

THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

THE MATCHING OF THE TIDES ---

This world is organized for people who know what they want. The first step in our mental formula of attainment is therefore an important and essential ingredient. Visions, ideals and ambitions have ever been the guiding stars of the world's accomplishers.

That is not just pretty sentiment. He is on the wrong track who expects anything of the future, which the present has not made possible.

As human engineers, let's take it apart and put it together again. In the present - now - we can give definite outline to that which we would like to do, be or become. It would just naturally bubble forth - an expression of your inclinations, aptitudes - our "loves", if we would let it.

With an outline given some little attention, the filling in of details will be quite simple and natural, and we have a vision - clear cut - vivid and appealing to us - one which will make us enthusiastic about it.

This then becomes an imprinted brain cell. The you, the God in you, can then at will bring it to the attention or into focus of the brain mechanisms. Then what takes place? An electric or electronic discharge takes place - within and without. It can, it does and it must effect the whole universe. It registers in the cells of the body - in the subconscious and becomes a part of universal intelligence. It becomes a part of God consciousness - if you want to think of it in religious terminology.

What is the effect within? The subconscious accepts it without question. That is its nature. It reasons deductively from what you accept or give it consciously. It then prepares every cell - organism and organ to meet harmoniously this new (visioned) condition. It attunes the human radio to receive and give attention to and focus upon all that is desired or desirable to the attainment of the visioned.

Thus the present makes possible what you expect of the future. We repeat: We cannot expect anything of the future, which the present has not made possible.

Personality has come in for much discussion in the press. Many seek it - comparatively few achieve it -- Well! You can.

To the extent to which you learn to convert your energies into habits or skills which interest and serve other people, to that degree you achieve personality. You change the water of existence into the wine of living.

Thus we are back to our premise - Vision. But it must take the outward course - Doing something that will contribute to the common weal.

Every tide that ebbs is matched by a tide that flows.

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Sincerely,

J. Hamner Davis



THE **Essenes**

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INSTRUCTION 87

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

"WITH WHATEVER PROVINCE OF SCIENCE A THOUGHTFUL
MAN OCCUPIES HIMSELF, HE SOON BECOMES AWARE THAT
IT HAS INTIMATE AND MANIFOLD CONNECTIONS WITH
OTHER PROVINCES, AND IF HE TRY TO TRACE THESE
CONNECTIONS OUT, HE WILL ERE LONG PERCEIVE THAT
THE SCIENCES ARE NOT ISOLATED THINGS, BUT SO
BOUND TOGETHER AS TO CONSTITUTE A UNITY WHICH IS
A REFLECTION OF THE UNITY OF NATURE AND OF THE
UNITY OF THAT SUPREME REASON WHICH PERVADES ALL
NATURE AND ORIGINATES ALL INTELLIGENCE."

-- Robert Flint - Scientia Scientiarum

LIFE SCIENCE AIMS TO RAISE THE MIND GRADUALLY
AND LEGITIMATELY TO A POINT FROM WHICH THIS UNITY
MAY BE VISIBLE.

THE DOOR TO ADVANCEMENT IS AJAR

We now continue consideration of hypnotism, keeping in mind we are on the subject of imprinting brain cells with patterns, or what might be termed "thought forms," by the use of words - affirmations - or suggestions. In hypnosis the suggestions are made in "the sleeping state."

In this study we must ever keep in mind that any suggestion made in the sleeping state creates a brain cell pattern which may be acted upon consciously, but the suggestion which causes such action may be properly classified as unconscious motivation.

Among the remarkable discoveries revealed by hypnosis is that man is often moved and does things by reason of things of which he is not consciously aware. The conclusion is inevitable that consciousness is by no means an essential attribute of mental processes.

By what is known as post hypnotic suggestion, of which we shall give examples later, it can be demonstrated that mental processes of which the subject is in no way conscious can lead to definite effects in conduct.

