

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

DEPARTMENT OF INSTRUCTION

AM-ER-I-CAN

The advertisers of America understand suggestion and the power of suggestion. When doctors, religionist, professional men and individuals generally come to recognize that there is a suggestion in the very word AMERICAN and they grasp the feel of AM and I CAN - the first syllable and the last two syllables - and act accordingly, we will go forward, individually and nationally.

This thought is dynamically expressed in an advertisement sent us by one of our students. We share it with you.

"Doctor Alexis Carrel, the famous surgeon and scientist, believes that mental telepathy some day will be scientifically proved and accepted. We radiate our mental attitudes. We tune-in on the mental wave lengths of others. Thoughts are contagious. Thoughts of fear and defeat spread like wildfire and lower morale. Thoughts of courage and victory lift up minds and spirits."

"We conquer when we believe we can," wrote Emerson. "He has not learned the lesson of life who does not each day surmount a fear." Let us think victory, talk victory, and act victorious. Let us banish all thoughts of failure from our minds. In our contact with others let us express confidence, courage, loyalty, harmony."

"The victorious attitude will give wings to work. It will take the sting out of sacrifice. It will help us find happiness in hardship. It will give us the dynamic enthusiasm to hurdle obstacles. It will make us a triumphant people."

"The spirit of victory is a part of every one of us because the last syllable of American is CAN! What has to be done can be done, and we are the ones who can do it!"

Yes! -- "I am" is the one thing in all the world that is a certainty to you and to each of us -- the identifying word of God.

"I can," is your heritage -- the eternal promise which you alone can bring to fulfillment.

As a student of Life Science you are on the pathway -- by your helpfulness in spreading this understanding, you give wings to the contagion of thoughts of courage and victory, and help lift up minds and spirits and earn the degree AM-er-I-CAN.

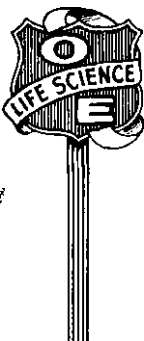
Sincerely,

THE ORDER OF THE ESSENES

BY

B. H. Hamner
Director

Enc. 92



THE **Essenes**

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INSTRUCTION 92

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

IT IS THE CLOSE OBSERVATION OF LITTLE THINGS WHICH
IS THE SECRET OF SUCCESS IN BUSINESS, IN ART, IN SCIENCE,
AND IN EVERY PURSUIT IN LIFE. HUMAN KNOWLEDGE IS BUT AN
ACCUMULATION OF SMALL FACTS, MADE BY SUCCESSIVE GENERATIONS
OF MEN, -- THE LITTLE BITS OF KNOWLEDGE AND EXPERIENCE
CAREFULLY TREASURED UP AND GROWING AT LENGTH INTO A
MIGHTY PYRAMID. ---

S. Smiles.

SAFE GUARDING THE GREATER VALUES

"Son, you too may some day build a great canal" -- you will remember influenced the life of the man who started the Panama Canal. It was a suggestion of his mother. Ever thereafter anything that pertained to canal building was attracted to his attention. One tiny brain cell imprint constantly came into focus of the brain mechanisms, -- the course of a life was determined.

There is nothing unusual about that. Glenn R. Martin, whose name and fame will ever be connected with aviation, in his youth was told by his mother that before he was born she had a dream of flying over their home town in a flying machine, and waving to her friends and felt sorry that they too could not fly.

During his youth she often told him of it, and expressed the conviction that this was a revelation that he was to fly. Here we see a suggestion in its simplest form. Here we see reiteration or repetition - building up of confidence that he was "fore-ordained" to fly.

The perfectly natural consequence was that this imprinted brain cell was often brought into focus, his attention just naturally gravitated to things in the air. As a youngster he made and flew all kinds of kites - box kites; and boy like attached weights to them - and thought of persons going up in kites.

He also made sails of bed sheets and put them on his wagons. He used sails to propel him in ice skating. When Glenn was seventeen the Wrights made their first flight at Kittyhawk. What was more natural than that this should come to his attention and fire his imagination.

