; hold it there steadily, persistently, for this is the mental condition that creates. The negative mind, which doubts and wavers, creates nothing.

. . . . THOUGHT GEMS

As you progress, achieve, attain, and unfold, you not only have the problem of your own intellect, but possibly the thoughts and wishes of your friends will present other barriers.

The you that they know is the old accustomed you. Upon that they have based their judgment of your capacity and ability and will not hesitate to advise and try to steer your course.



Ralph Waldo Emerson was a deep student of the principles dealt with in the Order of the Essenes, and attained a deep understanding and achieved a most happy form of expression.

Of the life principle, the real you, he wrote:- "I cannot tell if these wonderful qualities which house today in this mortal frame, shall ever re-assemble in equal activity in a similar frame, or whether they have before had a natural history like that of this body you see before you; but this one thing I know—that these qualities did not begin to exist, cannot be sick with my sickness, nor buried in my grave, but that they circulate through the universe. Before the world was, they were. Nothing can bar them out, or shut them in. They penetrate the ocean and land, space and time, form and essence, and hold the key to universal nature."



At the threshold of Thought's Temple, satisfy yourself that happiness is found in the realization of desire.



It is no easy matter for one to detach oneself from instinctive prejudice, and the environment of his surroundings.

"The Fourth Step"

We now arrive at the 4th step in our diagram of steps to be taken to insure health, success, and happiness.

You have been told to vision or to determine in definite manner the things you want; then to exercise desire power or to want the things with all your heart; then to confidently expect it to materialize. Now you are instructed to put behind that desire the power of will.

At a later date in the course of these instructions there is much more to be said upon the subject of will power. By simple stages you will be shown how to strengthen the will power. At this stage of your unfoldment we believe it will be sufficient if you thoroughly understand that the exercise of will toward the desired object simply means that you are to persistently determine to attain the object. This means that you are to be steadfast and tenacious, constant and enduring and must be resolute with respect to reaching your goal.

You must not only have the purpose to accomplish but you must be resolute in that purpose.

As we progress in this study you are going to hear and learn much about the power of affirmation and in connection with persistently determining to accomplish the object of your vision and the thing upon which you have set your heart, we are certain that affirmation will be helpful.

If you often say to yourself (and even aloud), "I am going to do this thing"; or "I am going to be

such and such"—(that is affirmation) it will be suprisingly helpful.

A statement such as, "I will accomplish this thing", which is affirmation, must not be with dead words, or repeated like a parrot—but it must be done with feeling and with faith and with the consciousness that you have a will of your own and that when you say those things there is authority behind it—you mean it. The real you has spoken.

We do not want you to bluster or rant or rave or be actorlike in repeating words but we want you to realize as we have suggested in this study that the real you is something apart, that it is that part of you which directs your thinking, which controls your feelings, which directs your physical senses and which gives orders to the will. That inner you, about which we have told you, can command the will. You can keep steadfast in an endeavor to reach desired ends, if you will.

You have certainly known in your lifetime determined people and you have known people who were persistent,—never gave up, never quit, and never laid down on the job when they started after something. They have been known to you as strong characters. They have succeeded, if all other elements were in accord with this formula we are expounding.

This part of the formula for success, which in simple words is—"to persistently determine", does not call for stubbornness nor resistance nor a ten-

sing of the nerves but it calls for calmness and an inner feeling which expresses "I can and I will".

In these instructions we are not teaching a new religion or some strange philosophy or "ism". We are giving the statement of cold scientific facts and you or any person may demonstrate by being healthful, successful, and happy, if you will but lay aside any prejudice and will try out the idea or plan in good faith for a reasonable length of time, and be earnest and sincere in the endeavor.

It is true that many sects and cults and many so called schools of metaphysics and many religious and quasi-religious orders teach something bordering on the principles which we set forth but they interpret them in the terms of their own particular theory and they give their teaching shades, tints, and hues bordering upon the mysterious and put them forth under strange and wonderful titles. Often individuals claim them as their own secret, but these things are older than the Christian religion. The Christian religion when interpreted correctly contains most of these teachings. They were taught by parable and possibly were understood by few, at that time. Since that time the essence of these teachings has been obscured by ritual, dogma, theology, and giving undue emphasis to form, fables, parables and services.

In this fourth step, which we are explaining as a part of a master formula for success, it would be quite simple to say, "Put behind your ideal and your desires and your faith, your will power" or "you

must persistently determine to be, do, or have the object of your desires", but until such time as you are fully instructed as to the close relation between your own personal powers and universal power or cosmic power and you are given an understanding as to how you can consciously contact and utilize life principles which are power and the ultimate power and the source of all power, you must learn the lesson in simple understandable terms which you can utilize.

Later, you will understand why and how these things work. Any person with a settled purpose can perform what may seem miracles. It seems that nothing can resist a will which will stake even life itself upon an accomplishment.

A famous expression conveys the idea—"Invincible determination—a purpose once fixed!—then death or victory."

To get this will power in action you must will to will with determination, you must make up your mind that your efforts must and shall succeed.

You must fix in your mind that you yourself have staying power and that you are one who can follow out a fixed program.

