

THE ORDER OF THE ESSENES  
2527 SUNSET DRIVE  
TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

Dear Friend:

We are grateful for your loving thought in sharing with us a portion of your bounty, that we may continue to send forth these Instructions that have proven to be so helpful to so many. We are all of us stewards of the Kingdom, so we have the privilege of choosing our supply and using it as it pleases us most.

One of the Instructions tells you that prosperity is the presence of God in our lives, therefore omnipresent and universal. Being everywhere, one does not need to go from place to place to get it, for we really find it within. You carry it with you, you are your own prosperity. You are your own idea of wealth. If you can see that prosperity is one with God, it will not be temporal and changeable. It is eternal, not limited in any way.

Good luck is not a thing of chance, not a matter of our stars or our karma, but its cause lies in laws fulfilled, either consciously or unconsciously, the latter with most people, but the former with the enlightened.

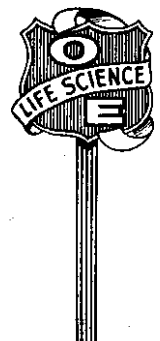
We can receive as freely as we give and in so doing, open the channels for a greater inflow of abundance. "But thou shalt remember the Lord thy God; for it is He that giveth thee power to get wealth". Deut. 8:10. Great principles of prosperity are announced in the Scripture, listen to this one from Jer.17:5 "blessed is the man who trusteth in the Lord, and whose hope the Lord is. He shall be as a tree planted by the waters, and shall not be careful in the year of drought, neither shall cease from yielding fruit."

Daily we state some of the truths concerning our good, the good of the whole Order, and we will be glad if you will do the same that we may all prosper abundantly.

Sincerely,

*Shelley Davis*  
THE ORDER OF THE ESSENES

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BE OF GOOD CHEER!

This letter accompanies Instruction Seventy-two. It seems simple enough, and if you can just mentally attune to it and "Know thyself" - "Forget thyself" and "Be thyself" you can go a long way toward the correction of any condition in your life and affairs.

These are certain life values - to know the true values "makes straight the way."

Freedom is not a value in itself - It is good only because it provides opportunity to achieve values.

"Principles" are lasting values - "things" are transient.

To know the power that creates a condition is far more important than the condition itself. The mentally indigent are ever engaged in combating effects and are unmindful of causes.

All human experience stems from the one invisible source - mind. We are shortly going to go to great lengths in showing you what mind is. You will love it.

When you attain the understanding which leads to the mastership of these Instructions, you will feel sympathy for the great host of spiritual vagrants who wander over the face of the earth looking for something outside of themselves to solve their many problems.

Too great attention to the messages brought to the mind by the physical senses centers interest in effects - and one loses his sense of direction.

To know thyself is the one way to know God.

Jesus spoke a parable when he said, "Straight is the gate, and narrow is the way that leadeth unto life, and few there be that find it."

We are sincere in our belief that we can chart the way.

That we have continued you in this study is our expression of confidence that you will find it - and follow it, and our assurances on every cover of every instruction will be fulfilled.

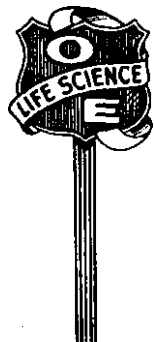
When you recognize that your life is an integral part of All life - and live, give and serve in the full acceptance of that ideal, attainment is a natural sequence.

Very sincerely yours,

THE ORDER OF THE ESSENES

By *S. Hamner Davis*

Enc. 72



# THE **Essenes**

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INSTRUCTION 72    Assuring to the Acceptable and Accepted  
HEALTH, HAPPINESS AND SUCCESS.

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ACCEPT THE TRUTH THAT HUMANITY'S CONTINUAL EFFORT IS TO MULTIPLY GOOD MATERIALLY. PEOPLE ARE ALWAYS ASKING FOR MORE. GIVE THEM WHAT THEY WANT, SUPPLY THEIR NEEDS, AND THEY TURN TO YOU AND REWARD YOU. YOUR OWN SUPPLY IS INCREASED BY INCREASING THE SUPPLY OF OTHERS. THE MORE YOU HELP DISTRIBUTE, THE MORE COMES TO YOU FOR DISTRIBUTION. MAKE A REPUTATION FOR GOOD WORK IN ANY FIELD AND DEMANDS WILL BE MADE UPON YOU FOR MORE OF THAT GOOD WORK. PEOPLE ARE ALWAYS SEEKING MORE MONEY, MORE HEALTH, MORE OPPORTUNITY, MORE COMPANIONSHIP -- ALWAYS MORE OF SOMETHING. THEY GIVE GOOD WILL TO THOSE WHO HELP THEM GET WHAT THEY WANT. THE WAY TO SUCCESS IS SIMPLE. ALL YOU NEED DO IS SUPPLY NEEDS.

-- Thomas Dreier

## BE THYSELF!

Our constant endeavor is to acquaint you with the possibilities you possess, and to establish in your mind firmly the fact that so long as you have life you are intimately connected with the life principle, it is within you, and therefore you do on all occasions create, and it depends upon you whether it be the creation of health, happiness and well-being, or the opposites.

