

THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

TAPPING THE WELL-SPRING
OF ACCOMPLISHMENT: -

One of our students has a catalogue describing the merchandise in which he deals - and in it had this quotation from Douglas Freeman.

"Life, after all, contains one great problem - that of so adjusting yourself to the inevitable that you can keep your peace of mind and self respect. The great victory of life is the conquest of worry - The greatest discovery a man can make is how to escape envy and hate."

Analyze that -- doesn't it boil down to a matter of "Know Thyself" - "Govern Thyself" - and isn't that a matter of thought and volition?

Just for a day or some evening - sit and note the thoughts that flit through your mind. Every one of them will be productive of some emotion or feeling - and of course you know that these have physical results - affect you.

Now whence came these thoughts? If you think of some person - and you feel irritation - your thinking is maladjusted, and a long train of maladjusted thinking is certain to show up in functional disorders in the body. It's just that simple. Yet few realize it.

Now do some thinking about yourself. No one goes to pieces all at once, but every thought is cumulative, and the thoughts you think are the result of suggestion - by others or by yourself.

Why think in terms of envy, jealousy, or hate, when you and not the other person is going to be the victim of the strains and stresses - nervousness.

Do you say you can't help thinking of past losses, troubles, failures and tragedies? Well! Stop and reason! Can it possibly do you any good? There is this vital truth to consider. Nothing that happens outside of you is so terribly important, but what happens in you is of extreme importance.

Those outside things can and do effect you only as you let them - it is how you look at them - how you feel about it - how you react - Now this you can control.

Think back! What is the first step in our mental formula for success? Vision. Vision is looking to the future - not backward.

When you know what by some process of divine alchemy - your visions, backed by intense desire, and sustained by faith, do materialize - you certainly will not permit gloomy, discouraging visions to occupy your mind.

Now read Instruction #62. Guard well your mind. Don't let people pour their troubles upon you. Don't accept mentally the suggestions of the forecasters of catastrophe. Don't administer to yourself the poison of gloom or despair.

You can succeed. You are success constituted, but you must observe the law - and it is the law that - As you think so are you. Radiate hope, cheer, optimism, and enthusiasm, and by unchanging laws there will come back to you satisfying rewards.

Very sincerely yours,
THE ORDER OF THE ESSENES

By

S. Hamner Davis

Enc. 62



THE Essenes

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INSTRUCTION 62 Assuring to the Acceptable and Accepted
HEALTH, HAPPINESS AND SUCCESS.

"THERE IS A LONG HISTORY OF EVIDENCE IN HUMAN AFFAIRS WHICH WARRANTS THE STATEMENT THAT THE GREAT LEADERS HAVE BEEN THE GREAT BELIEVERS -- HAVE FELT THEMSELVES SUSTAINED, SUPPORTED AND STRENGTHENED BY A POWER AT WORK IN THE WORLD NOT WHOLLY THEMSELVES, WITH WHICH THEY FELT THEY COULD COLLABORATE --

WHERE TO HIS OTHER STRONG POINTS, THE LEADER ADDS A CONSCIOUSNESS OF GOING FORWARD "UNDER GOD," HE USUALLY IMPARTS TO HIS TOTAL APPEAL A ZEAL AND A PERSUASIVENESS WHICH ARE UNIQUELY IRRESISTIBLE."

MIGHTY IS SUGGESTION

In "The Man Nobody Knows," by Bruce Barton, he says that Jesus was often reluctant to perform miracles and frequently insisted that the individual who had been healed should "Go and tell no man."

He records that on one celebrated occasion - his visit to his home town, Nazareth - his miraculous power was powerless, and for a very interesting and impressive reason. The people of Nazareth were his boyhood acquaintances and they were skeptical; they had heard with cynical scorn the stories of the wonders he had performed in other towns; they were determined not to be fooled; he might deceive the world, which knew him only as a teacher; but they knew him better - he was just Jesus, their old neighbor, the son of the local carpenter.

