

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE  
TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

THE PRIMITIVE, THE NORMAL  
AND THE DIVINE, IN ACCORD.

THE YOU TRINITY:

We give you this Gem Thought -- it ties in with present day conditions.

"As a matter of fact, the year of decision (or the month, the week, the day, the hour or the moment of decision) is -- now! The greatest moment - the decisive time - in the lives of men and the history of nations is always - now! Glance at the clock. Or a wrist watch will do. The moment that is being ticked off is exactly the apex of Time in the history of the world. What we have and what we are - all over the globe - represent to the dot the sum total of human effort of the past, the vices and virtues, the energies and ideas of the men of yesterday and yesteryear. What men are doing now - at this very moment - here, there and everywhere - will determine the course of human events 'tomorrow and tomorrow and tomorrow.'"

There is no such thing as mass regeneration. It is an individual affair. Thoughtful and enlightened individuals with a true conception of their obligations to their fellow man can be like yeast in bread - lift up the whole.

You and I and all of us have something of the instincts of the cave man. We do things upon impulse by reason of the primitive consciousness within us, which has been repressed by our endeavors to conform to social requirements or standards which have been set up, or we fail to do certain things because the old cave man within us has one desire which is in conflict with conscious desires which are submitting to the social standards.

In the first lesson of this course we said that you must know YOU, and we are now in the midst of making suggestions that will enable you to know the real YOU of your being, and we are going to teach you to release repressions. We are going to show you how to express in order that the suppressed within you may not constantly conflict with normal YOU.

Dual and multiple personality is more or less a fact with you and all of us, and when there is a unity of these, man is in a position to attain self realization - "in tune with the infinite."

Organize the Corporation - "The YOU-S United - Unlimited".

THE ORDER OF THE ESSENES

By

*J. Hammer Davis*

Enc. 54



# THE Essenes

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INSTRUCTION 54

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

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IN THE NEW ORDER OF THINGS WHICH MUST COME UPON THIS EARTH, YOU SHOULD BE PREPARED - - - YOU ARE RESPONSIBLE FOR ONE PERSON, - - YOURSELF. IF THE STANDARDS, IDEALS, AND EXPRESSIONS OF OTHERS MEET NOT WITH YOUR APPROVAL, TARRY NOT ON THE PATHWAY OF SELF REALIZATION TO CRITICIZE, CONDEMN, AND PUT THY THOUGHTS INTO THE NEGATIVE THOUGHT CURRENTS OF THE UNIVERSE - - JUST HAVE COMPASSION FOR THEM - REALIZE THE GOOD THAT IS IN THEM THAT COULD EXPRESS. THEY ARE DOING THE BEST THEY CAN, ACCORDING TO THEIR LIGHTS AND THEY MUST REAP AS THEY SOW. IT IS TO BE THEIR HARVEST.

## MEDITATION

Those who have passed through all the degrees of Masonry know at what stage of initiation two symbolic pillars in King Solomon's Temple, Jachin and Boaz, are exemplified, and are aware that these pillars are symbolic of Law or principle on the one hand and the inherent qualities, powers and expressions of the individual on the other; they symbolize two pillars sustaining the Universe. He who would enter the Temple of Understanding and Wisdom must pass between and square one with the other - which simply means that man must first recognize the law, and knowing the law, plumb his own actions that they be in harmony with it, and then sovereignty will be given to him over it.

With understanding man comes to know that he can encompass the building blocks of the universe and fit them to his own ends, when these are squared with love, beauty, truth and principle, and that he is the master builder in the temple of Destiny.

By his personality or personalness, if such word there be, man gives form to the conditions he will experience in his own life.

If there be a single bit of knowledge more conducive to wisdom than any other, it must be the comprehension that the great natural laws, elements, and forces, which we term "the universal" do not formatively or directively think.

This is the great power - the creative ability of man, - proof of his divinity or "oneness with the Father."

Mass thought poured forth into the universal determines the world's course of action, its fate, its destiny.