He was running a garage and selling automobiles and knew engines. -- He started to build an airplane in an abandoned church. His father, along with the townspeople, called him a crack-pot -- but his mother kept affirming - "You can do it" - and he did. It flew. -- He flew at twenty years of age - and in World War # 2 we find him the Manufacturer of Marauder bombers for the Army - Mariner bombers for the Navy and the Baltimore bombers for the British.

Digressing for the moment, some would say it was "prenatal influence," but we have expressed the opinion that there are no brain cell imprints before birth - physical characteristics alone are the inheritance of man. The suggestions during childhood were the important element in shaping his life. The mother's faith in her dream strengthened her ability to give encouragement and confidence to her son.

The transcendent lesson to be drawn from this and a hundred similar stories you may hear is that the impressions of childhood are important. -- Here we have an example of suggestion in youth which ends happily -- but countless are the neurotics whose lives have been most unhappy due solely to negative suggestions in youth.

The whole technique of psychoanalysis is directed to unearthing past experiences and the consequent reactions which accompanied them, or suggestions in youth which have been the motivator of actions which digress from a normal. Freud and Jung perhaps somewhat over-emphasize the sex element.

The objective in this unearthing process is to bring the experience to the attention of the conscious mind, to put that imprinted brain

cell from the storehouse of memory of the subconscious into focus in the brain mechanisms, so that it may have a new relation or indexing with respect to the mature experiences of the patient or subject, - a conscious mind reappraisal.

In youth it was given a place of undue importance or improperly related, and has been a hidden cause of improper reactions to ordinary life experiences.

Such experiences or suggestions when unearthed and viewed in the light of more mature experience are generally recognized as having been improperly interpreted and the reactions childish, foolish or uncalled for. The remarkable thing is, however, that the neurotic tendencies based thereon just cease of their own accord when reappraised or given mature and normal consideration.

The mind of man has a wonderful ability to make him "forget" unpleasant experiences. Perhaps you have noted that you cannot readily recall the name of some person who was distasteful to you -- some person with whom you had unpleasant experiences, some person who made an unfavorable impression upon you. The mind works that way with respect to experiences, if they were immoral in nature, and, in accordance with accepted standards, were unmentionable. In other words, we "repress" or keep hidden certain events which our own conscience disapproves or which if revealed would meet with condemnation of others.

As for "forgetting" it is a misnomer. We have a record of every event and experience in an imprinted brain cell in what we call the subconscious. -- Nature is kind to man; it tends to erase these experiences from conscious mind -- meaning it does not put them into the focus of the brain mechanisms. Otherwise expressed, they do not possess a strong "attention getting" element, but they do possess a strong subconscious urge for expression.

The subconscious has accepted them. In the process of the subconscious there is no inductive reasoning, and it accepts your conclusions at the time of the experience and acts upon them. If conscious mind forbids direct action - the subconscious takes it out in what is termed symbolic action.

(Remember the case of the housewife who broke dishes, and of the man who hated night driving - and had an accident?)

All of these things have importance. We have countless illnesses which purely and simply are the result of mind action -- and the cure must come from mind action.

Did you ever hear any one say, "I cannot stomach" that person or some action or situation. If a person has nausea and there is nothing organically wrong with him, then the figure of speech - "I cannot stomach this or that becomes not a figure of speech but a reality. -- The trouble is an environmental one - and the mental reaction to it is the cause of the nausea.

There is much in our figures of speech, which has a fundamental basis for existence.

For instance: "That fellow is a headache to me" -- That countless thousands suffer from headaches must be self evident when we view the great fortunes amassed by makers of Bromo Seltzer, - B. C. Headache powders, Stanback -- and hear the costly radio programs of

makers of aspirin.

Eighty percent of headaches are not due to organic diseases - but to tensions, strains and stresses brought about by the way people react to people and situations -- so truly and literally - "The fellow is a headache to me."

Another instance: "What's ailing you, fellow? -- Get it off your chest" -- If one is depressed mentally - has the blues - or is keeping something hidden mentally, the feeling is in the chest and the breathing is high up and not in the abdomen and the call of the subconscious is for air, and the result is a sigh -- so it is "on the chest."