And then he adds this most significant sentence. "So of that visit the gospel writers set down one of the most tragic sentences in literature: 'He could do there no mighty work, because of their unbelief.'" And further commenting he significantly points out that whatever the explanation of the miraculous power of Jesus may be, it was clear that something big was required of the recipient, as well as the giver.

Triflers and mountybanks in the metaphysical field often deny such a thing as the subconscious, and leaders of cults and the promulgators of "isms" take deep offense when the power of suggestion is given its rightful place, as in the material set forth in this Instruction.

Some want to say that a "God-law" of which they are the special guardians, does this or that.

A law never does anything. A natural law is a description of the way powers and forces and energies work under given circumstances. The dictionary says it is a rule or axiom of science; established principle. It may be thought of as a rule of action. It is never the action itself.

Others take offense because they want to ascribe the results of suggestion to a teacher, a law giver, a savior, a saint, or a personality, or to some far off God in a far off Heaven, or to some secret, mysterious and mystical power to which they, and they alone, hold the key. Others, jealous of their theological tenets, call it "Black Magic." There is no such thing as "Black Magic" - That is a scarecrow to frighten the ignorant or superstitious - a pure fiction of fanatical minds. All power is God power.

Some are a little more mild and they call suggestion an inferior form of mental activity which should never be confounded with the higher forces of mental and spiritual methods, but they do not tell of what this inferiority consists and they fail to realize that it is a thing which activates the divine powers inherent in man and that it sets in motion the forces of the Universe, in accordance with immutable and unvarying laws, and really demonstrates, by creation, in a most natural way.

When rightly understood - what suggestion can do and does do - we have proof that the subjective or creative mind (or the subconscious) is entirely impersonal, that it has no purpose of its own, that it is subject to the will of man, and that by it the undifferentiated, ever present building blocks of the Universe can be impregnated with design and motivated and activated into the fulfillment of man's desires, feelingly projected into this universal world of supply and intelligence.

That the material to follow comes from the pen of a physician indicates that Life Science, as we gather it from all languages and all areas of the earth, and from the thinking of those in every field of endeavor, is having and will have its effect in the thinking and in the lives of those who know that we are entering the Mind Era and that there is a better way of life, and are doing something about it.

Dr. George A. Greene, in his book entitled "Phenomena of the Bible" has this to say:

"Healing holds a prominent place in the literature of the Bible. Savage as well as civilized minds have wrestled with the problems of human ills. Primitive people looked upon pestilence and disease as visitations of divine wrath, and they sought to appease the cause of their punishment by worship or by sacrifice. Healing in this way became associated with all the religions of the world and with all the superstitions of the world."

"Christian Science, mesmerism, hypnotism, suggestive therapeutics, the totem pole of the savage, charms and incantations have all cured diseases and brough relief from physical pain and suffering."

"All are but different aspects of some great fundamental truth underlying the whole situation. It is one of the important missions of psychology to find the real principle or law governing all these efforts to cure diseases. Pestilence and wars have been the two great scourages of humanity. They have inflicted upon it more woes and sufferings than all the other causes combined. Disease is even more unrelenting than war. The four years of the world's conflict was responsible for the death of ten million men, yet in one year following the close of the war twenty-five million people succumbed to influenza, a toll two and one-half times that of shot and shell in one-quarter of the time."

"Right thinking and right doing would have prevented all the wars that have reddened the earth. Clean thinking and clean living would have, and will, prevent one-half of all the ills that have troubled earth's peoples. Unclean thinking and unclean living by weakening the resistance of the body, are the direct causes of many diseases. The germ happens along and thrives and multiplies only in a soil already prepared for him. He may yet prove to be more of an incident to, rather than a direct cause of, disease."

"History records the examples of many men who possessed a singular power over human ills. It emphasizes the example of one man who possessed an astonishing power over human woes and suffering. To such an extent was he able to bring restorative powers to diseased tissues, to such an extent was he able to bring moral refreshment to the despairing and damaged in

soul, that he has come to be known to the world as the Great Physician. His wonderful success seemed to lie in the confidence he was able to inspire in his patients. Jesus seemed to have a magnetic attraction for the sick and the afflicted. There must have been something in his very mien and bearing that inspired confidence and trust; perhaps all great personalities instinctively do. The diseased and afflicted were always clamoring to hear him, content if only they might put their hands on him or even touch his clothing."

