

THE Essenes

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INSTRUCTION NO. 25 Assuring to the Accepted and Acceptable
HEALTH, HAPPINESS AND SUCCESS

LIFE IS THE CONSTANT ENDEAVOR OF ORGANISMS TO HARMONIOUSLY MEET EXISTING CONDITIONS. THERE IS A HARMONY AND UNITY BETWEEN THE INDIVIDUAL AND THE UNIVERSAL. THE SAME ENERGY WHICH VIBRATES AND PASSES INTO THE ENDLESS FORMS OF THIS EARTH MANIFESTS WITHIN YOU - THE AVENUE TO GREATNESS IS BY CONSCIOUSNESS AND REALIZATION OF THE VITAL LINK BETWEEN YOU AND THE INFINITE. YOU MUST KNOW WITH ABSOLUTE CERTAINTY THAT ESSENTIALLY YOU ARE SPIRIT.

Thousands of years ago the great Hindu sages imparted to their chosen pupils as a part of their occult instructions facts and principles concerning the conservation and the efficient employment of the life forces or vital forces generally known as vitality, or rather certain of its subtle forms.

These instructions were also a part of the teaching of the Essenes, which some modern authors term "That strange school of Esoteric wisdom which is believed to have exerted a strong influence upon the early Christian Church." Josephus, Pliny, and many other historians attest that Jesus was a member of the Essenes.

Here is the tremendously important law. Nature's generative power may be employed as re-generative power; the same forces which bring men into life, strength and vigor, will renew and reproduce his life, strength and vigor, if rightly applied and directed.

This is a somewhat startling doctrine when announced for the first time to the average individual. To him it seems contrary to common sense and opposed to common experience. The more he considers it, the more reasonable and certain does it become; and when he learns of the discoveries of modern science concerning it, he passes beyond the point of possible doubt or distrust.

The conclusion of these ancient thinkers was that in the generative forces were to be found a highly concentrated essence of life, which if properly controlled and directed, was capable of renewing and continuing the vital strength and vigor of the individual almost indefinitely.

Just to boil this down and make it understandable and to state it bluntly, the human energy which is expressed as sex energy in sexual functions, sexual thought, etc., when checked and controlled, easily becomes a "power within," which can bring health, success or happiness.

It has been noted by hundreds of observers that all great leaders on earth, that all of our outstanding characters of the present day, and of history, were highly sexed. The reason for their success is that they transmuted this energy into the channels of their ambition.

You have heard the term "Elixir of Life." In the middle ages, the alchemists and occult philosophers frequently referred to the "elixir of life." The masses thought that it was some sort of chemical, but those who knew, realized that this potent elixir was naught but the highly concentrated creative energies of man existing in potency and latency in his reproductive organism, and that the same was being transmuted into an inner-vitality instead of being dissipated in lustful practices.

It is a medical and physiological fact that the best blood of the body goes to form the elements of reproduction in both sexes. In a pure and orderly life, this matter is re-absorbed. It goes back into the circulation ready to form the finest brain, nerve, and muscular tissue. This life of man, carried back and diffused through his system, makes him manly, strong, brave, heroic.

The suspension of the use of the generative organs is attended with a notable increase of bodily and mental vigor, and spiritual life. Nature finds another use for the unexpended sexual energy in employing it for the building up of a keener brain and more vital and enduring nerves and muscles. This element, when retained in the system, may be coined into new thoughts, perhaps new inventions, grand conceptions of the true, the beautiful, the useful, or into

fresh emotions of joy and impulses of kindness and blessing to all around.

The word sex is almost taboo in polite society, but this is due to ignorance and to the evil trend of the great majority of minds.

The human mind, to function powerfully and to bring health, happiness or success, must be keyed up to a high rate of vibration. It must have feeling and emotion behind it, it must be stimulated to have projectile strength, or delicate and discriminating receptivity. The human mind responds to stimuli.

There are certain emotions that are powerful. Love is one of them. The desire for sex expression another. A want or a desire which becomes an obsession, whether it be for money, power, or fame, is another. Fear is another.