Motivation, or the mental cause of people acting as they do, is often unconscious. We desire to be explicit. Unconscious motivation is not always due to post hypnotic suggestion; in fact, it seldom is, by reason of so few having undergone the experience of hypnotism, but much of the conduct of an individual is due to causes of which he is unaware -- called unconscious motivation.

This leads us to remind you at this time that brain cell patterns, "thought forms," can be created by other means than "the word" - and that all we see or sense, by whatever means, creates a brain pattern. One who tastes a lemon thereby creates a thought form. When later he tastes a lemon, he becomes conscious of lemon. The first sense of it and the last experience with it relate in the forming of a concept.

Here we would reiterate or repeat what we have heretofore suggested. All minds are different, just as all thumb prints are different. Each individual is the center of his own universe, and hence each has different environment, experiences, and brain cell recordings or "thought forms." That there is no carry over or inheritance of "thought forms" - the inheritance is in physical construction, channels of perception, capacities, blood types, etc.

The brain cell imprints - "the thought forms" - with which the human mechanisms work to produce what we call mind, producing what we term thoughts, start at birth. The baby raising its hands by muscular reflex creates a brain cell pattern, and learns that it can move its hands and arms and feet, and as it progresses in the piling up of brain cell patterns it learns it can control the movements.

All through its lifetime that baby has experiences. It learns

to focus its eyes - to control its speech - to sense hot and cold, and makes mental patterns with respect to results.

Its environment in its entirety enters into the creation of mental brain cell imprints. From its first week, through the "No, no - Naughty, naughty - Mama spank" days - and "Johnny, don't do that" days and into manhood, each individual is influenced by those in his environment; by speech, acts, moods, temperaments, and reactions within his ken.

Every individual relates these impressions differently - and by combination builds and creates new and varying brain patterns, imprints and impressions.

The brain mechanism and the whole human mechanism relate these impressions, and as they come within the focus of the brain mechanisms we have the result mind - thought - and resultant behavior.

Thoughts have, therefore, a pattern as a basis of existence. Whatever is sensed becomes the basis of a pattern, whether it is consciously remembered or not.

As J. Jastrow in *The Subconscious*, expresses it: "In the last half century there has been accumulated a mass of observations which establish the reality of processes which express themselves in purposeful actions and which bear all the marks from which we are accustomed to infer conscious cognition and volition, but of which nevertheless the subject or normal personality has no personal knowledge."

We shall as we progress illustrate by authenticated cases, actions and performances of people above and beyond their known capabilities, but in all such cases can be traced an experience - or a brain cell pattern - from which such action stems.

We now again take up the thread of the procedure in inducing hypnosis.

As the patient or subject is observed going into a state of sleep, the careful operator suggests: "You are going to enjoy a perfect relaxation. When you awake upon command you are going to feel refreshed. You are going into a deep sleep. You will do anything I tell you to do -- You will hear only my voice - nothing else - All will be for your good. Now relax. Perfect ease and comfort is yours -- You are sound asleep - but perfectly aware of all I say - and you will do as I direct."

When the breathing is rhythmic and steady - and the operator is conscious of the deep sleep of the subject the time of suggestion or command is at hand.

The operator must realize that he is in control of a human mind - that it is a serious matter and that there is a responsibility upon him. Any flippancy, foolishness or undue familiarity will in all probability "break the spell" or cause the subject to awake. The mind of the operator must be kept upon the business at hand, and a conscious understanding by the subject of the object of the

hypnotism in advance is desirable - not as to methods and technique, but as to object, -- something for his good.

As to suggestions and the effects, we will give you some of the experiments at the University of Chicago's Sprague Memorial Institute and Department of Pathology.

A subject was hypnotized and told: "You are now eating sugar." If the patient had actually eaten sugar the blood's sugar content would have been temporarily increased, because sugar eaten is absorbed in the blood stream eventually.

