

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

BREATHING LIFE

INTO A PAGAN MYTH: -

"A man can fail many times, but he is not a failure until he begins to blame somebody else" - culled from a daily paper.

Robert Collier, known to millions for his inspirational books, in his "Secret of the Ages" has this: - "Remember the story of the sculptor Pygmalion? How he made a statue of marble so beautiful that every woman who saw it envied it? So perfect was it that he fell in love with it himself, hung it with flowers and jewels, spent day after day in rapt admiration of it, until finally the gods took pity upon him and breathed into it the breath of life."

"There is more than Pagan mythology to that story. There is this much truth in it - that any man can set before his mind's eye the image of the figure he himself would like to be, and then breathe the breath of life into it merely by keeping that image before his subconscious mind as the model on which to do its daily building."

As long as a man believes that such thoughts are beautiful theories - the basis of some senseless cult or "ism" or is "something beyond me", he cannot profit by the thought. He is unmindful of his own power and ignorant of its application in the every-day affairs of life.

When a man knows what mind is - that thought is an actual, active, effective force - and that by his thoughts he does create actual patterns in the electrons of the brain - and that the ether of space is by that pattern effected and that he thereby in a material sense moves upon the building units of the universe, he begins to generate faith - and by his faith becomes effective.

We move forward to understanding - to the comprehension of that which will give sane religious beliefs dynamic meaning - and make of them effective instruments in the creation of a more abundant life.

To know the science of true living is not enough - It must have daily application that you "may breathe the breath of life" into "the figure you yourself would like to be - "

The coming Instructions are vital to understanding. Painstakingly study them.

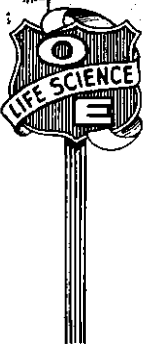
Sincerely,

THE ORDER OF THE ESSENES

By

J. Hamner Davis

Enc. 75



THE **Essenes**

This manuscript is published by the ORDER OF THE ESSENES, a corporation not for profit, and always remains the property of the order.

Copyright 1944 by The Order of the Essenes
Instruction Headquarters - Tampa, Florida

INSTRUCTION 75

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

THE MATERIAL IN THIS AND FOLLOWING INSTRUCTIONS WE
SUGGEST YOU GIVE SERIOUS AND EARNEST CONSIDERATION.

THAT THE FAR REACHING IMPORT AND SIGNIFICANCE OF
THIS UNDERSTANDING CAN HARDLY BE OVERESTIMATED, IS THE
FIRM CONVICTION AND MATURE JUDGMENT OF MANY WHOSE CON-
CLUSIONS MERIT ATTENTION AND CARRY WEIGHT.

"PROFOUND" - "A REVELATION" -- "INSPIRED" - AND
"THE ANSWER" ARE SOME OF THE EXPRESSIONS THEY HAVE
EVOKED.

THOUGHT - A MEASURABLE ELECTRICAL DISCHARGE

Mind is a product of forces playing upon the physical instrument, the brain. What are these forces? There are three distinct groups or classes of forces. We will take up first those with which you are most familiar. These can be grouped or classed as those which are the result of the five senses - Seeing - hearing - feeling - tasting - and smelling.

There are some things about these perceptions which you probably do not know. - You do not hear with your ears - you do not see with your eyes - you do not feel at the point of contact - you do not smell with your nose - or taste with your tongue.

We will now examine these statements one by one, that we may know the truth. Sounds are air vibrations, we know. Sound is not communicated through a vacuum. We know that these vibrations travel through the air only at the rate of 1093 to 1130 feet per second. Think of the slow speed of sound in the air compared to the speed of light, 186,000 miles per second.

You have probably seen the steam out of a locomotive whistle or from a steamboat in the distance and noted the delay in the arrival of the sound - or perhaps have often seen a vivid streak of lightning and noted how long it was before you heard the clap of thunder which resulted.

If you held a stop watch when you were observing these things and accurately measured in seconds the difference between seeing and hearing, you could well estimate the distance to that which caused the air vibration which we receive as sound.

Should you see the smoke from a gun discharged in the distance, and you counted five seconds before you heard the sound, you would know that it was approximately one mile between you and the gun - five times 1093 feet.