Among the physical and harmful stimulants are narcotics and alcohol. Of course, we do not suggest the use of these physical stimulants. The after-effect is worse than any work that could be accomplished.

The point that we want to bring out is that if you are to accomplish, you must have something that creates enthusiasm and stirs the mind to vibrate intensely.

The person who learns to give sex emotion an outlet through some form of creative effort, can become what the world calls a genius.

Just from a biological standpoint, we know that if the sex glands are destroyed, either in man or beast, that the major source of action has been removed. A bull becomes as docile as a cow after it has been altered sexually.

The mere possession of sex energy will not produce a genius. The energy must be transmuted from desire for physical contact into some other form of desire and action. The majority of men lower themselves by reason of great sex desires, because they misunderstand and misuse this great force.

While the animal magnetism theories of Messmer are untenable, we do recognize certain qualities of individuals which lead us to speak of them as "magnetic" - or attractive. Highly sexed individuals generally have these qualities. We speak of it as personality, and in the realm of fiction and the movies it is called - IT.

Transmutation of sex energy calls for more will power than the average person cares to use for this purpose, and man is the one animal which violates nature's purpose in this connection. Animals use it in moderation and with the purpose which harmonizes with the laws of nature. All animals lower than man respond to the call "in seasons."

Now, there is a way to consciously transmute this power. Transmute means to change over.

In these instructions we have heretofore called to your attention how oil may be burned to create heat for the purpose of creating steam in a boiler, and that steam is in turn changed into energy to propel engines, and those engines are in turn used to revolve the core of a dynamo and thus the energy is changed into electricity, and it comes to your home and is used for cooking and for lighting and for running machines.

Why, therefore, is it difficult to understand that the powers in the human body can be transmuted or changed into other forms of power?

Most certainly there are glands in the body which have much to do with changing the form of substances in the body and vitally effect the human powers.

These glands in the body are in two classes; the true secreting glands, such as the salivary glands, the liver and the kidneys, - and the ductless glands, such as the thyroid, the spleen, and others.

The absence of the thyroid gland in children is characteristic of cretinism (i.e. idiocity, accompanied by deformity and usually with goitre). This should enable us to easily understand that the chemistry of the body is related to our human powers -- to intelligence itself.

The mind can cause chemical changes within the body and can accelerate or slow down the workings and excretions of the glands. The glands can and do contribute to the power of the mind - there is an interplay.

You are coming to the principle that you can create the tangible from the intangible. On every hand nature demonstrates that everything has and does come from the universal.

Volumes have been written on the subject of re-generative power or vital rejuvenation.

On the cover of Instruction 23, was the statement that "the literature about success, health and happiness is today an ocean, but the instructions which tell you what to do and how to do it to attain them are mountain springs found only here and there in high places." It shall be our purpose to tell you how this sex energy can be converted or transmuted. How it is done, we are taking from a book entitled "Regenerative Power" by Beale and Atkinson.

We take it that each individual knows that the genital glands or the seat of sex lies just behind the sex organs. This knowledge will be necessary in creating the pictures by which you can mentally diffuse or distribute or concentrate this power.

Here is the statement of just how it is done, taken from the Beale and Atkinson statement.

"Form in your mind the clear, definite, positive idea or mental picture of the presence within the Genital Glands of an abundant supply of the concentrated, potent Regenerative Power. Employ your ideative and imagining faculties to create a positive, clear and strong idea or mental image of the presence within you of such potent energies inherent in the internal secretions of the Genital Glands. At the same time cultivate the firm conviction and belief that these potent energies are capable of regenerating, reinvigorating and strengthening the entire physical and mental organism, or any part of it to which they may be specially directed by you; and, above all, endeavor to enter into a full recognition and realization of your power to so direct these energies to the parts of your organism selected by you, just as you would direct a stream of electricity or magnetism under your control and direction.

At the same time, you should awaken within yourself the strong, insistent desire and wish that these potent energies will flow under your direction, and according to your concentrated will, proceeding to the regions of your organism which you have selected for the purpose of Regeneration.

This insistent desire is an important basis for the exercise of the persistent will. Finally, you should firmly, determinedly and persistently employ your will toward the end that these energies may flow freely when and where you may direct

them, this direction being supplied by your mental picture or strong idea which serves as the chart, map, pattern, or mold for the actualization or materialization of the process.