All of those who are learned with respect to mental processes advise that the one certain way to overcome self consciousness, timidity, and the natural train of fear thoughts attendant upon that condition, is to "Forget Thyself."

A good way to do this is to become interested in others, to center your attention upon the interests of others; be a good and sympathetic listener, and to learn the great art of giving pleasure, encouragement, and understanding help to others.

Those understanding souls who would be most helpful to you in pointing the way to accomplishment advise - "Be Thyself."

The chief enemy of man's effectiveness and power is unnaturalness. You are here on earth to express some part of the Infinite, and there is some one thing that you can do better than any other person. The great search should be to find what that is, and this process is simplified by finding that which you love to do.

This thought has been beautifully expressed in this way; "If a man gives the world himself, unafraid and with unselfish candor, he becomes interesting, beautiful and powerful."

In this world as it is now constituted, if you attempt to be or to appear to be what you are not you plant within the subconscious seed of frustration and uneasiness.

As you meet people, you will find that those who boast or brag or show off or strut are those who are trying to compensate for an inadequacy of which they are conscious, in their own personalities.

In building our Temple of Wisdom, let us inscribe on it - KNOW THYSELF --- FORGET THYSELF - AND - BE THYSELF --- and then in all affairs of life be perfectly natural, attune to the within of thyself, and get the message of the infinite that is always present on all occasions. Thus you achieve Harmony, and when harmony is achieved, you have health, happiness, and material welfare, for these things are God-intended.

There is deep significance in this introduction to this set of Instructions, which will be highly scientific, but we trust it will not thereby be robbed of its interest - and our endeavor shall be to make it not only understandable, but a real instrument of utility in making your life what it can be - A SUCCESS.

Why "Be Yourself?" Every effort to appear to be that which you are not creates a tension or a strain, which will have its material effects within you -

We would describe one who was "not himself," as unnatural. The natural is the normal. Naturalness gives nature - the life principle - the opportunity to constantly endeavor for perfection, which is its nature. Every organism can then meet existing conditions harmoniously.

Life Science is and must be dual in its character. It must deal with the physical, as well as the mental. They are so interrelated -- one effecting the other

-- that they cannot be separated. The true scientist does not undertake the study of energy as separate from matter. In the denial of materiality lies a fatal error.

At this point let us make it plain that in Life Science we do not throw away the material gains of science.

If you have a broken bone - at once see your doctor. If you have a streptococcic infection, go to a competent medical practitioner that he may administer the appropriate drug. If you have injuries, burns, lacerations, wounds, torn flesh - do not discount the wonderful discoveries of the medical science - Use them. The medical practitioner will freely admit that nature works the cure, and that what he does is to assist nature and that what he administers is with the view - to giving nature full and free opportunity to function.

You should just as freely admit that Nature is resident within your body and that the body has curative substances within it - but that they have their limitations; that the battle often calls for outside help.

Above all - Seek medical advice from one qualified and in whom you have confidence, and then do not have fears, worries, or mental pictures of catastrophe - and thus hamper the curative substances and processes of the body.

Do you suppose that any one can take the above to mean that there is no value in mental healing?

Let us go into the subject of physiology - the material body - and observe some of its functions, processes, organs and organisms and see what effect thinking can have.

Each of you has a heart. You know that generally speaking its function is to pump the blood to every part of the body. You have long since learned in these instructions that every living cell is laved, bathed, and has its being in moisture. The blood is the life stream - supplies the life sustaining moisture. The heart beats, we say. The heart contracts and that pumps the blood into the arteries, veins and capillaries.

Your doctor on examining you takes your blood pressure. There are two blood pressures; the systolic and the diastolic. The word systolic is derived from the Greek, meaning contraction - so the systolic pressure is the pressure as the heart contracts and forces the blood on its mission. The blood flows continuously in the arteries. The diastolic pressure is the pressure during the dialation, or rest period of the heart. The normal systolic pressure is about 125 millimeters of mercury. The diastolic pressure about 80 millimeters.

Perhaps you have heard that the blood pressure of a normal person should be 100 plus his age. That is pure superstition, although variations are encountered in healthy individuals.

There are some highly interesting things about this pumping operation of the heart. In a normal individual each systolic beat pumps from two and a half to three ounces of blood. If you are curious to know how much that is, you can get your druggist to show you a three ounce bottle. Imagine it full of blood and you have an idea of the amount of blood through the heart at each heart beat, and then count the heart beats - and you have a slight conception of one bodily process. The heart beats are approximately seventy-two times per minute - one hundred three thousand a day.

More marvelous than this to contemplate, however, is the fact that the arteries, veins, and capillaries of a normal person, if put together in a straight line, would equal a distance four times around the earth. With such a gigantic task the wonder is that it does not get out of order more often and more easily, rather than that it sometimes gets out of order.

