

THE ORDER OF THE ESSENES
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DEPARTMENT OF INSTRUCTION

JUST TALKING IT OVER
WITH YOU: -

The history and background of the New Thought and Mental Healing Movements is intensely interesting. It has its value.

Appleton, in his Outline of Religion says "Perhaps the real founder was Phineas Parkhurst Quimby (in his early days a clock maker). Perhaps the chief interest in his work lies in the fact that Mrs. Eddy, the founder of Christian Science, was one of his pupils. --- If you read Quimby's book beside Mrs. Eddy's you will have no doubt that she evolved her system from his; but she added a religious emotion and she simplified many of Quimby's beliefs."

Appleton further commenting said that neither Mrs. Eddy nor her followers admit borrowing from Quimby. "This is a pity, for the connection seems so obvious to unbiased observers, and to admit the debt would do good rather than harm. It is admitted of course that at one time Mrs. Eddy was one of Quimby's patients and also his pupil."

The Eddy idea that all disease is a false belief of 'mortal mind' Appleton traces to Plato's idea of the 'cave', to William Blake's doctrine which was derived from William Law's translation of the work of Jacob Boehme and Swedenborg's idea 'that natural appearances body forth unseen spiritual existences'.

Prentice Mulford was one of the early leaders in the movement. He wrote in a simple straight-forward manner adding no touch of "isms". Witness this: "When you say 'impossible' and 'I can't', you make a present impossibility for yourself. This thought of yours is the greatest hindrance to the possible."

"You should say it is possible for me to become anything which I admire. You should say, 'It is possible for me to become a writer, an orator, an actor, an artist'. You have thrown open the door to your own temple of art within you. So long as you said 'impossible' you kept it closed. Your 'I can't' was the iron bolt locking that door against you. Your 'I can' is the power shoving back that bolt."

Every science is a development, - taking tangled threads of thought and weaving them into pattern, - relating the conjectured to the known, working all to a principle, - discovering the laws and processes.

Carry on! Don't lose interest or your contact. We are soon, - very soon - to deal with techniques - How to be what you desire - How to acquire what you seek - How to demonstrate that all you have learned has life value and that life is a science and that you are a Master.

This is your just and deserved reward for faith and helpfulness.

It shall be yours!

Sincerely,

S. Hammer Davis

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THE **Essenes**

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INSTRUCTION 91

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

DR. JOSEPHINE A JACKSON, IN "OUTWITTING OUR NERVES,"
SAYS THAT THE TROUBLE IN A NEUROSIS IS: -- "LACK OF
ADAPTATION TO THE SOCIAL ENVIRONMENT -- CAUSED BY LACK OF
HARMONY WITHIN THE PERSONALITY -- CAUSED BY MISDIRECTED
ENERGY -- CAUSED BY INAPPROPRIATE EMOTIONS -- CAUSED BY
WRONG IDEAS OR IGNORANCE;" THAT THE CURE LIES IN WORKING
BACKWARD: "RIGHT IDEAS -- RESULTING IN APPROPRIATE
EMOTIONS -- RESULTING IN RE-DIRECTED ENERGY -- RESULTING
IN HARMONY -- RESULTING IN READJUSTMENT TO ENVIRONMENT."

A COLUMN WITHIN ITSELF - SAY WE.

THE KINGDOM OF MATERIAL WELL-BEING

Heretofore, we have intimated that all knowledge is related and we have insisted that the great need is simplification and unification. The solution of problems in mechanics, chemistry, the sciences, and in life requires a return to the simple principles involved.

In the Oxford Magazine, Sir James MacKenzie, a physician, speaking upon the subject of the great number of specialists engaged in the medical profession, made this enlightening statement: "The reason given for the need of a body of specialists to examine one patient is that medicine is becoming such a complicated concern that one man is incapable of understanding all the phases. This view should at once arouse the suspicion that the pursuit of medicine is not on right lines, for the more a subject tends to become a science, the more it becomes simple and easy to understand."

The aim and object of the study of Life Science, and in fact of all study and effort, is that the end results or the consequence may be health, happiness, and material well-being (success). It is quite apparent that there is an intimate relation between good health and happiness and success.

Through the course of these Instructions we trust that you have become impressed with the fact that this is a world of law and order, and that effects follow causes, and naturally the sequence of right action is a result that we call good.

There is no accident in mental life and behind everything we do there is a force or group of forces mental in nature, and we must therefore reach the conclusion that every action of an individual is significant, and from such action it is quite often simple to trace back to the cause.

The great majority of illnesses which doctors are called upon to treat may be classified as nervous disorders. This is spoken of very often as a "case of nerves."

If one is obsessed with fears, which seem to be without meaning or reason or object, it is called an anxiety neurosis. If there is some idea which seems beyond the reach of reason and is quite foreign to the personality of the individual -- a strange and often recurring idea -- it is called an obsession.

If one has a definite fear of some harmless object or condition, it is called a phobia, and there are many classes of phobias.