In directing the flow of the Regenerative Power to any part of your physical or mental organism, you should first form the mental pattern, chart, or mold, which you desire to be followed in the actualization process. You must also actually 'see' (mentally) the flow of the power to the part, glands, or centres indicated in your mental chart or pattern. The more clearly you can visualize the process, the more effective will be the result. After you have practiced the method of Regeneration for a short time, this visualization and conscious use of the directing will become practically instinctive and automatic, the subconscious mentality having taken over the process as a habit, just as it does any action which you practice or perform frequently.

You may either 'treat' your entire system in this way, or else you may direct the flow of power to any particular part, portion, or centre of your body which you may feel to require or likely to be specially benefited by the reinvigoration and strengthening.

However, even when you treat special parts of the body in this way, it is well to conclude the treatment by a general treatment in which you 'flush' or saturate the whole body with a supply of the reinvigorating power.

For increased mental power and activity, the current is to be directed to the brain; for increased breathing power, to the lungs; for increased muscular power, to the muscles in question; for increased digestive power, to the stomach and intestines; and so on, each organ or part receiving its special treatment.

Many have found it helpful to employ the rhythmic breathing method in connection with this process of directing the flow of the Regenerative Power. This method is simple: it consists merely of slow, deep, regular breathing, in slow measured rhythm or 'regular time.' With each inhalation you should visualize the rise of the Regenerative Power to the Solar Plexus (in the region of the 'pit of the stomach') and with each exhalation you should visualize the outward flow (upward or downward, or both, as the case may be) of the Regenerative Power to the selected parts of the body, or to the body as a whole. This produces what may be called a psychological 'pumping' process which is reproduced in actualization by the rise and distribution of the Regenerative Power. A certain 'knack' is required here, but a little practice soon produces this -- the process is quite easy of performance."

You will find this method to be extremely helpful when employed at times when you are tired, fatigued, or overworked; also when you may feel depressed, despondent or 'blue.' It seems to 'pump new life into one,' as an enthusiastic practitioner of the method once expressed it. It acts to stimulate the circulation, to 'clean out' the nerve-channels, to vitalize the brain, and to stimulate, reinvigorate and energize the entire system. In many cases, it produces the feeling, and the subsequent outward manifestation, of youthfulness of spirit. Indeed, the ancients were quite justified in figuratively styling it 'The Elixir of Life,' or 'The Fountain of Youth.'

A little later in this course you will be given very definite instructions with respect to giving problems and processes to the subconscious mind to work out and after trying the process above outlined for a while, if you will just turn it over to the subconscious, it can and will become a natural process.

Now here is the thought to plant deeply in the inner-consciousness: "That which brought you into being will continue you in being; that which created you will re-create you; that which generated you will regenerate you; that which breathed life into you will continue to breathe life into you if you will but set its power into activity."

In that statement there is study for weeks.

Remember too the principle that "As you give, so shall you receive," and as you use of your powers for the creation of greater powers, you clear the channels, and the source will ever be renewed, because that is the way things work in nature, and you are the child of nature.

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THOUGHT GEMS

Our school and college text books on psychology are filled with information about the brain and mental processes, sense organs, the nervous system, about habit and will, about perception, attention and memory, but fail to tell the uses of these in acquiring health, happiness and success --- They describe our tool equipment, but give no directions for their use by which we may become master craftsmen.

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The superior man is he who develops in harmonious proportions, his moral, intellectual, and physical nature. This should be the end at which men of all classes should aim, and it is this only which constitutes real greatness. -- Douglas Jerrold.

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He is of the earth, but his thoughts are with the stars. Mean and petty his wants and desires; yet they serve a soul exalted with grand, glorious aims, -- with immortal longings, -- with thoughts which sweep the heavens, and wander through eternity. A pigmy standing on the outward crest of this small planet, his far-reaching spirit stretches outward to the infinite, and there alone finds rest. -- Carlyle.

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Great men are they who see that spiritual is stronger than any material force--that thoughts rule the world. -- Emerson.

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