

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE
TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

YOU DO NOT MISUNDERSTAND:-

To be misunderstood by some, is just to meet life as it is. To take offense and let it be a source of grief or worry is just self inflicted punishment.

You, after having advanced this far, know us pretty well and we know you pretty well, so a personal word will not be misunderstood.

In these instructions we have from time to time, but not as often as it merits, spoken of "Giving" as a principle --- "As you give, so shall you receive". Some very few have taken this to be a solicitation. We take pride in the fact and it is a source of real inner satisfaction to us that we have never solicited contributions, love offerings, or passed a collection plate. If the merit of our work, and the results in the lives of those we serve do not prompt a sincere desire to be a part in this work and to help take this understanding to others, then we want no contributions.

We have some very strong convictions about "charity" and "humanitarianism" in the present day acceptance of the term. That which is given to another which relieves him of the right and responsibility of his own development injures rather than benefits. In the name of charity and with the intent of being helpful, great harm has often been worked.

In the Divine economy the path of accomplishment is strewn with obstacles that many may learn the overcoming principle. Character is not a hot-house product born of indolence, idleness or dependence. Life's problems solved independently, courageously and silently is a strengthening process. He who encourages dependence, shields another from the incentive and necessity of meeting life's situations, and assumes burdens which retard his own self development is both unkind and unjust to himself and the recipient of his bounty.

Many - far too many - are being led to believe that the State is established to support its citizens, and not that the State is to be supported by its citizens, and some feel greater honor by being on relief rolls than on tax rolls, and are confident in their own minds it is a vested right. Christian people cannot deny the supreme justice of the basic law -- "As ye sow, so shall ye reap" yet upon a basis of sentimentality they voice approval of those who promise man made laws in violation of the basic law; in effect providing that man can fritter away his youth, squander the days of his maturity, and without regard to his service to mankind and without regard to his sowing, he shall on the Western hill-slope of life "pick daisies".

He who, in his giving, is guided by the Higher Wisdom, and gives that he may help others to help themselves and is sure in his own mind that he is not weakening a fellow man and removing obstacles from the path of another which by a kindly fate were put there that he might be strengthened in self reliance and faith in the cosmic laws, is giving in the true sense and the law becomes operative -- as he gives, so will he receive.

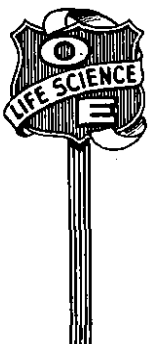
Very sincerely,

B. H. Hammer

Director

THE ORDER OF THE ESSENES

Enc. #85



THE Essenes

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INSTRUCTION 85

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

"IF RELIGION DOES NOT ENRICH OUR LIVES, BRING ABOUT THE UNDERSTANDING OF OUR REAL NATURES, POWERS AND POSSIBILITIES, AND RELATE US TO THE UNIVERSE, AND TO OUR FELLOW MAN, AND HELP US TO LIVE MORE SECURELY, INTELLIGENTLY AND HAPPILY, THEN RELIGION IS DESTINED TO LOSE ITS PLACE IN THE HEARTS OF MAN."

IF RELIGION IS AN ATTITUDE TOWARD LIFE AND A WAY OF LIVING -- THEN LIFE SCIENCE IS A RELIGION.

ACCEPTABLE TO REASON AND SCIENCE

"Science" sounds formidable. Some by reason of a lack of extensive education view it as something only a few can understand.

The fact is that there is something simple and easily understood which constitutes the principle underlying every science -- and there is definitely a relation between the simplest things known to practically all and the most complex scientific conclusions.

To illustrate: The high pressure, high temperature steam turbine which powers our modern battleships and is used in the creation of a high percentage of the electrical power of this country is but the principle of the windmill, known to most farm boys, applied in such a way that steam is made to blow at twelve hundred miles an hour and the wheels turn at six hundred miles an hour -- faster than sound travels. Yes, - at a velocity greater than bullets from a small calibre rifle.

Science is nothing more nor less than the study of reality where ever it is found, and as Oliver Lodge said: -- "Independent of any conclusions or consequences that may be drawn from it, and irrespective of any influence that the spread of the knowledge may exert upon human life and conduct."