It is consoling at times to appreciate that one man's thoughts projecting can change mass thinking - Witness, Jesus.

Comforting indeed it is to know that it is given to each to choose his own course of thinking, and that that which has been wrought by thinking can be changed or altered by the same law. That is "forgiveness of sins" rationalized.

Man does not in the true sense create any power. All the power there ever was or will be is existent. If you burn coal or oil and create steam and utilize it for power purposes, you can readily understand that this is a process of conversion or change - Power is latent in the coal or oil.

We speak of electric power - There is no limit to it. There is a limit to the equipment which generates it.

Man, we say, has certain powers. He must derive them from the source of all power. The limit of the power he exercises or utilizes is, so to speak, in the equipment or the instrument of expression - man himself.

We want to develop our own powers. That is the object of study. The more we utilize of power the more is given to us.

If you have understood that which has gone before in the study of Life Science you are aware that we advocate no "conquering" of fears - We do not point out a technique of "overcoming" anything - Rather do we advise the substitution process. Virtue for vices - Love for hate - Faith for fear. When we contemplate the good and the truth - think upon these things, focus our attention upon them, those things alone have existence for us.

We fast approach the day when it will be recognized that of all the sciences, the science of living - Life Science - is the most important. It is based upon laws. We develop spiritual values - the spirit is the light that guides the mind - the mind controls the body. Ideas, the product of the mind, make or break us - and are the controlling factor in affairs material.

A correct interpretation of the teachings of Jesus, the great Essene teacher, reveals that the theme of his discourse was this - that spirit is all present intelligence. He gave that as a definition of God.

We know that spirit as we use it is not one of the tangibles and material. Yet we experience it; we get the spirit of music - of a discourse - of an occasion. Being an immaterial, it is naturally without form. Form is always an attribute of the material.

But to comprehend spirit and come to the realization that it is very real and very tangible in the sense it is ours to utilize, we have but to think of it in the manner that we do our mind. It too is not material and is therefore formless - but it works through our material brain, and by the mind is wrought the tangibles of our life and affairs - radios - automobiles - flying machines.

Perhaps we have given too great emphasis to the development of mind and too little to spirit - but it will not be so in the coming age. - Hence the vital importance of Life Science.

In the study of this Science there should be true meditation. Through the discipline of meditation Jesus became conscious of His Divinity - through meditation you too can become conscious of your unity with the universal.

At the outset of our contemplation of meditation it will be encouraging to know that the real fountain source of inspiration is within you - You must court the truth. We might say you earnestly seek understanding of philosophy. Perhaps you can better understand if we say that philosophy is the study of Truth. Philosophy sounds very heavy, weighty and dull - but it simply means the knowledge of the causes of all phenomena, both of mind and matter. It is reasoned science - and practical wisdom.

As you meditate you might seek to know why individuals act in certain ways - why people in crowds collectively do things - as they do - their motives - the thoughts or impulses that motivate them. In it all and through it all you discern the truth - you perfect your ideals and discern that rewards of living close to truth enrich your daily life and it all leads to mastery of circumstances.

By meditation you attune yourself to the better way of life. This way attracts - and produces physical results in health and circumstances - but if you in your silence periods direct your thoughts to material ends, to acquiring and to getting, you are not seeking a philosophical understanding. (That is not true meditation, as will be explained a little further along).

To know the truths of life requires some self government - self discipline - but surely it should not require strain and effort to just get still; and "to thine own self be true" and attune to the spiritual.

Meditation is not something that requires strain, stress or conscious effort. If you are engaging in a tense mental battle to shut out one kind of thinking and bring on another, you are not meditating.

There is within you a "still small voice" that tells you unerringly what is right - what is wrong - what is eternal truth as distinguished from the expedient - the presently advantageous, the politic or the false.

You are truly meditating when you are calm, relaxed and without effort are just inwardly listening to that still small voice - contemplating that which is truth - that which corresponds to the nature of the universal - which you know to be harmonious and partaking of the nature of love and beauty. It is an inner communion with your better self.