If one is possessed by an insistent desire to perform some act which is absurd or entirely foreign to the character of the person, it is called a compulsion.

Many people feel greatly depressed and the mind tends to wander backward, dwelling upon unpleasant experiences, and in its forward-looking tendencies builds unpleasant pictures of the future; it is called "the blues."

There are other classes including worriers, the irritable, the bashful, and those with complexes --- all related to fears in some way.

Carefully looking back over this outline, you will find that a thought or an idea is the basis of all of them.

One would naturally believe that in nervous disorders, there was something wrong within the nerves themselves, but this is far from the fact. The nerves of the most confirmed neurotic are perfectly healthy nerves. They are not exhausted, nor depleted, nor do they lack in nourishment. There is no inflammation and there is not an accumulation of products, chemicals, or waste material, the result of fatigue. The trouble is not with the nerves themselves, but with the messages that have traveled over the nerves, which messages have disturbed the functioning of the glands and organs and organisms of the body - resulting in discomfort, pains, and what we call symptoms.

We must conclude therefore that nervousness is not a disease of the physical body, but it is intimately related to the psyche, or personality, or character of the individual. -- There has been a mistake in behavior, and behavior results and can only result from thoughts. The nerve tissue itself is sound. - The thinking unsound.

We have told you in no uncertain terms that the nerves correspond to telegraph or telephone wires, and are used to carry messages from the sense organs to the brain and to take messages from the brain to all of the organs and organisms of the body, and these messages are electrical in nature.

We would recall to you that we have pointed out that you do not see with the eye. The eye is lens-like instrument to take a picture to the optic nerves. The sense of sight is in the brain. We have pointed out that hearing is not in the ear, but that sound waves are converted to electrical messages which travel the auditory nerves, and that hearing is in the brain. -- And now we desire to impress you with the fact that pain is perceived only by the brain.

This is easily proved. If you cut the nerves leading to the leg, there is no sensation in the leg, and no pain or sensation messages reach the brain from it. In cases of paralysis, the member paralyzed is not an originating source of pain.

Do not understand from what we have said that nerves are immune from organic diseases. They can be out of order, and such disorders are accompanied by nervous symptoms.

If the cause is physical - organic disease - then only physical means can cure it, but if the trouble is psychic and in the messages that travel the nerves, then diet, rest, surgery and medicine are of little avail. The remedy must be psychic also.

It is perhaps difficult to understand that the brain can report sensations that have no physical cause, but are a response to mental pictures or suggestions or imprinted brain cells which have dwelt upon pain or disorder, which brain cells come to the focus of attention of the mechanisms of the brain.

-- And this physical pain feels just the same as though its cause were wholly physical. Thus we see that we can have a mental cause and it can result in sensation.

This understanding is not modern by any means. In the book of Proverbs it is said: "A merry heart doeth good, like a medicine, but a broken spirit drieth the bones."

The physical conditions, the symptoms, and the pains brought on by a mental process are very real, and to say to one experiencing these

sensations that the trouble is "mere imagination" is not helpful, but arouses antagonisms and brings on greater difficulty.

To say that they are not real and to deny all materiality and to say or affirm that there is no pain, when in fact there is, is not the route to the seat of the difficulty.

In these Instructions we have told you that man has developed throughout the ages that which is termed instinct to run or to fight in the face of danger.

That we may have a clear picture of physical processes taking place as a result of a mental picture, let us just look at a case of fear which seems to call for flight, or running away. If one is to run from a danger, he needs energy. The muscles must have an extra supply of it and the heart and lungs must be speeded up, in order to provide the oxygen which is necessary to burn up the waste which will be created by the exertion, and this calls for the slowing down of digestion and other functions, that all the energy may be thrown into the necessary strength for flight.

Let us examine in detail what takes place. We see or sense the thing which creates the fear. It is in focus, or it has been brought to the attention of the brain mechanisms, and the brain immediately flashes over the nerves a message to the bodily organs. The message goes to the suprarenal glands, or adrenals, which are located just over the kidneys, and to the thyroid gland in the neck, and these glands immediately pour forth adrenalin and thyroid secretions into the blood.

What is the result? The blood pressure rises, the liver pours forth fuel, called glycogen, the sweat glands send forth cold perspiration in order to regulate the temperature, and the blood is re-routed from the stomach and the intestines, which are practically quiescent, and supplies it to the external muscles.

Now, let us suppose that fear comes upon one, and he does not run or take to flight, - what condition have we? We have an excess of gland secretions; we have a stoppage in the function of digestion.

Practically the same thing takes place in the human body when one becomes angry. In this case nature is fitting us to fight.

In both cases the blood is flooded with fuel and substances which are harmful to the body if not used. Most persons are familiar with the ill effects which are a consequence of fear and anger, and generally persons do nothing to work off this excess of body chemicals, and think in terms of "nerves being shot."

We refer now to the statement that all knowledge is related. There is a relation between the principles governing mechanics, the human body, and all sciences.