Willis R. Whitney, honorary Vice President and First Director of General Electric's Research Laboratory, expressed the idea in this manner: "All truths are related, part of an ever widening revelation. No inquiry, regardless of its object, is lost. It will tie up with something else if a man keeps on digging."

Incidentally, and as a matter of interest, Dr. Whitney says, in "Things I've Been Thinking About" -- "Nerves and even brain are apparently electrochemical devices" - and in this same booklet he suggested that some one invent a pain-meter -- something with which to measure pain, saying: "Absurd? No more so than many things discovered already. I have been interested in recent researches into so-called brain-waves. Modern amplifying outfits, such as those which pick up truly infinitesimal radio waves from space and turn them back into original sounds, are used in such a way as to write continuous curved lines on paper when the controlling wires are connected with the inside or even the outside of the human head. If brain waves are being graphed, then why not pain waves?"

Be not skeptical of your ability to understand and apply Life Science in your daily life. In so far as possible we avoid the use of the terminology of science, which often does baffle and frighten the layman. Again quoting Dr. Whitney, - "Some men have thousands of reasons why they can't do something they want to, when all they need is one reason why they can."

We give you the assurance that you can be healthy - happy - and successful within reason. There is just one way to this attaining. You must know that the inception is in a mental process. -- First comes mental sowing - then follows reaping in the material.

Mind is a result, a fruition, a product. A result of what?
-- Brain cells imprinted, and played upon by the "electrochemical devices" of the brain.

Of primary importance therefore is the question, how is the brain cell imprinted or given pattern?

In religion we read much about "The word" -- other schools of thought stress "Affirmation," and still others, "Suggestion." There is a Unity in these if we but scratch the surface and find it.

In the English language we have twenty-six letters. With these twenty-six letters we have created some six hundred thousand words, according to the latest and most modern dictionary. In each word is an idea, or we may more properly say it symbolizes a thought or expression. If twenty-six letters of the alphabet can be framed into so many words, then it is quite easy to understand how inconceivable and without limit is the combination of words which can be framed to give expression to human conceptions.

Words and combinations of words we therefore know make brain cell imprints, whether they are heard and thus reach the brain by the auditory nerves, or whether they are read and reach the brain by way of the optic nerves, or whether they are read in Braille and reach the brain over the nerves which have to do with touch and feeling -- or whether they reach the brain under hypnosis, when the conscious mind is not in command of the sense perceptions.

One thing is certain -- There is nothing casual in the working of the human mind. It is equally certain that life-long changes have been brought about by engraving upon the brain cells a concept. An event, a word, or an act has done it in countless cases.

Words - letters - sentences. These are but symbols. Life and meaning are given to them by the spirit which causes them to be written or spoken. A mental concept is the actuating force which brings them forth. Their power lies in the realm of feeling which lies back of the mental concept.

Words being one way of imprinting brain cells and of creating thought forms, one has but to choose well his reading material, to make careful selection of associates, to put himself in the proper place to hear thoughts carefully and well presented -- attend lectures - church - meetings with definite purpose - or carefully select radio programs.

By a little tact and interest in one's acquaintances and associates, and by well directed questions, one can draw forth valuable and interesting material, even from the most lowly, for every one's experiences are different -- meaning there are no two minds in the world alike. The brain imprints of every individual must of necessity be different, because each is the center of his own universe, hence that which forms the working basis of mind being different, - minds are different.

The full import of that statement is this: The mind of every individual, your mind, is the result of that which has been

implanted in this worldly existence. There is no carry over. Any carry over or inheritance is in capacity - or development of organs, organisms, or channels of reception, expressions, and activity --- physical characteristics. This is true, some psychologists and schools of thought to the contrary not withstanding.

In cattle we have the Guernseys and Jerseys, with the inherited milk producing capacities, and the Herefords and Angus, the beef types --- physical qualities. In poultry we have the Leghorns with developed egg laying capacities and others of the meat type --- physical characteristics which carry over, - are inherited. In horses we have the race horse types - and draft horse types. In dogs and cats and other animals, we note they breed true to types.

Evolution is taking place today, as ever. New capacities and abilities may be developed in man or animals, and this results in the development of the brains and the avenues to the brain and the physical instruments of perception and functioning, and these may be and are transmitted in the line of descent, and are inherited by the offspring.

