

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

WELCOME!

Together we now enter upon what we call the second year's work. With this letter comes the Fifty-third set of Instructions.

We know that you are worthy to receive these advanced instructions, that you will be appreciative of them, and that they will be effective in your life and affairs. They will more than meet your expectations.

You and our students generally are most helpful in making this work possible. We often receive Gem Thoughts and suggestions which are most helpful. One of our students sent us this -

"There can be no 'new world' until new habits of life and thought are formed in the men in whose hands the destinies of society rest. The persons who have been making such a mess of the ideals of democracy would go on making a mess of the ideals of any golden age unless their hearts are changed and the foundations of their character altered. That is a slow and difficult process, not the stroke of a sudden miracle -- It calls for a deepened spiritual life and for a religion that is brought out of the dull and formal stage of dogmatism and ecclesiasticism with a vital and creative way of life - a religion that makes a new kind of person."

You can and will materially change in your personality and character with an understanding of that which we are to furnish you in the coming year.

The man doesn't live who cannot be helped by a more perfect understanding of that which makes personality and character, and how to utilize the powers dormant within him and integrate scientifically the primitive within him with that personality and character which conforms to his social life and present day standards, and the Divine within him which lies back of all of this and which has long remained submerged by racial consciousness.

Without ballyhoo and without self praise, we know that you will love this year's work, and we are happy to extend it to you, and we are deeply grateful for your spirit of helpfulness to mankind through us.

THE ORDER OF THE ESSENES

By

S. Hammer Davis

Enc. 53



THE Essenes

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INSTRUCTION 53

Insuring to the acceptable and accepted
HEALTH, HAPPINESS AND SUCCESS.

OH, MAN, TRUST TO YOUR DREAMS, DREAM NOBLY. HOLD FAST
TO YOUR DREAMS, DREAM BOLDLY. DOES IT SEEM TOO GOOD TO
BE TRUE, THIS DREAM OF YOURS? IT IS GOD'S PROMISE. TRUST
TO IT AND LIVE FOR IT AND WORK TOWARD IT. WORK -- ACTION
-- ACTION IN THE ATOM -- ACTION IN THE PLANET. BE OF
GOOD CHEER. SEND YOUR DREAMS A-WINGING -- UP -- UP -- UP --
UNTIL THEY PARTAKE OF THE GLORY OF THE SUN! STAND FIRM.
KEEP YOUR VISION HIGH. KEEP YOUR EYE FIXED UPON BEAUTY,
UPON BRIGHTNESS -- FOR THIS IS LIFE -- AND THIS IS GOD!

IT IS THE LAW

The whole world is beginning to talk of things spiritual. Religionists have ever been talking about the "holy spirit" - "the spirit of Christ" and of "spirituality."

When individuals talk of things they do not understand and comprehend they usually speak in general terms, place about the subject something of mystery, or use meaningless expressions - meaningless to them and to those addressed.

You can put it down as generally true that those who claim to "speak for God" and who claim they are divinely ordained to deliver a message from an anthropomorphic (personal) God are either self hypnotized, or trying to put authority behind their own conceptions of God, or are supreme egotists turned loose in the religious and metaphysical field, counting upon a high percentage of people being susceptible to any form of suggestion bearing a forged or fictitious label - "God Ordained" -

The spirit of God descends upon no man. It is acquired by disciplines - by seeking and searching and attuning. It comes by contemplation and by meditation upon the divine order. The process is one of self examination, self analysis (See Instruction #4) and self purification - attunement to the universal order.

Many are there who are sincere and earnest who have by study, discipline and meditation grasped some conception of the divine order and in accordance with their understanding express and demonstrate with respect to spirit.

Now just what is this "spirit" of which we talk. If we can not know it, it cannot work for us. When we know the laws of mathematics we can solve intricate problems, not before. Are life problems to be solved on a hit or miss basis?

Why even talk of spirit if it is wholly incomprehensible? Every man recognizes instinctively that there is such a thing, because it is something internal motivating him. He feels it - He senses it - He is affected by it. He affects others with it. Most just take it for granted - call it the "mystery of life" and let it go at that.

If there is a supreme all originating spirit, which all observation and reasoning say must be so, and all phenomena and all material things bear witness to it, then why should it remain a "mystery." If man senses that he is essentially a spiritual being - that it is life itself, back of and in and the essence of all that he does and experiences - is it not vitally important to know something of it?

Shall man forever turn his attention outward when within is the source of all things he may desire? Life Science - the comprehension of truth, principle, the inherent qualities of man, Spirit and things spiritual, and their powers and possibilities in the here and now, is coming into its own.

As we come to know the qualities and attributes, objects and purposes of the universal and align our individual qualities with them we come into what the religionist calls "Oneness with the Father." We become a true medium of expression of the infinite - and the all originating spirit is within us and manifest through us. It is not a matter of pretty words, of lofty sentiments, - we can bring forth according to our vision and our faith - Health, Happiness and material well being. It either works or it does not work. If it works for one it will work for all, when the conditions have been complied with.