Be like a child and "let's pretend"—"act as if"—"let's play like", you were a person who persevered in spite of obstacles, and discouragement, and were one who was steadfast in the face of opposition and hindrances.

Act the part of a positive character!

When you conquer in small things you will get confidence that you can conquer in greater things.

The will is a thing that can be strengthened just as much so as the muscles of your body and it is just a matter of doing and determining to do and keep right on trying to do.

You can hold yourself steadfast by saying, "I can and I will," and just feel that victory is ahead of you.

The mental faculties fall under three general classifications: (1) faculty of thought (2) faculty of feeling (3) faculty of will. To these there are many subheads.

The point to be emphasized now is that these are just instruments to be used by the real you—the unchanging **you**—the unchangeable **you**—the **you** that is a part and parcel of the universal life principle—the omnipotent, the omniscient and the omnipresent.

In showing you the way to health, happiness and success, you are called on to utilize all of your faculties, and the will is intensely important.

To get results, this will power must be coupled up to a central desire or purpose.

People who are obsessed with the idea that the answer to the problem is just to be strong willed, are generally found to be just stubborn, and are going places,—are on their way,—but they know

not where they are going, and are more than likely to be creating antagonism, and opposition.

On the other hand there are those who hold that by right thinking they can create ideal environment, circumstances, health, happiness, and success—by wrong thinking undesirable results and effects are created—and quote the Bible—"As a man thinketh, so is he."

That passage we often quote,—nor would we minimize nor belittle the power of thought—(and in these theories ideative thought or vision is the theme) but we strongly emphasize that the power of will must be given due consideration.

Failure to use the will is a failure to use one of the three general faculties of the mind as we have outlined in this set of instructions, and to get 100% results all of ones faculties must be set to the task. That is why we are setting forth the various elements of a sure fire, time proven, scientific formula for attainment—the bringing into play of will power being the fourth and next to the last ingredient of this mental chemical formula.

At this time we would emphasize that this "will business" be not spread all over the landscape—but should have one central theme. The ultimate accomplishment of the real purpose, the bringing into being of the vision, the materialization of the ideal, is and must always be all important.

One of the most appealing stories of history is of a drummer boy. Napoleon and his army were en-

gaged in one of the famous battles of history. The tide was against him. He asked this drummer if he could beat a retreat.

The answer was "Sir! I have never learned to beat a retreat, but I can beat an advance that will arouse the dead to fight again."

He was ordered to beat the advance—Napoleon snatched victory from what seemed certain defeat.

In the lives of most people will be found incidents where they gave up, just as victory was at hand. They did not "hold on"—but afterwards have learned that had they taken the "never say die" attitude it would have changed the whole course of their lives.

It is not theory, it is not false hope. It is not a mystic formula, it is not "fortune telling," it is not crystal gazing, nor trying to read the mysteries of far off planets, when we say that you can be or do anything within the bounds of reason and much that seems beyond those bounds, if you but follow this formula, the fourth step of which may be summarized as "persistently determine" to be or do.

The reason you can be so assured is that it is an observance of the law of the universe. It is to be hoped that there is not one seeking the full instructions of this order who does not by now know that this world is governed by laws. All nature teaches it and all thinkers and scientists of whatever school concede it.

Now let us summarize this success formula to this point before giving you the last step.

You can have anything in this world that you want provided (1) you know what you want; (2) That you want it with all your heart and soul; (3) That with full faith you expect it; (4) That you unendingly determine to have it; (5) ?

. **THOUGHT GEMS**

There is a mental power of attraction, corresponding to the physical law of gravitation. The law—"like attracts like."



Live to have faith in a living faith—dealing with the here and now.



Your steps of progress in this order will be: (1) Recognition. (2) Realization. (3) Manifestation.



By the "giving" of some one, these instructions have been made available to you. Are you proving worthy?



Away with fears, worries, and pessimism. Let the sun of hopefulness dispel the fog which chills the heart and enfeebles the will.

Section 2 Instruction 17

Never try to cover up or forget that which you find too unpleasant to face—that is exactly like covering up a dirt infested wound.

If you have some secret hate, aversion, jealousy, ill will, deep grievance, some resentment, don't try to bandage it up and let it grow poisonous germs and let a fire within you smoulder and burn, ready to flame on some unguarded occasion. You are and will be the injured loser. Just don't think you are a model of patience, and a saint for forbearance, and keep on with the secret revengeful spirit, that "some day I'll get even" hope; if you do, you are liable to suffer with indigestion, have boils and carbuncles, suffer with pains in the back from kidney trouble or some other physical ailment, because you have, so to speak, a dirt infested wound bandaged.

You are convinced you have been wronged, you are rebellious, and are sure you can't forgive or forget. You are just hell-bent that you have judged correctly and are capable of judging. "Judge not, lest ye be judged" doesn't mean a thing to you. Whatever it is that has happened, has happened. You are not content that the injury of the occasion, shall be the only injury; you are just going to have it linger in memory, let it take the foreground in your thinking, dwell in the past, and wreck a life—your life.