"The sick and suffering are naturally suggestible. They are more open to influences from without and from within than those in health. Their illness has made them more keenly alert to influences favorable or unfavorable; and when they heard the voice of the most unselfish man that has ever lived - a man devoted in every respect to the alleviation of human woes and suffering - it inspired a trust and a confidence that no other personality ever inspired."

"What was the great psychological law or principle underlying all his so-called miracles of healing? Underlying all instances of healing everywhere, of whatever religion, of whatever superstition? All can show cures to their credit. I am convinced that one great comprehensive psychological law governs all mental healing. What is that law? Is it operative in the world today as it was in ages past? Can we come in contact with it, can we get a grasp upon it? Can we avail ourselves of its far-reaching results, and if so, how?"

"All mental healing is due to the subconscious mind being directed toward the cure of a physical or a moral defect or infirmity, a law so simple it almost offends. This, in my opinion, covers all cases of mental healing of whatever age, of whatever country, of whatever religion, of whatever superstition. The subconscious mind directed toward a bodily defect or infirmity may bring bodily relief. The subconscious mind directed toward a moral or ethical defect may bring moral and spiritual refreshment."

"One of the chief ways of reaching the subconscious mind is through suggestion; and a suggestion has been defined as a successful appeal to the subconscious mind. It is any thought or emotion that will arouse the subconscious centers into activity. We must somehow get the suggestion home to the subconscious mind and then direct its activity toward the end we wish to accomplish. If it is a physical ailment it must be directed toward its cure and alleviation. If we wish to bring about a moral or ethical uplift it must be directed toward that end."

"Let us study suggestion for a moment and see some of its effects upon the human organism or body. The deeper, more profound aspects of ourselves have a power and control over the human body almost defying belief. It is our great aim and effort to learn how we may control at will these wonderful forces within us. Our scientific age will never be triumphant till this is done. Let us see how mind sometimes controls the body and what marvelous things it performs upon it."

"Dr. Biggs, of Lima, Peru, suggested to a hypnotized subject that a red cross would appear upon her chest every Friday for four months, and such was actually the case. It is fully reported in Vol.3, English Society of Physical Research. The hypnotized subject has been made to sweat profusely or chill violently by suggestions of heat or cold. We have

instanced these facts, that we might see the wonderful effects of suggestion upon the human organism."

"All healing in the Bible and elsewhere has been done by stimulating and energizing the deeper structures within ourselves, and coming in contact with mental laws and principles which it is the business of psychology to discover and give to the world. Suggestion is the principal method of reaching and stirring these profound centers into activity. Not all suggestions, by any means, ever reached the deeper healing centers. This explains why mental healing is sporadic, and why it often fails."

"What part does religion play in the matter? Where does it come in? Religion does indeed play a great part in mental and spiritual healing, because religious emotion is one of the most powerful agencies known for conveying suggestions to the subconscious centers. The subconscious mind is the abode of the emotions, and deep emotion is a powerful factor in arousing the subconscious forces into vigorous action. Religion by doing this becomes one of the most powerful allies of mental healing. The subconscious mind, directed into appropriate channels, becomes our great law and instrument of healing. Applicable, we think, to all conditions; adequate, we believe, to explain all instances of authentic record. The Old Testament records some instances of healing that are especially interesting. Let us take up a few concrete instances and see how our law of healing, as we have formulated it, operated even in that distant day."

"When the people of Israel were marching through the wilderness they came into a region infested with poisonous reptiles, and many were bitten. Like all primitive people they attributed every calamity that befell them to the agency of an angry god. Moses made a huge serpent of brass, put it on a high pole so the entire camp could look at it, and those bitten are said to have recovered. Can you not see that suggestion and subconscious activity apply here? It wonderfully exemplifies the law or principle we have laid down and is especially illuminating in other directions."