Returning to "words," but one of the means of imprinting brain cells, we note that in an Associated Press story published broadcast in the newspapers, the medical profession finds that "Words can kill the aged."

"There are words which really kill patients," said Dr. Thewlis; they dwell on them and shorten their lives by worry. Cancer is the most dreaded word in the language. Tumor is far gentler.

"Arthritis, a ruthless word, cripples as many aged as the disease itself. Apoplexy or stroke is another terrifying word. Bright's disease is another panicky word. Nephritis is less sharp.

"Arteriosclerosis is another frightening term. I seldom use it unless it seems absolutely necessary, or if I do I remark that most elderly people have arteriosclerosis. Merciless words may shorten the lives of people already struggling with social and economic difficulties."

Let us explore a little further and see what potency the medical profession is ascribing to mental concepts.

The male hormone has been synthetically produced, known to the medical profession as testosterone, the source material of which is cholesterol, found in the brain and spinal cords of animals. Countless are the seeming miracles worked by it upon men in the "fading stage of life." The medical profession generally was skeptical, saying it was another Brown-Sequard sex-gland extract myth, or more "monkey-gland" furor, in spite of the fact that doctors of the faculty of Yale and Johns Hopkins and great numbers of highly reputable physicians had met with outstanding successes with it, and demanded sure proof that testosterone had a measurable and definite effect upon the vitality of muscles, brains and nerves that are growing sluggish and feeble.

They contended the beneficial effects of testosterone were mainly a matter of imagination or what they call "suggestion." They thus

and thereby give recognition to the power of mental concepts.

To satisfy these skeptics of a revolutionary finding of their own profession (all revolutionary discoveries or findings or inventions have to face a world of skeptics) the Hormone hunters responded with a scientific answer --- the therapeutic test, which consists of giving patients mock pills or blank injections. If the patient does not respond, the patient is then treated with the male hormone, and if favorable and lasting results are noted, the validity of the treatment is demonstrated.

Paul de Kruif in Readers Digest, says: "In 1941, Dr. Walter M. Kearns of Milwaukee gave a dramatic shock to doctors skeptical of testosterone. His experiment took advantage of the fact that, of the whole animal kingdom, endurance is most accurately measured in the race horse; its speed for the mile is clocked in split seconds.

"Dr. Kearns chose the 19-year-old gelding, Holloway, for his test. Though Holloway had once been a crack racer, he was now old and tired and ready for the glue factory. Under the skin of this broken-down beast our experimenter implanted one sixtieth of an ounce of testosterone. Within 48 hours, Holloway showed a strange new mettle; he cavorted like a young stallion. Since he was only a horse, this could not be an effect of what doctors call "suggestion." His hair began to thicken; his coat became fine and glossy; his muscles hardened. Now he was trained again as a trotter and in competition that summer this 19-year-old gelding ran first in five heats, second in five and third in three. 'In other words,' said Kearns, 'Holloway was rejuvenated.'

It is to be noted that very often in these therapeutic tests, where mock pills and blank injections are given, the patient responds -- but the physicians say, "In such cases the relief is most often temporary, and the evil symptoms soon return."

It is very probable that in such cases, where the attempt is to prove suggestion had nothing to do with the results, that there was no building up of faith in the minds of the patients, of the efficacy of the "blank" treatment and the suggestions of relief, if any, were lacking in force, sincerity, detail, and convincing qualities.

In passing, we note that testosterone is a synthetically produced substance, which is automatically produced in man's system, and that male hormone deficiency comes about by violation of nature's laws -- violations mentally and physically. It is not a far stretch of imagination to presume that a correction in thinking and living could restore that which thinking and living habits inhibited or caused to become deficient. For those who have lived in violation of the great laws - and upon whom have come the afflictions of senility, this synthetic hormone comes as a great blessing.

In the consideration of "words" as one means of imprinting brain-cell patterns - the basis of thoughts - we must in addition to words that are read, or heard from the utterances of others, give careful thought to our own expressions. Affirmations, which are so much stressed by some schools of thought and some metaphysical

teachers and teachings, are one method. Auto-suggestion is the term applied in Psychotherapy.