You thereby cultivate the thistles in your garden of memories, you are in the poison manufacturing business, and administering to yourself your own product, and you wonder why you suffer from sickness and ailments, you feel you do not deserve.

You say you can't love the offender, you can't forgive, you can't forget.

Oh, yes you can. The change that is needed is not in the other fellow. It is yourself you must change.

Why do you suppose the Bible contains the story of Christ on the cross praying, "Father, forgive them: they know not what they do"?

Can you conceive that people are the result of environment, associations, and reflected feeling?

Can you judge of the needs, the temptations and the natural weakness of the individual, the train of events and the provocations which led up to the basis of your feelings?

Are you just sure your aura, your looks, your feelings, your mood, your expression, your attitude, didn't contribute in some degree to the occasion or event? Can you not see that it was all a mistake, a misunderstanding, and that one germ has been hatched and nourished, until it is a seething cess-pool of error?

As you progress in this Order and learn the orderly processes of nature, you can forgive and forget—not by the process of trying to reason out

forgiveness or forgetfulness, but by the process of the substitution of positives for negatives; of truth for error, of good for evil.

In the book "Mrs. Wiggs of the Cabbage Patch", Mrs. Wiggs had a formula worth trying. She said, "When I don't like folks, I try to do something nice for 'em. Seems like that's the only way I can weed out my meanness."

Again we repeat—don't just cover up and try to hide your feeling. You are just fooling yourself—your inner feelings shine through. They have radio activity and are projected. Just get the old skeleton out, look back over all the days, weeks, months or years of tension you have put yourself under, what punishment you have inflicted on yourself. See if it has not been self pity, a mole hill raised to a mountain—a burden you have made heavy for yourself. Has there been any sense in your treating yourself like that?

Happiness is a state of mind, but it doesn't come out of minds that have been dammed up, and the purity of the pool permitted to stagnate and breed diseased thoughts. Remember! In previous lessons we told you of confessional values. It is considered of first importance in the Oxford movement.

Now the world has dug up a new word for these suppressed feelings,—they call them repressions.

In the most modern hospitals they now ask not only about your aches, pains and physical symptoms, but they inquire about your worries, your

griefs, your regrets, your loves, your hates and your beliefs. They search quite thoroughly the storehouse of the mind.

It is a quite modern discovery, rather, a rediscovery, that health is both physical and mental. You cannot have perfect health with a sick mind. Health is acquired or lost through your deepest and most sincere feelings (right or wrong).

If you would travel the road to perfect health, a vibrant, radiant, abounding health, you do not take the vehicle marked "Relief from Pain".

If you believe in trouble, you select the road to trouble. If you believe in health abundant, the kind that thrills and fills every hour with the joy of life, then you select that road.

Whatever you seek, believing it is yours, and act upon it—then it is yours.

In the course of your training with us you learn how and why. As you progress with us, the truths you learn, you demonstrate in your own life—in health, happiness and success in worldly affairs. You can't help it. It comes naturally—nature's way is the easy way.

Naturally you become full of it and you learn, or should learn, very early, that by giving, you receive.

You are going to observe with more interest those about you. You will feel the spirit of helpfulness and understanding to be productive of joys

and satisfactions. Even you will marvel at the results.

Carrying this lesson in your inner consciousness, deep in the subconscious, you are going to have occasion to run into those who have the feeling of aloneness—loneliness magnified—and you are going to find that the thoughts of such persons run to fear, to greed, to selfishness, suspicion, jealousy, unkindness, hatred, revenge and sick thoughts. You are going to find sick individuals. They have held such thoughts in mind, nourished the weeds of the mind, killed out the flowers. They have unconsciously spoken words and given expressions to the host of negative feelings, and thereby planted them and deep-rooted them in the subconscious and they have been transplanted in the physical, and they have manifested and grown. The right word, the right suggestion, might start them on the road to right mindedness, and the physical symptoms disappear as understanding dawns upon them.

A miracle (so-called) is wrought if they grasp the thought quickly and comprehend these teachings, and comprehending believe, and believing have faith, and having faith act. Happiness is truly spiritual healthfulness, and consequently intimately connected with bodily health, for surely the spirit is within you.

We have more than intimated you would stumble into such cases, you are sure to. We have indicated your course.

Now stop and consider—suppose such a person who has succumbed to fear, been frozen by blasts of worry, or poisoned by greed, jealousy or other negative emotions, should say or do something to you, which gives offense. Could you, with an understanding heart, carry that offense in your bosom, with unforgiving and unforgetting resentment? No. Understanding, you would forgive and forget. Your feeling would be one of sympathy. Like Mrs. Wiggs, you would want to "do something nice for them"—you would want to help them to mental and physical health by the one sure way—reaching the cause. Neither men nor medicine can cure—nature alone does that.

When you "do something nice for them", when you sincerely show the helpful spirit, your aura, your "in tune vibrations", reach out to them and toward you their feelings change, and with that change comes a change in them. Belief and faith is given birth.

The things you learn as you progress in this Order are to be used freely by you for your own and for the benefit of others. Give and give freely and it shall come back to you multiplied.



Deity creates through man—we are the Divine will. When we know this, our power is multiplied.