

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

BY YOUR WORTHINESS

YOU CREATE: --

This world is full of good people. Faith in human kind is a magnet that draws unto its possessor the best in those they meet and know.

Your contribution, which we gratefully acknowledge, is evidence that you are interested in your fellow man, and are helpful in a direct and effective way --- giving to him an understanding of the laws of life by which he may overcome and achieve. --- You exemplify goodness.

It would do your heart good to realize how helpful it can be to so many. There would come to you a feeling of worthwhileness just to appreciate that you are, by your helpfulness, a part in a work of improving human relations - and life values.

The world sorely needs it --- Our advancement in scientific things has far surpassed our progress in the science of living.

Technology must have a counter-balance, -- an appreciation of mental, moral and spiritual values.

The attainment of these values must not be through adherence to superstitions or reverence for and belief in the supernatural -- but by scientific means. All things are natural. All things are from the same source. Creation IS -- not was.

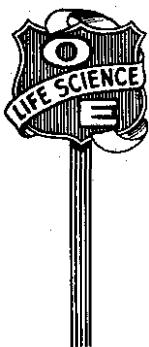
You by your worthiness can create!

Very sincerely yours,

J. Hamrick Davis

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It sometimes seems uncanny that the right lesson reaches each student when the most needed. One of the mysterious ways the Father has His wonders to perform!



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APPROACHING MASTERSHIP:

Dr. Charles Elliot, Past President of Harvard, was not a bit "churchy". He was what might be called worldly, and he was very practical.

The history of his administration of that Institution is one series of breaking precedents, independent thinking and independent action.

It was he who said that the chief characteristic of the religions of the future would be man's unity with and inseparableness from the great creative force of God, which every one can draw on from within.

When you know that it is within you, you just can't be licked. You have confidence in you. -- That is the kind of faith that gets things done. A man may be down, but he is never out until he admits it. Admitting it is just to throw away the clutch which couples up the power within for useful purposes. The power is there, right on. Life is the connection with the infinite -- but it takes faith and self confidence and laying claim to power to make it available. That is the lever that puts the clutch in gear.

When you have received four more instructions you will have completed the second year's work. The Certificate from The Order evidencing that fact will be conferred upon those who have faithfully studied and who desire this award.

We want to hear from you. Have you carefully considered all instructions from Fifty-three up to date? We ask this that we may complete the records in your file.

The next four lessons are going to be a sample of psychological technique on how to banish the cigarette habit.

Next year's work is all technique. -- How to apply the principles you know to the practical end of attaining health, happiness and material well-being.

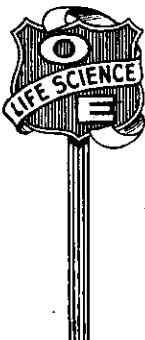
--- And thus you approach Mastership.

Sincerely,

THE ORDER OF THE ESSENES

S. Hamner Davis

Enc. 100



THE Essenes

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Instruction Headquarters - Tampa, Florida

INSTRUCTION 100

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

KNOWLEDGE DWELLS IN HEADS REplete WITH
THOUGHTS OF OTHER MEN; WISDOM IN MINDS ATTEN-
TIVE TO THEIR OWN.

FOR THE AIMS OF MY OWN CAREER, I WANT TO PRO-
MOTE THE INCREASE OF NATURAL KNOWLEDGE, AND TO
FORWARD THE APPLICATION OF SCIENTIFIC METHODS OF
INVESTIGATION TO ALL THE PROBLEMS OF LIFE, IN THE
CONVICTION THAT THERE IS NO ALLEVIATION FOR THE
SUFFERINGS OF MANKIND EXCEPT VERACITY OF THOUGHT
AND ACTION, AND THE RESOLUTE FACING OF THE WORLD
AS IT IS, WHEN THE GARMENT OF MAKE-BELIEVE IS
STRIPPED OFF.

----- Thos H. Huxley

THE ISSUES OF LIFE

In the course of One Hundred Instructions if you have conscientiously considered them, you have much material with which to build, and with this material you must conclude that the secret of health and happiness and the secret of success lies almost altogether in how you use your thoughts.

Those who successfully complete 104 Instructions are eligible to the Certificate of Merit.

In the next year's work, we must learn how to apply the truths we know, and we will deal largely in the technique of the application, to the end that we as individuals shall attain health, happiness and success, and that we may be able to understandingly use that knowledge in being helpful to our fellow man in personal contacts and in our affairs social and economic.

In our early Instructions we stressed something of the physical and throughout we have stressed the interrelation between physical, mental, and the spiritual. In our very early instructions we gave you a simple example of mind action causing a physical effect. You will remember how the description of the rolling and cutting and sucking of a lemon made the mouth water, which was a flow of saliva, and one of the bodily juices which go to make a perfect digestion. We also described the various digestive fluids as food passed through the system. A pleasant anticipation of food starts the flow of these various digestive fluids and the functioning of the glands even before the food, through its natural channels, reaches the organ in which the secretions are mixed with it for normal functioning.