"In ancient civilizations serpents were worshiped as gods. Evidence of snake worship has been found among the cults of all ancient peoples; in Egypt, Babylonia, Greece and Peru. The serpent was famed for its wisdom and was supposed to know of certain roots that would bring life to its dead. The writer of Genesis pays homage to this ancient and widespread belief by endowing the serpent in the Garden of Eden with human speech, and ascribing to it a wisdom higher than that possessed by its human inhabitants."

"Legends and folk-lore are replete with cures effected with snakes. Cadmus, who mythology says gave us the alphabet, was turned into a serpent in order that he might heal human ills. Aesculapius, the mythological god of medicine, accepted the serpent as a symbol of his art. His disciples founded temples through all Greece and the Orient where they practiced the healing art. In all these places reptiles were kept, and tradition has it that in times of great epidemics Hygeia, the goddess of health, would emerge from the temple and by waving high the sacred serpent would cause the pestilence to be abated or dispelled. Serpents would be sent from these temples to distant places in order to check plagues. Aesculapius came one day upon two serpents engaged in mortal combat and separated them with his olive staff, which became the emblem of peace. The knotted rod of Aesculapius, entwined with two serpents, is the present

emblem of the United States Medical Department. This is merely noted to show the great antiquity of the healing art and its early association among primitive people with serpents."

"When those poisonous reptiles infested the camps of Israel and inflicted bites and wounds on the people, Moses, who well understood the traditions and superstitions of his time - had only to cast a larger one, and set it high above the camp where it would gleam and scintillate in the sunlight. It then became, to their primitive minds, a sacred serpent endowed with miraculous powers of healing. The nation kept it for 784 years after and every year burned incense before it. The thing on the pole got the suggestion over. The cures were effected by an appeal to a healing power deep hidden within the souls of those benighted and afflicted people."

"The old prophet Elisha had a great reputation as a healer. In the entire Old Testament he stands without an equal. A number of young prophets were taking dinner with him one day. Elisha sent out his servant to gather some herbs and plants for the meal. By mistake he gathered a vine with some wild gourds on it and these were cooked up in the pot along with the others."

"The young men, discovering the mistake, were terribly frightened, thinking they would be poisoned. They besought Elisha with cries and entreaties to save them from such a fate: 'O thou man of God, there is death in the pot,' and they could eat no more."

"The old prophet, with a psychology and a wisdom beyond his day and time, sensed the situation. He knew how deadly is fear to human resistance, how the bodily reserves melt away before it. He knew how faith rallies the flagging energies, how powerfully the mind responds to the call of trust and hope. He took a handful of meal and sprinkled it in the pot and by this act he said: 'Now it is all right. This will kill the poison and make the food wholesome.'"

"The meal did not work any chemical change in the contents of the pot. It changed the men's attitude of mind. It turned fear into assurance. Their confidence in the power of the old prophet was so great they went on eating and no harm came of it, believing that a chemical change had been made by the meal. The change took place in their minds - a psychological change and not a chemical one."

"Naaman, a military man of Syria, was afflicted with leprosy. In his home was a little maid of Israel who had heard of Elisha and his success in treating human ills. She told Naaman's wife about him. So Naaman set out with a chariot and retinue and in due time came to the door of Elisha. Elisha refused to see him in person. He sent word to him to go and wash himself seven times in the River Jordan and a cure would result. The sick man came full of confidence and hope. No intelligent man of his standing would have made such a journey and subjected himself to public ridicule unless he was confident of the result. When he received the healer's dictum for his infirmity Naaman was angry. 'I thought,' said he, 'that the healer would come out to me and invoke the name of the Lord, his God, and then make passes with hands over the diseased places and cure me in that way.' He thought God would be so honored by his coming that his servant would rush out and do something spectacular. Fatal mistake; he wanted to be healed after his own preconceived ideas. This may account for so many suggestions that never reach the deeper healing centers of the body; they are

counteracted by the conscious mind. Naaman did not know, could not have known, that the curative power was not in the water running in the river channel, but deep within the structures of his own hidden self, awaiting to be set into activity by some powerful stimulus from himself or another."