Upon examination of the patient it was found that the suggestion alone had caused the body's insulin to go to work on the sugar already on hand. You have heretofore learned that insulin is a body substance, the function of which is to turn sugar into human energy. In this case there was of course no sugar eaten, and the net result was that the blood-sugar bodily content was actually decreased, but the functional result was exactly as though sugar had been eaten.

This proves that a thought does materially effect the body chemistry.

Another of the experiments of Drs. Julian H. Lewis and Theodore R. Sarbin, at Sprague Memorial, will be given to show changes in body chemistry due to suggestion - or thought alone.

The subject in this case had "mother-in-law trouble."

The subject was told he was eating a meal. This causes the stomach content to react just as though a meal were eaten. Then "mother-in-law" is suggested. Samples of the stomach content show that its acidity is abnormally high.

With the same subject again hypnotized, another "suggested meal" was fed him, and there was no suggestion of "mother-in-law." Upon examination of samples of stomach content they were found to show only normal acidity.

Such experiments varied in a hundred ways prove that the emotions do actually change the body chemistry. Yet countless thousands will refuse to believe that there is possibility of their moods and dispositions being the cause of their physical ailments -- and additional countless thousands who still refuse to believe that by happy, cheerful, optimistic, and courageous thinking they can work a cure of their maladies.

We have heretofore indicated in these instructions that in the practice of psychiatry, where people have certain fears, such as a fear of crowds or a fear of water or darkness or dogs, etc., that the common practice is to probe back in the past experience of the patient and find the incident that caused such fear, and when found and rationalized in the light of the maturity of the patient and such incident is shown to have been given undue significance or been over emphasized in importance, that a cure is worked.

This probing takes time. The incident may have been forgotten so far as the conscious mind is concerned, because conscious memory in man is so constituted that he tends to forget the unpleasant and disagreeable, all of which when understood gives solid basis for our definition of mind.

We have heretofore intimated that man never forgets - There is a permanent record - an imprinted brain cell. It constitutes a part of the subconscious.

Let us now observe another of the Lewis--Sarbin experiments and show how helpful hypnosis can be in discovering incidents which the conscious memory did not recall.

A brilliant young scientist couldn't drink water or take a bath without developing throat spasms. Hypnosis revealed that when he was very young his mother had warned him not to play near the river's edge. Foolishly he disobeyed, fell in and was almost drowned.

The doctor suggested that he would remember the whole story when he awoke from the "trance." - He did, and when his adult mind grasped it, the throat spasms ceased.

At this point we call to your attention that ordinarily whatever transpires during hypnosis, the subject does not remember -- and yet the suggestion can be given that the incident will be remembered - and it is.

This is significant. It shows that there can be "dissociation" in the mind -- and that there is and must be a permanent record -- brain cell imprints -- and that the thing that constitutes remembering is the ability to bring them to the center of attention or into focus of the brain mechanisms.

Lois Matter Miller, in an article in Liberty Magazine, summarized the case for hypnotism in this manner: "Blazing new trails into the hidden recesses of the mind, scientific hypnotism is helping doctors to discover the underlying causes of many mental and physical ills and to eliminate quirks that stand in the way of happiness and success."

"Through hypnosis, alcoholics are left with an abiding distaste for liquor - amnesia victims are being quickly lifted out of their mental fog. Somnambulists who risked their necks almost nightly now stay safely in bed."

"In many cases painters who stared helplessly at unfinished canvases, composers whose minds went blank whenever they sat down at the piano, authors who had to drive themselves to the typewriter are now tackling their jobs with a renewed creative urge."

As we come to know what mind is, and to realize that our thoughts of fear, jealousy, resentment and hate, and all of our negative emotions and thoughts are recorded instruments and that it is with these the mind broadcasts to every atom and cell of the body, and to the world at large, we come to understand that mental cures, faith cures - and religious cures have a real and substantial basis - and they stem from suggestion - either self administered, such as

by affirmation, or "praying - believing," or from others, including environment in all its phases.