We therefore know that our thinking very materially affects our digestive system and therefore is a factor in controlling the effect of food.

We know as a fact that anger and negative emotions affect adversely the digestive system. We know that fears create certain chemicals in the body and that they have a distinct scent which dogs can detect. In Instruction 98 we learned that from blood crystals we can diagnose disease and from the blood serum, by color and lines observed under black light, we are learning to diagnose various diseases. Our thinking as well as our performing of natural functions, such as eating and drinking and breathing, do affect the functioning of every organ and organism of the body.

In Instruction 99 we reviewed the character of thinking which often precedes stomach ulcers; the character of thinking that precedes hay fever and asthma, and the thinking that is conducive to arthritis. We have been very careful to observe that we have not gone so far as to say that the sole cause was that character of thinking, but we have indicated a line of

research, and that there was much yet to be done, before a scientific chart could be compiled with respect to certain results stemming from a specific character of thought.

We now give you some observations with respect to another disease -- consumption, or tuberculosis. As heretofore, we express it in this way -- that certain character of thinking seems to be conducive to certain ailments.

With respect to consumption, our observation leads us to believe that thoughts of self pity, and thoughts along the line that one is unjustly burdened and has too great responsibilities and is imposed upon by friends and loved ones, accompanied by resentment, and a fear of not pleasing the one most loved, are conducive to conditions where consumption or tubercular germs can gain ascendancy in the body.

These feelings of self pity and of being overburdened and of fear bring about a feeling which is commonly expressed, "depressed," and in the depressed state the breathing is very shallow, a full load of oxygen is not carried into the lungs; the blood stream is not properly purified, and tubercular germs can gain a foothold.

Heretofore in these instructions we have indicated that upsets in the love life have a tendency to affect the teeth. Throughout these instructions we have stressed the interrelation and the interdependence of all organs of the body and of all bodily functions. There is much work to be done along the line of the analysis of the thinking of persons having the various diseases. The medical profession has not been very helpful along this line, because its attention has been devoted to the symptoms, after they have materialized, and those who have engaged in negative thinking are very prone to keep it a secret, and this secretiveness in itself has very often been the very thing that impedes a rapid recovery.

In our early instructions we have pointed out that the road to accomplishment is to acquire an appropriate consciousness, and many teachers stress affirmation as an avenue to building the appropriate consciousness.

Now this appropriate consciousness is necessary not only in matters of health, but is necessary to material or financial well being.

The person who worries and frets and stewes and labors with a problem to get five dollars to meet some pressing bill, has what might be termed a five dollar consciousness and in most cases the five dollars is secured some way or some how, or the worrier comes to realize that life does not depend upon that particular five dollar obligation.

In the matter of happiness, which all recognize as a state of mind, we find generally that unhappiness comes from an over emphasis of some single event, or the anticipation of the results of some particular chain of circumstances or events.

We of course have often emphasized that happiness is conducive to good health, and we know from observation in daily life that success in a material sense seems to be the companion of the serene, the calm, and the happy.

The point ever to be stressed is that when you engage in thinking you are in the act of creation. Thinking is creation. Being a thinking individual you are a creator, and you live in the world of your own creation. When you believe this, you are careful of your creations, and are ever on your guard.

Such a person is fully conscious of the fact that one full of the venom of hate is blind to the experience that in the end hate hurts, poisons and consumes the hater, and is a source of hate in those hated, because it is not only effective within the physical system of the hater, it also is carried in the ether of space and finds reaction in the mind of the hated.

There is a success which everyone can attain, and that is a better understanding of themselves. Each can become aware of just what he wants, and why he wants it. This can be of tremendous value. In the first place, when one understands himself and has discovered his own weaknesses and failings, he knows the problem with which he has to deal in becoming a better individual -- and he also thereby helps to acquire a vision of himself as a better individual, and an objective. In our very early instructions, in the formula of attainment, we gave it that men must know what they want, and have a purpose in life; otherwise, they are on uncharted seas and without compass or sextant.

When a person holds in mind for a reasonable length of time a picture of himself as he would like to be, he is planting in the subconscious a definite pattern to work to, and when he ties that better individual in with an objective, then he lays a foundation for real desire.

When men have real desires and they become almost an obsession and all that they do and say points toward the accomplishment of the object, then they do approach the object. If, however, they dream dreams and have visions and then say that "these things are not for me" and depreciate the ego, then they have their faith turned in the wrong direction. The faith in the attainment of an objective raises the vibratory rate of the human system and it releases emotion.

It is quite simple to understand that if a man wants a little farm or a self supporting homestead, and he begins to think daily or in his leisure time about how he would lay it out, what he would produce and just what he would do when he acquired it, and would take some paper and lay out some little plans, so that he could look at it and become impressed by way of visualization, he would very shortly build up the desire to have it. He would begin to read advertisements of little places for sale; he would begin to inquire of state experiment stations and the United States Agricultural Department for pamphlets and booklets concerning the things he planned to do. He would naturally come in contact with those with some understanding along the line -- it would begin to weave into his consciousness as a very real thing and a very real operation, and his desire for it would grow, and if he had the faith or confidence that he could accomplish it he would at that moment begin to experience pleasure and his emotions would release real force, and ways and means of accomplishment would just naturally unfold.