Dr. Edward Weiss and O. Spurgeon English, in their book, "Psychosomatic Medicine" (W. B. Saunders Co. - Philadelphia, Pa.) point out that often people who lose their appetites and become undernourished are emotionally starved -- the emotional starvation causing the condition; that people often have aches and pains which are the result of muscle tension, caused by emotional tension; that very often fatigue is the direct result of emotional conflicts. They point out that an ache in the arm might be the result of a desire of the patient to strike someone, but does not do so, by reason of affection or respect that is mingled with the hostility; if there were no negative emotions there would be pain in the arm only as a response to some focus of infection.

They have noted that itching, for which there is no physical cause, often represents dissatisfaction with the environment, - the mental symbolism being that he scratches himself instead of someone else.

They noted that shaky legs and dizziness are more often due to anxiety than to organic causes; they also noted that sudden death among relatives or friends of the patient from heart disease brings on a heart neurosis, and in such cases there is actually a pain in the heart region, fatigue, insomnia, ringing in the ears, faintness, dizziness, irritability, and flushes.

These are due to the belief of the patient that he too is affected with heart trouble, but in most cases examination finds no organic heart trouble, but the symptoms are the same as if the heart were organically effected.

Of course such a neurosis or false belief does add a real burden to the work of the heart, by reason of tensions.

They also found that in high blood pressure, psychic factors play an important part. The steps being nerve tension, muscle tension, restricted arteries, veins and capillaries - and the heart has to put on more pressure to reach all extremities.

Among other conclusions reached by them was that people often used the eating process to allay anxiety or to gratify pleasure cravings, which should be satisfied in other ways; for instance, through a better sexual and social adjustment.

They speak of this as a nervous hunger, and say it is symbolic of the emptiness of the emotional life.

Very often when you find people eating at odd hours and at night and between meals it is a form of nervousness; an emotional hunger seeking satisfaction and taking it out in symbolized activities. - The subconscious has a way of satisfying its desires in collateral ways.

The medical science has gone far in the analysis of what is called diseased tissues, and deserves all credit for its wonderful discoveries respecting vitamins, hormones, and food elements, but in the years to come there must be a classification of the feelings and emotions and thoughts which effect the various organisms of the body and the various glandular secretions.

It is entirely possible that there are various physical causes for asthma, but it is safe to say that the origin is very often due to a feeling of inadequacy to meet certain situations or positions.

This could be classed generally as an inferiority complex, but this term covers many kinds of feeling of inferiority, and so far as we have observed this fear of inability to measure up to a situation or position makes one susceptible to the physical causes of asthma. It has a weakening tendency in the bronchial tubes and nasal passages .

The medical fraternity finds that this situation can be very materially helped by very large doses of Vitamin C.

Reasoning backwards, it is logical to conclude that the electric vibrations from thoughts of inadequacy or inability to measure up to anticipated requirements, effect the ability to make available the vitamin C in the ordinary diet, or are destructive of them or some protective element which keeps most of us from asthma.

Of course all tooth decay cannot with our present knowledge be said to be due to mental attitudes or emotions, but in very many cases an upset in the love life very materially hastens tooth decay.

It might be reasoned that disappointments in love affairs send forth certain vibrations which effect the bodily secretions necessary in the building and maintenance of the tooth structure. Savages and the uncivilized had little occasion for dentists.

At this point in our understanding we cannot say that all stomach ulcers result from a certain type of mental life, but practitioners are generally agreed that in very many of the cases they are emotionally precipitated and that such ulcers are preceded by personality disorders before they develop into organic diseases.

It has been our observation that the thoughts resulting in stomach ulcers are a form of anxiety. Being more specific, it is our observation that they take the course of an endeavor to conceal a violation of conventional standards and the anxiety takes the course of a fear of a discovery of such violations of ethical, moral, civic, family, or business standards.

We cannot say with our present knowledge that all strokes of paralysis are due to mental causes, but our observation has been that many such strokes are due to violent tempers, to fits of rage and to dispositions which may be termed explosive.