We know much about the human physical structure and that in the normal ear is what we call the ear drum, and that when these sound waves hit this ear drum it is made to vibrate much as does the flat metal disc in your telephone receiver. The eye does not recognize or respond to sound. The vibrations are too slow. It is equally true that rays of light do not affect the ear - in this instance they are far too rapid.

It is right at this point one not scientifically trained, and one unfamiliar with the exactness of scientific reasoning and investigation would exclaim "Ah! You see! You do hear with the ear - the ear drum does it."

When you say you hear a thing, you appreciate that exactly speaking, you mean you are conscious of a sound. No one claims the ear, or the ear drum, as the seat of consciousness.

We know very definitely that only certain regions of the cortex of the brain will receive impressions of forces from the ear apparatus.

A man may have a perfect ear apparatus, but if that section of the brain which receives the impressions from the ear is injured or removed, he is not and cannot be conscious of sound.

It is known and accepted that there are certain nerves called auditory nerves that lead from the ear to the brain. The nerves to the ear receive certain vibratory impressions set up by the ear drum and these are carried to the brain and there records, or impressions, are made and then the mind becomes conscious of sound. The brain is the seat of consciousness.

The brain is double, so to speak. It is on both sides of the cranium, or head. These sections of the brain are called hemispheres.

When an impression is made by the force or energy of sound, the record passes across from either ear to both hemispheres of the brain. The record is made in both hemispheres at once, as the nerves from the ear spread to both sides of the brain.

We mean that a record is made in the brain, literally. When you know this you will better understand that mind is constantly being created.

Grasp this fact; that the ear itself is but an instrument. The essential principle of the human ear has been reproduced in various types of equipment for accurate auditory observations of direction of sounding objects.

If, instead of listening with the naked ear, we employ two sensitive microphones set apart at a distance much greater than that of the human ears, and let one microphone activate a receiver at one ear and the other microphone connect with a receiver at the other ear, we can greatly increase the accuracy of our auditory perception of space. This is the principle employed in instruments used in listening for approaching airplanes - or to distant guns. When each sound comes in with equal intensity you are pointing at the source of sound.

Similar devices are used in ships to detect submarines. Microphones are set below the waterline at various parts of the ship. The microphone nearest the submarine activates its receiver the most vigorously, and thus points to the submarine.

These vibrations, which cause when they reach the brain, the sensation or consciousness of sound, may travel through almost any material thing, - through water they travel at a speed of 5000 feet a second and in a steel rod about 15,000 feet a second.

The simple fact is that the vibrations which we call sound vibrate the delicate instruments in the human ear -- these vibrations travel along what we call the auditory nerves to the hemispheres of the brain and we are conscious of sound.

Probing into the make-up of man, we find that he is a combination of organs - cells - molecules - atoms - and fundamentally, electrons -- the ultimate structural units of nature.

Now these auditory nerves, over which we loosely say vibrations are carried to the brain, are like all of man made up of electrons.

In these little sub-atomic units, the smallest particles known at the present time, we find new properties. Many of them are found to be electrically charged - some positively and some negatively - and there are some particles with no charge at all. The electrically charged particles are the only ones that are properly to be called electrons. The neutral particles are called neutrons. One scientist graphically describes electrons as the small change of electricity.

The nerves of the body may be likened to tiny electric wires over which is carried to the brain impulses and forces. When these reach the brain, then we have the consciousness of that which has been sensed.

Today an electric current is regarded as a procession of electrons, each carrying its own little charge of electricity.

We therefore find that air vibrations striking the ear drum are transformed into electrical impulses. There is nothing strange about this. We are soon to explain to you many mechanical devices now in common use which make such transformations.

When these impulses reach the brain there is an actual physical record implanted in the cells of the brain.

Keep in mind that the cells of the brain are made up of electrons, and we shall definitely show to you that the living cells of the brain, as well as the molecules, atoms, and electrons, of which and from which all of the brain is constructed are activated by electrical forces, and that the result of all of the responses is what we term behavior, and the records made in the brain cells constitute what may be termed memory files, and upon these and with these we reason and form conclusions.

Next, we take up the statement that we do not see with our eyes.

The eye is simply a lense. In the human eye, when light falls on the retina an impulse is transmitted along the nerves to the brain, and these nerves are called the optic nerves, and we have what is accurately called the sensation of sight, and the sensation of sight in the last analysis is a photoelectric effect.

A little later we are going to show you that there are instruments and mechanisms in the physical world that are a counterpart, and there will be nothing difficult about the understanding of photoelectric effects.