The treatment of disease by psychological means - or the attempt to cure ills through mental influence has been in vogue throughout the centuries, but it is only recently that psychotherapy has been placed on a scientific basis and become a recognized branch of medicine. The medical profession as a whole has now come to concede its efficacy in the treatment of so-called functional nervous disorders. This concession is granted because it is recognized that they have a mental origin.

In auto-suggestion, the suggestions are made by the self. That is the meaning of the term. Who is there who has not heard of Coue' and his claims for effectiveness of the often repeated: "Every day, in every way, I am getting better and better."

The use of affirmations or autosuggestion has been stressed, and sometimes overstressed, and abused, in the field of healing. It has brought forth, in fact, a multitude of "healers."

A true understanding of it, as the implanting of brain patterns, with which mind can function, will certainly not lead to the denial of symptoms, of which every seeker for relief is most vividly conscious, and most certainly not to the denial of all materiality, including the organs and organisms of the body. - The cure, if possible, must come about by the change in functioning of the human instrumentalities built within the living body - very real things.

The medical profession, we repeat, recognizes the effectiveness of suggestion and auto-suggestion in ills with mental origin.

That course of reasoning should be convincing that in the matters of personality, character, mental outlook upon life, social and business adjustment - in short - happiness and success - suggestion and auto-suggestion are determining factors, - for maladjustments are and can only be resultant from improper mental processes, and the correction is of necessity in thought processes. A correction of thought processes starts with a new brain-cell pattern, and such patterns can be and are supplied by suggestions, auto or from others, affirmations correctly and understandingly made, or by a re-combination, rearrangement or working over into new thought forms of the patterns latent in the brain, called memory - or the subconscious.

Another method of creation of brain-cell patterns is by hypnotism and suggestion - about which there is much misunderstanding and upon which we shall treat in other instructions.

Psychological investigation had its inception with the clear assertion that the mind sees and hears, and not the external organs separately, such as the eyes and ears - and this conclusion was reached by philosophers at least three hundred and fifty years or more B. C., and nearly two thousand years before nerve functions were recognized or understood.

Even Plato recognized the influence of environment. He said it was like atmosphere and furnished subtle influences upon which

the mind feeds, "analogous to the healthy or unhealthy air, which imperceptibly produces health or disease in the body."

Therefore, we must add environment as a creator of brain-cell patterns, and likewise any and all conditions and processes which give us the sense of perception, or which create impressions or ideas.

Plato, born 429 B. C., at Athens or in the island of Aegina, Greece, considered that the distinctive mark of intellectual capacity was the understanding of relations. He wrote that the synoptic mind, capable of seeing all things in their relations and therefore concerned with meaning, was the highest product of human development.

That ancient understanding needs a revival. Intellectual development, and hence life's meanings, require that we give more attention to the meaning of what we see, hear and sense, that we create a frame by which its relation to other brain-cell patterns may be understood, that there may be understanding of the Unity of knowledge, and our brain-cell patterns made more readily available in life's situations and problems.

Aristotle, born at Stagira, Macedonia, in 384 B. C., even in his day reasoned that after the separate senses comes the problem of unity, and that this required a common sensorium, a meeting place for the special senses and also the centre for the perception of the common qualities of all objects, such as shape and size, etc.

This we know to be the brain, and we know the avenues to the brain. He considered the heart the seat of psychic functions, but we must remember, in that day, little was known of the brain and nothing of the nerves.

We shall soon progress to the application of the understanding of mind as we have defined it, and show its practical application, and much that has been written, said and done, along metaphysical lines will be rationalized and made meaningful and available in life's situations.

Our manuscripts and instructions are constantly undergoing revisions with a view to coordination with present day findings. We feel that we can best serve by breaking away from Biblical illustration of principles.

To our knowledge, this is the only course of instructions which tells what mind is, and so far as we know, the definition is acceptable to reason and to science.

Most certainly, the hypothesis accepted and applied, as we shall endeavor to teach, will work a revolution in your life and affairs, to the end that you may have life more abundant, and great will be your pride and satisfaction in helping to take this understanding to the multitude so sorely in need of it as we enter a new era in civilization -- the new Renaissance.