

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

JUST TALKING OVER
INSTRUCTION FIFTY-SIX

WITH YOU: -

You are going to find in this Instruction "It is not a matter of how much of power - knowledge - love and beauty is within the Universal. It is a question of how much one can become conscious of and utilize."

Back in Instruction Number Four we had a self analysis chart. Did you fill it in and keep it? Even now you should be able to turn back to it and say "I have improved here - and here - and here."

After receiving the next ten instructions we want you to do it again. You are getting pretty well advanced. We think you are understandingly reading them - but has anything happened to you? Therein is the test.

We know and you will come to know the power of suggestion. If you have it planted in the mind, something will happen. It will be in your home - your business - your social life - or in your mode and manner of thinking.

Seed have been planted in your subconscious - it is in fertile soil; otherwise you would not be pursuing this study. It therefore must flower and bear fruit - soon or late.

The most encouraging thing that happens in the lives of those of us who devote our lives to this work is to daily receive letters telling us of better, happier, more resultful living, experienced by those studying with us.

We ourselves often marvel at some of the results reported to us. Sometimes, yes - quite often, those we felt might be slow in grasping and utilizing the truth are the quickest to get results.

On the other hand, some who seem highly intelligent and well along the path when they start, get it in their minds quite clearly - but not in their lives.

It may be that the explanation is that they have looked for mental and not spiritual attainment.

Nothing short of one hundred percent will satisfy us, so in coming Instructions we are going to have more to say about spirit.

If you are more positive in your thinking; if you are doing some thinking about your thinking, you are advancing.

There is this we know - Your helpfulness in taking this understanding to others will react and is reacting in your life. You are desiring of better and better things.

Confidently look forward to their materializing - Expect them - It is written in the constitution of the universe that they shall be.

Sincerely,

THE ORDER OF THE ESSENES

By

J. Hammer Davis

Enc. 56



THE Essenes

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INSTRUCTION 56

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

"HAVE YOU EVER THOUGHT ABOUT THE VALUE OF A SMILE? IT ENRICHES THOSE WHO RECEIVE, WITHOUT MAKING POORER THOSE WHO GIVE. IT TAKES BUT A MOMENT, YET THE MEMORY OF IT SOMETIMES LASTS FOREVER. NONE IS SO RICH OR SO MIGHTY THAT HE CAN GET ALONG WITHOUT IT, AND NONE SO POOR THAT HE CANNOT BE MADE RICH BY IT. A SMILE CREATES HAPPINESS IN THE HOME, FOSTERS GOOD WILL IN BUSINESS, AND IS THE COUNTERSIGN OF FRIENDSHIP. MORE THAN THE ABOVE, IT BRINGS REST TO THE WEARY, CHEER TO THE DISCOURAGED, SUNSHINE TO THE SAD, AND IS NATURE'S BEST ANTIDOTE FOR TROUBLE. YET IT CANNOT BE BOUGHT, BEGGED, BORROWED OR STOLEN, FOR IT IS SOMETHING THAT IS OF NO VALUE TO ANYONE UNTIL IT IS GIVEN AWAY. SOME PEOPLE ARE TOO BUSY TO GIVE YOU A SMILE. GIVE THEM ONE OF YOURS, AS NO ONE NEEDS A SMILE SO MUCH AS HE WHO HAS NONE TO GIVE."

FINDING GOD IN HIS WORKS

Let us do a little thinking about man the physical creature. It is a helpful attitude to get outside of ourselves - and just see ourselves as a case detached - and consider ourselves as we would study another - That we may "see ourselves as others see us."

If a man has a strong thyroid he will be energetic - with a weak one he is very likely to be lazy or sluggish. This might lead to the conclusion that our glands are a controlling factor - but we find that those who take proper care of themselves - and have proper mental attitudes have good thyroid glands.

On the other hand, we find that where a city is bombed and great fears and strains are experienced hundreds of people acquire goiter - a disease of the thyroid gland. In considering this and other glands we find that the medical profession concedes that as a general rule if people are cheerful - happy - optimistic and are without fears the glands have a tendency to remain healthy - So it isn't the gland primarily. It is the course of thinking that is back of so-called glandular disorders.

Our personal appearance depends largely upon the functioning of the glands - The medical profession generally goes to work on the glands - works on the physical. The metaphysician notes the appearance and gets a pretty clear picture of the character of thoughts the individual has been engaging in which affected the glands and which in turn affected the appearance.