These emotional storms which bring on a blood clot which settles in the brain and which cause paralysis are often preceded by long periods of repression or holding the temper, and a brooding or mental dwelling upon the situation which is so irritating to the mental calm of the individual. Often the stroke comes on by reason of the mental storm within, which does not have a release by expression. Expressed otherwise, a stroke comes on at a climax -- anxieties reach an explosion stage.

Generally speaking, nervous symptoms correspond to the backfire in a motor car. It is energy which is not utilized in the cylinders of daily life. Thus we might take every known disease and trace back to find the mental causes which work to bring on the disorder, or weaken the natural body resistance - and enable diseases to get a foothold in the system.

It is known that persons who are in perfect health create the substances in their bodies which combat the possibility of infection and contagion. It is known that but for the skin on our bodies manufacturing constantly substances which protect us from ever present germs and microbes, we would all be dead in a short while. If the skin does not function perfectly we may have a seat of infection. The skin and what the ladies call the complexion is very intimately tied up with the emotional and mental life.

Knowing these things, one must come to appreciate that a real understanding of ourselves is of first importance, and if we analyze our motives in all that we do, carefully and conscientiously, we can find the connection between our thoughts and our symptoms.

If a man has desires which he dares not acknowledge, by reason of the conventions of society, and he does not work off the energy which would carry such desires to fruition, in some useful and constructive way, the subconscious mind will gratify those desires in what may be called a symbolic way. As we have seen above, if someone wants to scratch someone else, and doesn't do it, he will take it out by scratching himself and creating imaginary points of itching upon which he will vent his energies.

In the first year's Instructions at about Instructions 23 and 24, we pointed out that the sex energy could be converted into other forms of vitality and energy.

Boiling it down to a simple: - If people have urges which make them "want to get even with someone else," if they have urges of revenge or urges to do anything that the conscience will clearly and definitely class as a negative, the poorest thing in the world to do is to sit and brood over the situation and let it come into the focus of the conscious mind, because that picture, given to the subconscious, will result in action, and it will very often result in action which the conscious mind would deeply regret. It becomes what we have heretofore spoken of as an unconscious motive. Hunger of one form will seek the satisfaction of a hunger of another form - The negative emotions back-fire.

The simple way to handle such situations is to put all of the energy one possesses into doing something that will be of service to others. This is in effect but an admonition to give, and the Bible parable, "As ye give, so shall ye receive," is particularly true with respect to thinking.

We are conscious that this has been the topic of many a sermon by theologians, prior to passing the collection box, but we present it as a general truth and one that is especially applicable to the thoughts that enter the conscious mind. It can be simplified in another way -- by an agricultural symbol -- "As ye sow, so shall ye reap." In the individual life mental sowing is a constant process, the seed selection life's transcendent duty.

--- and, so it was in the early part of our Instructions that we instructed you that if you would preserve the greater life values, you must safe guard the portals of the mind. It is far more important in life to safe guard your thinking than it is to safe guard your money. In the one case money may be lost, but in the other, it may be a case of losing life itself.

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THOUGHT GEMS

"If a person is able to express himself in some real way, to give himself to socially needed work; if he can reproduce himself intellectually and spiritually in artistic production, in invention, in literature, in social betterment, he is drawing on an age-old reservoir of creative energy, and by so doing is relieving himself of inner tension which would otherwise seek less beneficent ways of expression." -- "Outwitting Our Nerves"

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"When I consider the wonderful activity of the mind, so great a memory of what is past, and such a capacity of penetrating into the future; when I behold such a number of arts and sciences, and such a multitude of discoveries thence arising, I believe and am firmly persuaded that a nature which contains so many things within itself cannot but be immortal. --
Cicero

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Times of general calamity and confusion have ever been productive of the greatest minds. The purest ore is produced from the hottest furnace, and the brightest thunderbolt is elicited from the darkest storm. ---
Colton

* * * *

Knowledge is said to be power: and it is power in the same sense that wood is fuel. Wood on fire is fuel. Knowledge on fire is power. There is no more power in knowledge than there is in the stones or stars, unless there be a spirit and life in the knowledge which give it its energy. In proportion as men have this spiritual power they become strong in the world. --

A. Mackenzie.

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