"If it is a question of water,' said he, 'we have two rivers of Damascus that hold more water than all the streams of Israel. I could have washed in them and been cleansed.'"

"His servants, who appeared to have confidence in the suggestion of the healer, came to the sick man and said: 'My father, if the prophet had told you to do some great thing, you would have done it, would you not?'"

"Wash and be clean is a great thought. Its very simplicity makes it great. Great men are simple. Great thoughts are couched in simple words. Some one has said it nettles men that truth should be so simple. What so simple as our great Law of Healing -- subconscious activity directed toward a physical or a moral defect? How wide and far-reaching its results!"

"The sick man's confidence came back to him. It is wonderful how an environment of faith and confidence will energize and stimulate. Jesus himself could perform no mighty work except in an atmosphere of confidence."

"The grim old warrior went down into the water, I think, repeating to himself those magical words: 'Wash and be clean -- Wash and be clean.' Not in the waters of that far-off river famed in story and legend did Naaman find healing for his ills - but in the deep restorative powers of his own being and soul, when that transforming thought took hold and possession of his mind, permeating, infusing and suffusing his soul and body with sublime truth. 'He washed' and - as the account goes - 'was made clean.'"

In the consideration of the above the student of Life Science, and he who would become a Master of Life Science, must view this in the light of the formula for attainment that we have laid down.

A suggestion to be effective must be preceded by a mental vision of the objective. It must take its direction from a strong and sincere desire. There must be a perfect confidence in the results, the will must come into play and there must be action; the word must be spoken.

To what is this word addressed? It is to the You of your being, of which you are reminded in our first Instruction.

We must believe in an infinite supply in accordance with the understanding we gained in Instruction Two, and we must not think in terms of economics, of the law of supply and demand; we must think in terms of the law of Life, the law of demand and supply. The suggestion is the demand and the supply is at hand.

Why is suggestion all powerful? Because it gives a pattern to the conscious, which in turn is relayed to the subconscious, which is part and parcel of the Universal consciousness. Think of the far reaching effects of propaganda. That is a utilization of the power of suggestion. Even wars are won by it. It must be utilized to project the pattern of a new way of life.

To understand suggestion and its powers we must awaken our inner consciousness of power, and this comes about with the conviction that our spirit is linked with the eternal spirit and we must know that there is something within us which is superior to conditions or circumstances and we must take Jesus at his word and must know that as a law giver he knew the law, and that he knew man when he said that "These things, and greater, shall ye do with Understanding."

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A HELPFUL SUGGESTION

We need our own philosophy of Life every day. We need to develop it, to live it and to make it so much a part of us that it will sustain us when comes the inevitable day that brings us our greatest of all sorrow, the loss of a loved one.

When this sad day visits us, as it must visit us all, there will be little else to comfort us than our own philosophy of Life. The solicitous words of friends, the slight pause in the order of things are all so inadequate, so lacking in the thing we need. Yet they are all that others can do for us. The burden is our own.

On such a day our own individual philosophy of life needs to tell us that grief for the departed cannot bring him back; that really our grief is for our own loss, not his. For he has finished the course that we are yet to run and when we understand that we are grieving over our own loss and our own plight - not his - we find it possible to face life as it is, with the comforting knowledge that our loss has been repaid by a deeper insight into the true meaning of Life and the source from which it flows.

Perhaps this is so - "Our deepest griefs come not from the loss of those who have ministered freely to our comfort and contentment, but when we lose someone to whom we have given the best of our time, our thought, our energy. And the reason? Because we have lost a part of ourselves that we have given to the object of our love."

Perhaps the best way to heal that wound is to give again, to find someone in urgent need of just such care and affection as we have been lavishing upon the lost one, and to give freely to him.

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THOUGHT GEMS

A person's thought life is a realm that determines everything for him and one in which he is an undisputed ruler.

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Remember the kindness of others; forget your own.

* * *

William James says - "If you only care enough for a result, you will almost certainly attain it - But you must want it with exclusiveness, and not at the same time want a hundred other incompatible things just as strongly."

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