We next take up the statement that you do not feel at the point of contact.

The skin is crowded with little structures that we may compare to four kinds of tiny radio -- one set to receive and report cold; another set for warm; another tuned to pressure; and still another to report pain. If we think of it in this way, we can say that

the nerve endings all over the body are just tiny little reporters, and each is to watch for and report some kind of happening.

From millions of points in the skin tiny fibres called nerves run into the spinal cord and up into the brain.

Each contact sets up an impulse in the nerves and the nerve action is electronic.

There is really no distinction between electronics and electricity - so we have in the sense of feeling a mechanical or physical contact, transformed into an electric impulse, and when it reaches the brain then do we have the sense or consciousness of pain, or pressure; heat or cold; and this is implanted in the brain cells and is recorded.

We are stressing the point all along that there is a recording made because we are going to show definitely what is memory, and that mind is an effect of forces playing upon the physical brain.

We now take up the statement that you do not smell with your nose nor taste with your tongue. Running from the nose to the brain are certain sets of nerves called the olfactory nerves, and from the tongue to the brain a set of nerves called the gustatory nerves.

The elementary tastes are sweet, sour, salt and bitter. Sour you taste on the side of the tongue; salt on the middle; bitter in the back, and sweet with the tip of the tongue.

Many tastes, or what people think are tastes, are really not tastes at all, but smells. For instance, vanilla has no taste. Finely chopped onions really taste the same as finely chopped apples. The difference is purely one of smell. Castor oil has scarcely any taste. Cod liver oil is another oil with very little taste, but a strong smell.

By breathing through the nose and blowing the air out through the mouth, you know that there is a very close connection between the nerves of smell and the nerves of taste.

Just as in other sense nerves, an odor creates an electrical impulse on a set of nerves, and this is transferred to the brain, and when it reaches the brain we have the consciousness of odor; and likewise there are nerves from the different parts of the tongue that go to certain hemispheres of the brain, and along these nerves travel electrons, or we have what we call electrical impulses, and when these reach, and only when they reach the brain do we have the consciousness of or sense of taste.

Now the thing to be remembered is that while one is conscious there is a constant stream of impulses reaching the brain, and making registrations or records in the electrons and cells of the brain, and that these forces coming from the physical senses are but one group of impulses or forces playing upon the brain.

When one is asleep or when one has been placed under the influence of an anesthetic or a narcotic or has been hypnotized, this stream

of impulses has been cut off, so we can have a cut-off of this group of forces and of course still possess mind.

Now let us examine carefully to prove that these things are so, because we are bringing metaphysics or what may be loosely termed psychology within the domain of the exact sciences, and are engaged in proving that the mind is produced by certain forces acting upon certain living mechanisms, or a physical thing, the brain, and we're going to show what the nature of mind is, and that mind of itself is not a physical thing or an entity unless we could say that the electron is a physical thing.

Let us review that all matter including ourselves is made up of atoms and molecules, and atoms are made up of electrons, and roughly speaking, electrons are but little worlds of electricity revolving about a center and may be spoken of as electricity, but electricity is not matter.

We know that electrons are everywhere, or in other words, electrons are universal, and we know and can demonstrate that thought is a process of the mind and that thought creates or is a measurable electrical discharge.

How to proceed to proofs. If you sever the optical nerves between the eyes and the brain you may still have a perfectly good eye lense, but you cannot see. Therefore, you do not see with the eye. If you sever the auditory nerves, you may still have perfectly good and sound ear drums and auditory implements, but you cannot hear because the impulses cannot reach the brain, and so it is with all of the other nerves. Their severance prevents the impulses from reaching that portion of the brain which receives that character of force, and you have not perceptions which ordinarily come by way of those nerves.

If you injure or remove the section of the brain where the gustatory nerves center, you have no sense of taste, and so it is if you injure or remove the section of the brain which receives the records or impressions from the optical nerves, and so on through the list of nerves.

Therefore we know positively that we do not hear with our ears, we do not see with our eyes, nor feel at the point of contact nor smell with our nose, nor taste with our tongue, -- and we are safe in the conclusion that the consciousness of things is a product or a result from forces reaching the brain.

In the next set of Instructions we shall take up and prove that thinking or the use of the impressions and recordings in the brain are electrical in nature, and shall take up one of the other group of forces which play upon the brain and play an integral part in the result called mind.

* * *