As proof of the statement in these instructions that man never forgets, though he may often be unable to recall or recollect, all literature relating to psychology and hypnotism abounds with authenticated cases of persons hypnotized, and being taken back mentally over the years, and each year's events being related - many of which were forgotten, so far as conscious memory was concerned.

We mention this at this time to emphasize the statement heretofore made, in defining mind, that the brain cell imprints or recordings were by the mind filed in chronological order, or in the order of time, as well as in other ways.

To illustrate to you that the mind is conscious of time, that among the mechanisms of the brain is, so to speak, a chronometer or clock, we call attention to the fact that you can suggest to a person hypnotized that in ten minutes after they wake up they will walk to a book case and pick out a certain book, or that they will approach some person present and admire a ring or wrist watch, or do some other simple thing. - Exactly at ten minutes they will proceed to do that thing.

They are not conscious of why. (Illustrating also the fact of unconscious motivation).

Likewise it can be suggested that five days hence at four-fifteen they do some simple thing, and on the day and at the minute they will proceed to do it (not being contrary to their fundamental character or opposed to their moral or ethical code of conduct).

One need not be hypnotized to illustrate this inborn or human chronometric mechanism. As you go to sleep, if you give yourself the command to wake up at a certain hour or minute - and absolutely depend upon it - you have the best alarm clock in the world. Your watch may stop or be fast or slow -- your mind - never.

This will not work for one who doubts. The doubt is in itself a counter suggestion. The reason it works invariably when given in hypnosis is that the sense faculties are suspended - and when the operator gives the suggestion - the mind puts up no counter suggestion, being quiescent.

To illustrate what complete control the mind can have over the body and its organs and nervous system, we call attention to countless demonstrations where the suggestion is given that all sense of feeling will disappear from the arm and generally the specific arm is indicated and a pass made over it - and needles can be inserted and there is no sense of pain.

Many operations have been performed upon hypnotized subjects and no anaesthetic administered, and no sense of pain experienced. - Back in the days of Mesmer this was being done, but at about that time chloroform and anaesthetics were being discovered, and the antagonism of the Doctors to anything pertaining to so-called

Mesmerism, naturally led them to dependence upon drugs. That was quite natural. They could not hypnotize. No one can who does not believe in it and his own ability to do it.

Strange what mental attitudes can do!

Anyone who is very aggressive or rebellious by nature, or who hates authority can not be hypnotized. Such persons are the victims of very pronounced cases of "inferiority complex" -- They need analysis -- not hypnosis.

From our treatment of hypnotism we trust that no one gets the impression it is a "cure all." A person with certain pains can be hypnotized and the suggestion given that the pains will disappear and they will upon waking, but it will be temporary. The cause of the pain (just nature's danger signal) has not been reached.

It's like "headache" powders -- they may stop the ache for a while, but the cause has not been reached.

Our next instruction will take up other phases related to hypnotism - suggestion and explain "trances" and "trance mediums" and further demonstrate mind is understandable and when understood - the door to advancement is ajar.

NOTES AND COMMENTS

In bringing a subject out of the state of hypnosis it should not be done suddenly as by a command - "Now - wake up" - The better and safer practice is to suggest in a slow and deliberate manner and with a low, modulated voice -- "You will soon awaken and will be all right in every particular. You will feel refreshed, just as you would from a sound and undisturbed sleep. - Now you are coming out of it -- Open your eyes -- Now you are wide awake."

People too suddenly aroused from a natural sleep get a shock to the nervous system as the reader has perhaps experienced. Persons too suddenly and abruptly awakened from hypnosis get a somewhat similar shock, and sometimes fall back into the hypnotized condition again.

*** THOUGHT GEMS ***

This is the day of the strong and the sure. To know thyself is the source of strength. Certainty is the flower and fruit of understanding.

We enter a new era. All sciences must be integrated -- made whole -- and subordinated to the homely facts of every day living. The dangers of human erosion far transcend the menace of soil erosion.