Meditation is effective, because you come into the likeness of that which you long look upon and contemplate, when there is the desire "To be like that" or where there is a sympathetic emotional response - and a complete acceptance of the desirableness of that aspect of truth - goodness or wholeness.

Very early in these instructions we told you there were power elements in concentration - in meditation - in true affirmations, and there was a way of resultful prayer.

In Meditation - (the contemplating of the truths of life) you are now or should be able to intellectually and spiritually grasp that the truth - the divine reality is a cosmic fact - established by impersonal, immutable and unchanging law, and therefore what ever is, is right - The effect is the logical outcome of a preceding cause. No man can conceive a more just and equitable principle - a more sublime or divine promise than that unfailingly the world is in a perfectly balanced state - that the scales of justice are automatically in balance - and that every man is a free moral agent - and it is given to him to pass his own judgments with respect to rewards and punishments. - It forever allays any fear of an avenging God - It is a foundation stone of real faith to know that these laws will not be repealed or changed at the whim of any one for reasons of jealousy or upon the importuning of any mortal - It is an inspiration, an incentive, and deeply satisfying to know that every condition is subject to change - that there is a cause that can be set in motion that will right every wrong that has been wrought by antecedent causes.

The supreme attainment of meditation is the acquiring of the consciousness of man's unity with the Universal - that all life comes from one indivisible life - that life is a continuing fact - that we (and each of us) are

individual manifestations of the one and indivisible - that we are in - of - and cannot be separated from the universal - that we can utilize the infinite powers and can express the infinite wisdom - that we are limited only by our own conscious limitations.

Meditation is getting in touch with "your better nature" - it is becoming conscious of your conscience - It is communing with the real You of your being with whom we trust you became aware in the very first set of In-structions.

Don't be one of those persons who says, I am so busy with Red Cross work or home defense duties or any other kind of duties I have not the time for Meditation or to study for self improvement. Likewise do not be one who says, I have to get away from the confusion of business or change my home surroundings before I can begin to study - Now is the accepted time.

Certainly the good life we would point to you is not one wherein you are to evade responsibilities. It is the life wherein environment will be rendered negative and your inner life will be positive and each event and circumstance will be accepted for what it is, and will fit into the picture, not as a discord but as an overcoming victory and as a part in self discipline and self mastery.

Do not understand this to mean that you are to meet any such interruptions or discords by a denial of the existence thereof - We are not teaching a metaphysics which denies existing conditions or facts - calling it error or by any other name, but we do say that facts, circumstances, discords, have such effect upon you as you let them, and when you elevate your consciousness above such things they lose their elements which tend to confuse and confound a lesser soul.

We want you to practice no philosophy which has in it the least element of evasion of any of life's problems or responsibilities and certainly we want no thoughts of running away which could come only from fear thoughts - Why should you evade- why should you run away, when realization of selfhood - which you can attain - will furnish the answer to every problem, meet every responsibility - and at that moment of solution and overcoming there is opened a door to opportunity.

Why can you be sure that this will be the result? Because you will upon realization of selfhood know that you are a part of and partaker of the known qualities of the Universal - That part of Omniscience needed for your situation will come to mind. The truth and the whole truth pertaining thereto contains always the answer - That part of Omnipotence needed to meet your responsibility is at hand - all the power there is - and you are attuned to grasp it and utilize it when you realize your unity with the omnipresent attributes of the universal. We come to know this by discipline.

We realize and recognize and utilize Spirit as we meditate. Since religion designates this with which we are united and of which we are a part as God - let us accept the designation - Let us partake of the Spirit of God - This you cannot do if you think of God in terms of a spirit and ascribe to God the attributes of a man (This is called anthropomorphic).

With an anthropomorphic conception of God you naturally fall into the belief that there must be decisions and judgments - The judgments and decisions are already made - they are fixed, they are final - but they are good and just. They stand as laws and principles - impersonal - available to all - and yours, - yes, yours - to utilize.