Let us get this matter of spirit down out of some far off heaven. Let us establish it as a universal, impersonal, all pervading thing - not something that was within or emanated from one individual. Jesus, the Essene, comprehended perhaps better than any other. Every Saint and Savior grasped something of it. But why seek Christ consciousness? Rather we seek the consciousness that was within Christ, and available to all just as he said it was, and to have an enlarged conception of and embrace and encompass more of the universal spirit. Why should we not in the light of modern understanding and unfoldment? Jesus said that greater things we should and could do. Greater things we have done, still greater things shall we do. We evolve. The "building blocks" of the universe are infinite and inexhaustible. Man was ordained to have dominion over all things - created and to be created. We just have to grow spiritually and produce materially in accordance with our state of consciousness.

Can we analyze spirit so as to bring it into our consciousness as a normal - a natural and appropriate possession of man?

We have in the material realm dissolved all things to a form of energy or power. We know that it is universal - ever present and all pervading. Being without form it is without limitation of time or space. It is therefore within and through each of us.

Spirit therefore, as one of its constituent elements encompasses omnipotence or all power, because it is all pervading - the supreme - and all originating. Another constituent element must be omniscience or all-knowing or knowing all because it is everywhere - near and remote - it is not limited by time or space, - and all truth - all cosmic facts, all rhythm or harmony - and all order and arrangement must be known to it, not only with respect to the conditioned or materialized, but with respect to the unformed and fluidic yet to come into being.

Likewise Spirit must be omnipresent - or all present - or universal. Such being the case it is in you and me - and the supreme fact is that that spirit which is in you is in your neighbor and in all. We are each universal citizens. Cosmically "the brotherhood of man" is a fact. We are one in life and spirit.

Jesus was a metaphysician. He understood men and their problems and their processes of thinking and the resultant effects of environment - experiences and thought processes. One lesson he endeavored to put over was "to love thy neighbor as thyself." He knew that then as now the over mastering sentiment of man was love of self - and he just gave them as a mark to shoot at - to endeavor to make the love of fellow man equal to that self love - Why? Because he conceived, as man has not yet learned to conceive, that all men are of the one spirit.

That you may evolve and attain self realization - or a true appraisal of the real "you" of your being touched upon in Instruction One, and may unfold and come into the utilization of your spiritual powers and potentialities, let us now consider and contemplate the all creating spirit, that we may meditate upon what it is in itself because thereby we can evolve or unfold into the likeness thereof - the reward of which is the fulfillment of the ultimate of all promises spoken of by all saints and saviors.

At this point we want you to realize that the "promises" of Jesus were not the promises of a man. They were not something someone said would be rendered unto you by another - These so-called promises were effects that would inevitably follow causes. He was expounding laws and principles, - pointing a way of Life - a cause - that would be followed by an effect which he endeavored to indicate.

It is apparent from all that we see and know that the supreme or originating spirit was working to the end of perfecting a medium or a channel for the expression of the infinite, that medium being man or individuals, and as expressed in the Bible "that they might have life, and that they might have it more abundantly." (Note this as the source of the expression "a more abundant life").

Spirit was first and foremost creative - next it created as a means of expression - or giving form and substance to the infinite.

That is not difficult to understand. Observe man! Is he not ever seeking mediums and channels by which he can give expression to his feelings - emotions - energies and abilities, not alone in the arts, trades and industries but by political, religious, social and business organizations.

Is it not true that by the expression or out-pouring through these mediums or channels - we can judge the originating source?

Let us therefore observe the created - for an appraisal of the quality of the Creator (Spirit). The most natural and an inevitable conclusion is that creation must be rooted in the love principle - a deep rooted love of expression. What logically follows? A love of the thing created. Does man not love his own creations? This self evident love principle permeating creative functioning Jesus conceived could best be symbolized by the "father" idea.

Another interpreter of life's meaning and universal principles put it thus: - "In the realm of principles the purely affirmative and life giving nature of the all-originating spirit is an unavoidable conclusion. Now by what name can we call such an inherent desire to add to the fullness of any individual life - that is to make it stronger, brighter, and happier? If this is not love, then I do not know what else it is, and so we are philosophically led to the conclusion that love is the prime moving power of the creating Spirit."

Another illumined one has concluded "The universe is one, and all its manifold operations are the manifestation of one law --- we see that all the forces operative in human life are the varied manifestations of the one Supreme Law of Love."

Ralph Waldo Emerson says "Love is omnipresent in nature as motive and reward - Love is our highest word, and the synonym of God."

To understand that love is not a temporary or transitory emotion of some personal God to be followed by an emotion of wrath or vengeance, but is a fixed principle of the universal - of the creative spirit, sets for man a pattern in his meditation.

In our previous instruction we found that the very basis of the universe was harmony, a perfect adjustment of all its parts. We have instructed you that life is made up of simples. By putting these in their right order the complexity of the universe is fathomed - It all rests upon a few laws and principles - and when man by the discipline of meditation realizes that the higher elements of character are Life itself (Spirit) he realizes that integrity - right-use-ness - faith - self sacrifice - truth, goodness and love are the universal solvents of anger, fear, grief, worry, suspicion, jealousy and the hordes of negatives, and that they are the creative elements, and by attuning his spirit to the universal, his worldly affairs will be harmoniously adjusted without struggle or difficulty - and he will know and experience, health, happiness and material well being. It could not be otherwise. It is the law.