Let us trace this thing out and see how it works. - You get out of a job - instead of being optimistic you begin to brood - to fear you will not get another. You get discouraged or blue - then you get despondent. Then you say to yourself, "There's no use trying. I will fail" - (recognize affirmation and auto-suggestion). In other words you convey to the cell life of the body the message "Energy or trying is useless" - the nerves and cells accept the message as true (they always do) and the thyroid gland says, "Well - I got the message there is no call for energy" - so in response he fails to furnish the energy. His efforts weaken because the nerves did not call for it - in fact the message came through "it's useless."

Mr. Thyroid, producing less energy, gives to the individual the feeling of weakness.

Mr. Individual in turn says (an affirmation and an auto-suggestion again) "I am getting weak - I am sick. I am not able to undertake a given piece of work." Then and there is born a feeling of insufficiency, call it an inferiority complex, - and the individual is diagnosed as sick - The physician gives him that which he believes will stimulate the thyroid - and there might be an energy increase - but Mr. Individual has the picture in his mind he is inferior - that he failed - and feels sure he will fail again.

Every obstacle - every problem - every difficulty he meets he faces with the attitude, "I can't do it" and he is reinforced in the belief by the memory of previous failures - and naturally he fails again.

Now it's quite simple to understand that such a fellow who faces a problem - immediately looks upon it as a difficulty - and when he says he can't do it, we all agree that he cannot. But many of you who read this didn't quite grasp the significance in the early lessons of "He can who thinks he can" - You doubted - You don't doubt that a man can't when he says he can't. You are ready to believe the negatives, but the positives seemed just too simple - too good to be true - Perhaps on that account you didn't say "I can - I will" - and do it.

It's a strange trait of most people. They are ready to listen to gossip - to believe the evil said of people - and to discount anything of good -- They repeat messages of ill repute; good that is said of people just passes out of mind. No wonder that the majority are counted failures. They do nothing for self improvement; study ends with their school days; Meditation periods are unknown; they are too busy making a living to think of a life; they are so absorbed in the pursuit of pleasure they have no time to learn the source of true joy and happiness.

There is this encouragement for you. You would not be reading this, if you did not desire the better things of life. That very desire takes you a long way on the path of attainment. There is this too to consider. If more than half the people are not making any effort - the field is open - the opportunities are great.

Greater than all of these things is the fact that every man is a part of the same life principle - we are all "brothers under the skin" and that to know the way "to life more abundantly" enables one to help his fellow man to understanding - to add to the sum of human welfare.

Last and greatest of all -- Every man is made in the image and likeness of God. His real inner being we can love as we were admonished to love our neighbors, and by love and service we can bring forth his better nature and advance the cause of the brotherhood of man. It is cosmism - It is the aim of man - It can be.

This is not sentimental gush - just a pretty thought - a Utopia impossible of accomplishment - nor pious wishful thinking. Man is not always what he thinks he is - but as a man thinks so is he. Thinking can be changed - individual thinking and mass thinking. It is the hope of man. It will be the salvation of civilization itself.

In the last Instruction we suggested that people consciously wanted to be well - but unconsciously or subconsciously wanted to be sick.

Imagine telling an individual "You are sick because you want to be sick." Of course he denies it. Perhaps when a boy there was a day he didn't have his lessons - he dreaded going to school that day. He told his mother he was not feeling well. He feigned sickness. It worked - His mother let him stay at home. She coddled him. She made it pleasant - He got out of other little tasks - the experience was pleasant. He found that pretending sickness brought sympathy - (sympathy is akin to love) and that it was a way to avoid a responsibility. That and similar experiences resulted in a nerve and cell and subconscious education of a strange order - summed up thus - "If a responsibility is feared or dreaded - get sick."

The subjective we again repeat obeys. It does not reason inductively. It does not reason "is that the way to handle this situation" and take into consideration possible future consequences - It gets the message - "I just dread to face that situation" - and it does what it was educated to do. It meets it with "sickness."

Now the strange part of this performance is that real physical sickness does come about and finally a "sick consciousness" grows and grows and we have invalids - consciously they want to get well - but pooh pooh the idea of mental treatments - they want relief from a pain. It matters not that a pain is nature's danger signal - her endeavor to point where the disturbance is not succumbing to nature's efforts - and if man could only decipher the message - it tells of the causes of the disorder.