It is true - they are not available to you until you recognize them and accept them and obey them - and then utilize them.

— and how are you to do this? By meditation. Let us get this thing simplified. Meditation is the contemplation (thinking) of the truths of life - looking to see and seeing the universal reality that orders all existence. It is the attaining of bodily and mental and spiritual harmony with the harmony of the universe.

The question naturally arises - "How do you meditate?" - You get comfortable and relaxed and mentally at ease, just as we have directed for going into the Silence. It is a form of going into the Silence.

At this point let us say that many who profess to teach things metaphysical are confused about silence periods and meditation, and draw no distinction. They would have you meditating about things you want - seeking solutions to life's problems - It is not our conception that one becomes a master metaphysician, a true mystic by that route.

Meditation, as we accept it, is a process of realizing the divine plan and order, a process of attuning the inner life of man to a realization of his real "you" - and to making it conform to the attributes of the divine spirit - and to the recognition that he is first and foremost a spiritual being - that life is spirit - spirit is life and that his life and his spirit is a part of the infinite life and spirit. By thinking man can know the perfection of universal spirit or God, and by constant discipline, habitual meditation, he can learn not to consciously violate the spirit of eternal laws, and can draw closer and closer to a working harmony and cooperation with that of which he is a part. The more perfectly one consciously expresses the infinite - the all good - the perfection he contemplates - the greater will be "his works."

In what we call Silence periods, man is seeking an answer to his problems. It may be just to dismiss from the mind contemplation consciously of trials, difficulties and inharmonies. It very often is just sweeping out of mental rubbish - and with faith, a period of expectation of the truth with respect to a given set of conditions - relations or circumstances - This is good. Practiced in the right way as we have endeavored and do endeavor to show you, it is resultful.

Back again we come to true meditation - In this seeking the realities we must, for the period set aside, achieve a detachment from transitory matters - We seek eternal verities.

It is highly important that there be no ceremony or ritual or things formal in this meditation - Perhaps formal religion as practiced and preached today does not work the eternal miracle because of too great attention and perhaps worship of the teachers and too little attention to a realization of the truths and principles, or a consciousness of symbols and rituals and form and a failure to spiritually grasp the substance of the eternal truths. It is a form of idolatry to worship the symbol as reality.

As you begin meditations, recognize that it is a form of discipline you set for yourself. The weakness of humanity today is fundamentally due to a lack of discipline. You can accept it as fact that we are entering into a new era - a new way of Life - and preparation for it is the sane and sensible course, and any who say they have not the time are deceiving themselves.

Surely the fundamental purpose of Life is to accomplish the greatest good. By disciplines we can "make straight the way." - Five minutes a day is a small price to pay for a thing that is priceless.

By meditation you just unfold - you come to know - and verily, the truth shall make you whole - Wholeness is health - joy - and material well being - and the ability and the desire to take the light to all men.

The great Essene teacher expressed it in this manner: - "Blessed are the pure in heart" (those who have contemplated the rightness of all things, and by so doing have grown into the likeness thereof) "for they shall see God" (to see God is but symbolically expressing the comprehension of the universal and infinite power - To comprehend is to know - to know is the key to the "many mansions in the father's house").

To then express, as you know, is "to dwell in the house of the Lord" - to become a channel through which omnipotence flows.

In this age of greater understanding we are inclined to believe that symbolical expressions are not the "better way" to bring home the truths of life. We shall further consider meditation in our next set of Instructions.

It is the way to a "re-birth" - It leads to the "understanding" of which Jesus often spoke as "the way and the light" - and truly marvelous are the things that "come about with understanding," - and certain it is that through meditation this understanding can be the property of all, and each can become a citizen of the universal -

Wisdom comes to any mind which will seek it from within - for within each of us is that which contacts the supreme intelligence.

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The law of cause and effect is inviolate in Nature.

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Spiritual understanding results from self government.

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Meditation is an endeavor to get the spiritual house in order - the Divine Order.

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