SECTION 2 INSTRUCTION 53

In these Instructions we are not trying like the negro preacher "to unscrew the inscrutable." We are in so far as possible dealing in simple things endeavoring to put them in perfect order. It is thus that the complex is made understandable to the many. The science of living has not been tried and found wanting. It has been found that it requires discipline and therefore has not been tried by the many.

The trapeze acrobats of the circus practice, they try out one act, failing and falling into a net a thousand times or more before they can perform the feat - then they try it two - three and four thousand times before they add it to their performance before the public. That is discipline.

The college boy - trying to make the football team refrains from smoking - from excessive sweets. He goes into training seriously. Discipline - self discipline. The stage dancer or Hollywood star, or those who seriously seek to be such, spend hours each day practicing - taking physical exercises, observing strict disciplines. All of this for what? A creditable performance of a difficult feat -- to make the team -- to get a part in a passing performance.

The ordinary individual thinks he can win in the race of life without discipline -- that is why he is ordinary.

At the age of ten or twelve months most individuals learn to walk, but not one person out of one hundred ever thinks of walking as a fine art. If you doubt this, just observe the passing throngs in any city, village or hamlet.

Even the most inexperienced, by just a little observation, can judge the character of individuals by their walk. Observe those you know, observe them as they stand or walk. It is one of the most interesting things you could do. If you have rightly appraised their character you will find something in their posture - their movements - how they carry their head - how they step - how they use their arms and hands - and even how they sit - that will confirm your appraisal.

Be mindful, too, that how you sit - how you stand - how you walk is a dead giveaway to those experienced in observation.

How you feel - your very thought processes - your character, is revealed in the physical. It is likewise true that what you do and how you do it in the physical affects your thought processes, your feelings and emotional reactions.

It seems passing strange that about the first things we do are to learn to walk and to talk, and the great majority reach maturity and have never learned to do either correctly or effectively - yet just a few minutes a day for a relatively short period with disciplines or exercises designed to perfect performances in this respect will soon establish it as a habit - turn it over to the subconscious and perhaps a whole life course will be changed.

You have studied Life Science long enough to know that the complete individual is one who is developed physically - mentally and spiritually. Many there are who are developed physically - but are far from the attainment of attractive personalities. Likewise there are those mentally developed, who may be counted failures in the race of life, and many are those who are spiritually developed only - and are ineffective in adding anything to the sum of human happiness.

As a request we want you to do some thinking about walking - and then do something about it. (Of course those studying with us who are physically incapacitated are not to do any of our exercises without the consent of their attending physician).

When you are standing or sitting don't be fidgety. Be poised. Have yourself under control. This conserves power and nervous energy. Don't swing your feet - twirl your hat - twiddle your thumbs - slouch or lean or be restless. Attention! This means attention and interest in the person or business at hand.

About sitting - don't sit on the front edge of a chair. Sit as far back as possible and sit up straight. It is the most restful and power conserving way. It helps an even rhythmic circulation of the blood. Practice it. See how much better you feel by reason of it.

Now, a little about walking. Walking is a process of falling forward and by putting one foot in advance of the other, maintaining balance.

To start, you lean slightly forward - not the head - not from the hips - but the whole body and from the ankles - then you tense the leg that is to hold the weight of the body - relax the leg that is to move forward and let it just naturally swing forward. At the moment it touches, let the ball of the foot (the forward part of the foot) touch first and assume the weight of the body. In other words, don't walk on your heels - It jars the body (yes, even with rubber heels).

The forward leg then tenses, takes the weight of the body and lets the other leg relax and swing forward just as though it were on a hinge.

It is then just a matter of being slightly inclined forward - freeing and relaxing one leg at a time and taking the weight of the body on the ball of the foot of the advancing leg.

If you do this - you do not slouch along and constantly lose energies - you build up energies. Neither do you walk stiff-legged and by constant muscle tension tire and waste life forces. It is tension and release - tension and release - that is a building up process. Physical culture courses based upon this principle are widely sold.

This course of Instruction is only furnished to adult persons. Each of you can recognize a stately carriage - a majestic carriage - grace and poise.

Practice graceful, natural walking before your mirror. Each day start out by thinking of it and practicing it - and soon it becomes a habit and perfectly natural.

Get out of the old habits by speeding up your walking. If you have been stooping a little - just look at the top of the second light pole or phone pole or tree ahead. Straightening up of the shoulders is just a matter of keeping the head up.

The life processes are smooth and rhythmic - therefore, in walking do not be jerky - do not be springy (too much up and down motion). Do not be slouchy. Do not be rigid.

Read again the description of correct walking. Grasp the feeling of dignity. Correct bearing enables one to stand out in any company. It is one of the essentials in the science of living - The bodily organs are in correct position or will return to it - the bodily functions will perform naturally when man stands and walks as man was intended to stand and walk.

As students of Life Science, let us overlook no little thing that can contribute to Health, Happiness and Success. Walk in the God intended way.