Perhaps when this is all explained - they concede that sickness was brought on by a course of thinking. It's reasonable - they see it. They concede that thinking - fear - worry - resentment - anger can bring on sickness, but doubt that the opposite kind of thinking can bring health!

Meditation as we have heretofore outlined it would have brought health - happiness and success into lives that today are frustrated and lacking in all of those things. To realize it in advance is the science of living. To know Truth and to live it is to accept the fulfillment of the promise of a more abundant life.

Sickness is wrong - health is right; - Sadness is not normal - gladness is. Lack and want is not man's intended lot - material well being is the natural.

When man is grounded in Life Science - knows and lives according to the light - on every occasion gives, knowing that that is cause and action under the law of love, he will receive as an effect and as a reaction that which is appropriate to him and in accordance with his consciousness of his rightful place and possessions.

A thought or a concept is like a seed - it will lie in a man's being, germinate and some day soon or late will culminate in an act or an expression. It becomes a barrier or a stepping stone in the road to fortune - That is why man should guard his thinking with more care than he does his possessions. It is the true value.

Should that be difficult of understanding when we conceive all that is wrapped up in the seed of life? As one man expressed it, "I can have faith in a power so great it can bring forth red, blue, white and multicolored flowers from black earth."

It is not a matter of how much of power - knowledge - love and beauty is within the universal. It is a question of how much one can become conscious of and utilize. Meditation does increase the capacity to comprehend, and as one grows in understanding and encompasses and makes life principles his principles - "free will" or "free agent" takes on new meaning - one becomes conscious that he is "God's agent" - doing "God's will."

You who have studied with us to this point must have become aware how seldom we use the word "God" and how we adhere to "law" - "principle" - "the universal" - "the all-creating spirit." This was

for the purpose of avoiding the appearance of dealing with religion.

The ideas of religion vary with each person. Some think services - rituals - forms, symbols, churches and temples are the essentials of service. Others think of a personal God - and talk of him "stretching forth hands" and "his loving arms" and of his coming bodily "to redeem" - and of "his love".

We would not change any man's idea of God - if his ideas are productive of health - happiness - and success - and in the here and now are effective in his life and affairs.

Basil King in his "Conquest of Fear" sums up how he sought understanding, saying, "I gave myself up to finding him in the ways in which he would naturally be revealed to me." "These, of course, were in his qualities and his works."

"I think light was the medium through which I at once felt myself to be seeing God. By this I mean nothing pantheistic - not that the light was God - but God's first and most evident great sign. Then there was the restful darkness. There were the moon and the stars, the "hosts of heaven" as the Hebrews aptly called them, becoming more and more amazing as an expression of God the more we learn how to read them."

"Then there were the elements, the purifying wind, the fruitful rain, the exhilaration of snow storms, the action and reaction from heat and cold." "Then there was beauty; first, the beauty of the earth, of mountains, of seas, and all waters, of meadows, grain fields, orchards, gardens and all growing things; then the beauty of sound, from the sighing of the wind in the pines to the song of the hermit-thrush. There was the beauty wrought by man, music, painting, literature and all art. There were the myriad forms of life. There were kindness and friendship and family affection and fun - but the time would fail me! God being the summing up of all good things, since all good things proceed from him, must be seen by me in all good things, if I am to see him at all."

As we advance we are going to further consider unconscious or subconscious motives and note the flowering of hidden concepts. We are going to learn to root the undesirable concepts out of our minds by digging them up from the past - bring them to the light of day - and thus reach the root causes of our digression from the normal in human well being - feeling and expression and in the matter of possessions.

From now on, let us tend well the garden of the mind by Meditation upon the good, the true, the beautiful - that which corresponds to the universal - The attitude of love toward all mankind will keep us from the paths of error, and we will require no psycho-analyst to help us to weed the garden. — You may not always be sure of yourself, but you can be sure of God for it is spirit - the embodiment of knowledge and power - Its attributes are harmony - love - beauty and all good. It is law and principle - undeviating - unchanging - ever just. You may wander from the straight path of right-use-ness, but you can always return.

When in doubt always remember - Love always gives - Selfishness always expects to receive. Fear no punishment - have no fear of evil. These things are but wrong results. Within thee is the seat of cause - Thou art truly a creator in thine own right.