Those familiar with things mechanical -- engines, motors, and moving parts -- know that the wearing out process is due only to friction.

We have for moving parts what we call ball bearings, or roller bearings, the object being to alleviate, so far as possible, friction.

Axles are greased and bearings are oiled by reason of the principle of friction, the results of which are known and result in heat,

wearing or crystallization.

Physicians make headlines in the papers when they deliver addresses before scientific organizations, saying that it is entirely possible that the average life span will be extended to a hundred or a hundred and twenty-five years. Universally they claim that this happy result will be due to scientific discoveries, such as vitamins, hormones, antiseptics and innumerable chemicals - and chemical reactions.

We suggest that life expectancy can be greatly extended by simple attention to the alleviation of friction in the human body -- the understanding of man's mental conflicts. Friction is largely a result of civilization and our complicated way of life, resulting in a complicated way of thinking. - Repressions, suppressions, inhibitions, "Thou shalt nots," deceptions, evasions, simulations, imitations, and frustrations.

The economic world is so organized that it favors the man who knows what he wants. -- The human system is so constituted that it works for perfection, and that which can not be termed Good - or (drop one o) God - is friction. Thus is the life span shortened.

There are throughout the world tribes and peoples whom we call uncivilized, and among these people there are no known cases of nervous disorders such as we are familiar with in the more civilized and enlightened countries, and which constitute 75% of those seeking medical attention.

We have just had a view of the functioning of the body in cases of fear and anger. Each of us knows that the conscious mind does not tell the glands and organs of the body what to do or how to perform to prepare for flight or fight. We know that this preparation is the function of the subconscious mind.

We have learned that the subconscious runs the bodily machinery, tends to the matter of the circulation of the blood, the building up of tissue in the body, the digesting of the food we eat, the glandular secretions, and the every day functioning of the body.

We should have faith in its functioning and should not give conscious attention to how it should function, because the conscious mind of man is meant for other purposes. We can suggest the desired objective - but must leave the ways and means of accomplishment to the subconscious, if we are to expect results.

It is positively true that constant thought about any part of the body sends an over-supply of blood to that part, which results in congestion and pain. Man should therefore not be thinking about the functions of the body. If you find one who is constantly taking his own temperature, you will find one who will be subject to fevers; if you find one who is always feeling his pulse and thinking about the functioning of his heart, you will find one who is very apt to have trouble with his heart. When you find those who are constantly thinking about the stomach and about diet and calories and food values, you are in the presence of those who are very apt to have digestive disorders. This is particularly true if there is any emotion or fear connected with the thought, because emotions accompanying thought are more effective than thought alone. Our emotional power can be thought of in terms of heat --- our thinking in terms of light.

Do not understand us to say that a man by his thought can create tumors, cancers, or ulcers, but he can create the feelings and the symptoms and the pains and the miseries that accompany those maladies, by fears of cancers, tumors, and ulcers.

--- And it is possible that the malfunctioning of the body created by such fears long continued might bring them into being, because disordered functioning in the region centered upon in the thinking make it very susceptible to whatever it is that causes such disease.

You are perfectly familiar from past instructions that the subconscious mind is ever open to suggestion. It accepts what it is told and it acts accordingly. As all sciences are related and all knowledge has a common background, so all the organisms and organs and substances of the body are related.

From this Instruction we want you to carry this thought: Ideas and thinking travel over the nerves. The nerves are entwined with the muscles of the body, and the muscles and the nerves of the body surround and have direct connection and influence over the arteries, the veins, and the capillaries of the body, and there is a most intimate relation between the lungs and the heart, and the nerves and the muscles.

When the brain flashes a message over the nerves which is negative, which means relates to anger, fear, jealousy, hatred, and evil, there is an immediate tension of the muscles, and with the tension of the muscles comes an interference with the blood supply -- and health is and must be effected thereby. Blood is the life stream and carries the gland secretions and other chemicals of the body - the foods and the wastes. Thinking largely determines its character.

We trust therefore that you will come to a full realization of the fact that in our Instructions aimed at the building up of character, personality, and the thinking upon all that is good, we have been instructing you with respect to a way of life, the end result of which is health.

We would emphasize that the subconscious mind is the master of the body, but that it can be made the servant of the conscious mind, and that therefore we are dealing with known facts and laws capable of scientific proof when we speak of the effect of mind in the body.

The importance of human engineering cannot be over-emphasized; we call it Life Science.

An eminent medical authority has said that clinical medicine has advanced far in the study of disease after it has produced a physical sign, or after the patient has died. This study has related to tissues after they have been damaged. The aim and object of Life Science is to enable people to understand something of their sensations, something of their symptoms, and to investigate the causes which lead to them, and not wait until physical signs appear and disease has taken hold upon the human body. A pure thought stream works for a pure blood stream - and that is the great immunizer against contagion.

The Kingdom of God is within us. The Kingdom of material well-being lies within us also. Therefore, right living and right thinking is the hope of the world. Life Science will come into its own, and blessed will be he who helps in the spread of the Understanding.