Bruises, bumps, and accidents cause the blood to clot, or form in what we might call lumps, and then we have a clogging in the great blood irrigation system of the body, but nature sets to work immediately to repair the damage.

Anger changes blood pressure. It tightens the arteries and has a blood clotting effect also; so that we see that mental processes effect the life stream. There is a layer of muscles all along the arteries, veins and capillaries, and we shall point out in this Instruction that mental processes effect these muscles, and thus effect the life stream.

In the course of these instructions we have advised stretching, and the tensing of the muscles, and then perfect relaxation. One of the reasons for that advice is that it helps keep the circulatory system elastic and the arteries soft and pliable. Exercise, like walking, is good because it effects the heart, and the muscles contacting the circulatory system. It keeps the pipelines cleared. It is a massaging process in itself.

In taking shower bath, if you have first warm water and then cold water, you give the capillaries and veins a sort of exercise by contracting and expanding them. Physical exercise is good for an individual, just as mental exercise is good for him. We have heretofore recommended massage. All massaging, however, should be done in a manner to push the blood toward the heart, and not away from it. For instance, in massaging the forearm, the pressure would be upward. In massaging the limbs, the pressure would be upward.

It is also very helpful at times to lie on the bed with the feet higher than the head. You recognize that this is a draining of the blood by gravity toward the heart.

Muscular exercises such as we have recommended in the early lessons in this course, automatically give the blood carrying vessels a sort of massage and help in the life process of pumping blood to every extremity.

High blood pressure is a very common disease. It has been estimated that in the United States as many as ten million people have hypertension, or high blood pressure. High blood pressure is very common in the United States, the British Isles, Russia, Germany, France, and Italy, but in China there are very few cases of high blood pressure.

People whose blood pressure is high are invariably high strung, nervous, and excitable, although many with high blood pressure will deny it. One explanation why the Chinese are not effected is that they are self controlled, passive, calm, and have a different philosophy of life from the Occidental. This may not be the sole cause, but it is a most plausible explanation when we know the effects of thinking upon blood circulation, and that mental emotions have a profound effect upon the small arteries and capillaries and do influence blood pressure.

Any physician will tell you that the heart action is exceedingly sensitive and highly responsive to the most delicate shades of variation in the mental state. It has recently been discovered that abnormal mental states can in a measure actually deteriorate the blood.

The heart being a muscle and being regulated by nerve centers, it is perfectly logical that that which influences the nerves, must influence the heart. Faith on the one hand, and fear on the other, do profoundly influence the nerve centers which do regulate the heart.

It is a matter of common knowledge that our breathing is largely a matter of our thinking, and we know that our breathing or respiration is greatly effected by our thinking. The man of faith and confidence, and who keeps calm, breathes deeply, thereby the oxygen intake is increased. When that oxygen reaches the lungs, the heart has the blood there for purification by the oxygen breathed.

Let us look at it from another angle. If a man is fearful and worried and subject to mental depression his breathing is shallow and this lessens the amount of the oxygen entering the lungs, and the blood stream is not fully purified.

Faith and fear not only effect breathing and the oxygen intake and the purification of the blood, but they profoundly effect secretory glands. For example, fear decreases the flow of saliva, and one's mouth feels dry and parched. If one eats while in a mentally disturbed state, the digestive fluids do not flow and one is predisposed to stomach trouble.

When one has the attitude of faith, the entire digestive process is helped. Fear, hate, anger and negative thinking deranges and retards the digestive functions. Do not overlook the fact that the blood is the life of the mind, as well as of the body, and that a pure life stream is a matter of the observation of mental and physical hygiene.

We can now go back to the start of this instruction, wherein you learned that every effort to be that which you are not creates a tension or a strain, and that tension effects the life stream. The curative properties within the human system are carried in the blood stream, and therefore any tension effects the health of the individual. It is therefore highly essential that each of us learn to be ourselves. When we study the circulation of the blood, as we have in this instruction, we come to know ourselves.

When we really understand that timidity, self consciousness, and many fear complexes are the result of thinking about self, we come to understand the wisdom of "Forget Thyself."

We have the most profound respect for the medical profession, but many of its members are inclined to treat disease as an entity and they are inclined to overlook the influences of the mind and the emotions as factors in the cause and in the cure of disease. It is likewise true that some who profess to practice spiritual or mental or faith healing, ignore the body and its organic and functional structure, and that the body is intimately related to the mental and spiritual life; and some go so far as to deny materiality.

It is quite simple to understand that every thought travels the network of the nervous system, and the nervous system is a physical thing, but profoundly effected by the messages it carries. Messages of abstract thinking, such as the working of mathematical problems, have no particular effect upon the functioning of the body -- but those thoughts that arouse emotions, do effect the functioning of the body.

Fear, grief, worry, anger, jealousy, and the negative thoughts, are destructive. Thoughts of joy and happiness and all that is good are constructive. These are the natural thoughts. Happiness is the ultimate aim of man. Naturalness induces harmony. Harmony induces happiness. Therefore, be natural - **BE THYSELF.**