It might not be accomplished in a day or a week or a month, but the persistence in holding the desire and the picture of the accomplished fact would by way of the Universal Intelligence bring about the means of accomplishment.

Of course in the formula of attainment you are aware that man must do something about the matter of accomplishing his visions, but what to do and how to do it is one of the things that Universal Mind will bring to him by reason of the law of attraction.

There is another great reason for having some objective and a great desire. Everyone in life meets with some disappointments, and disappointments more often than not have their value as experience. If one meets with disappointments and broods over them and magnifies them and builds up fears and other negative forms of thinking, he is engaging in self destruction. On the other hand, if he have a great objective in view and passes over the disappointments by centering upon the objective, and says, "I can and I will attain it" -- the disappointments along the pathway of accomplishment are lightly passed over and soon forgotten. They become incidental, and not all consuming.

The course of action we suggest is the substitution of the bright and cheerful and happy thought for the thought of discouragement.

Do not engage in the combat on the temporary issue or disappointment -- take the long range view of that in which you have faith and where your desires center. It is in a sense a star to hitch to. It is an objective to which you can ever turn when the tendency is to think in the negative.

The little farm or subsistence homestead is but an example of a definite objective.

If the objective is a desire to have some other person do something, you now realize it is both unscientific and usually unsuccessful to think in terms of forcing someone else to do something, and that no individual has the right to control the life of another. The successful way of accomplishment is to look within and to so build up oneself that the other person would naturally desire to do the thing sought; or, to so present the desirability of the action to the other person that he will desire to do it because by so doing he will attain for himself some satisfaction. It will either bring him pleasure or he will take pride in having done it; it will either have brought him profit, or it will be desirable in the accomplishment of his objectives; or he will be convinced that his safety, security or best interests will be best protected by the course suggested.

When people begin to realize the power of thought and that all action is preceded by thought, then will they begin to do some thinking about thinking. The individual who arises each day and whose thoughts are closely tied to only the thing at hand presented by others is not conscious that the world is ruled by thought. By this we do not mean that a person should not give to every problem and task entrusted to him his best thought, but it does mean that one should not always keep the eyes downward and glued upon situations as they are presented one by one by another. It does mean that the eyes should be lifted upward and a living from day to day should not consume all of thought. A living is of course important, but a life is more important.

To those of you who have studied all of our Instructions we give the assurance that you are an unusual person, because your interest would not be held were you not one striving for self improvement. The reason that we can give you an assurance that there is a greater future for you is that less than twenty percent of the people of the United States are thinking in terms of self improvement. Practically all are thinking in terms of acquiring more and having more, but are completely unaware of the fact, and fact it is, that the sure and certain road to success is to deserve success, and the deserving of success is purely an internal matter -- a matter of the improvement of self -- physically, mentally, and spiritually. The greatest help that any man can have will come from within himself, by the realization of his unity with the Universal Mind -- by the understanding that man rules his own life and affairs. Jesus, the Essene, meant this when he said, "The Kingdom of God is within you."

He emphasized that statement when he said, "I and my Father are One. The things I do I do not of myself; the Father in me doeth the works. The things I do you can do, and greater things."

In the Fifth Chapter of Matthew, Jesus uttered the law briefly and clearly, "When you pray, pray to your Father who is in secret, and your Father who seeth in secret, will reward you openly."

There can be but one meaning to all of this, which is, if you would have happiness and health and harmony in life, it is necessary only for you to dwell on thoughts of health and happiness. It is just a case of whatever you sow into your consciousness, that you will reap in your outer life.

The one essential thing is that you believe in and use this power within, and in these instructions we believe that you have come to realize that science by each new discovery is revealing that there is one source of power and that man is a part of that power and to him is available the power of the whole.

We have said much about the subconscious mind, and it depends upon the conscious mind for its material, and with the material given it by the conscious mind, it works.

We have given you in these instructions something about hypnotism, because by it can be demonstrated that the operator may suggest ideas to the subject and the subconscious mind of the subject will receive them and act upon them with the utmost fidelity, and we have shown you that auto-suggestion, or the suggestions you give to yourself -- the things you accept with faith consciously, the subconscious will accept and act upon.

In the days of old it was thought that the heart was the seat of the mind -- and knowing this you can understand the words of Jesus when he said, "Keep your heart with all diligence, for out of the heart are the issues of life." (The issues of life being sickness or health, failure or success, sorrow or joy.)

Resolved to its simplest meaning, it means that as a man thinketh, so is he.

So we want you to accept whole-heartedly the truth that if you would change your conditions, you must change your thoughts.

In the next year's work we mean to give you helpful suggestions with respect to procedure, processes and technique of thinking that will correct any errors in your present processes and that will enable you to build within a character of strength which will be reflected in an attractive personality. You can and will acquire health, happiness, and material well being.