

THE ORDER OF THE ESSENES

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TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

OIL ON THE WATER -

Do you expect your "ship to come in"? The "ship of fate" like a merchant liner prefers a calm sea.

You are on the right track when you "expect your ship to come in". Expectancy has an attractive power, -- but if you expect evil it is equally potent.

You must enlarge your expectancies if you would receive in a large way.

Now about the "calm sea" -- We call it poise. It does create a free channel for the reception of ideas. Seek calmness and poise and often you will steer a better course than by striving and straining for a material objective. You provide a calm sea.

Dis-ease itself in ninety cases out of a hundred is nothing more nor less than a mind not at ease. In ninety-five cases out of a hundred if you face a situation fearlessly, there is no situation to face.

"How to get rid of fear" - we are often asked. Just walk right up to it. It is that simple.

Some people fear dogs. The dog is fearless because he smells fear. People sense it in others "intuitively". Fear is misdirected energy, a drain upon the human battery. It is a short circuit so to speak.

And why fear? It is an emotion, a response to a picture of your own creation. If you have no emotional response to an adverse situation the situation changes.

Just put it to the test. You will be delighted with results. That is "oil on the water" -- the creation of a calm sea -- poise.

With poise and the understanding of "selling an idea" and a careful study of instruction ninety-four you will go forward.

In instruction ninety-five to follow we shall show you how to question -- the Socratic way to understanding.

As ever we are grateful to you, and your helpfulness in taking this understanding to others should give you a feeling of pride and worth-whileness. Together we can take to the World that which it sorely needs.

Very sincerely,



THE Essenes

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Instruction Headquarters - Tampa, Florida

INSTRUCTION 94

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

A NEW LEVEL OF CONSCIOUSNESS IS THE NEED OF THE
MASSES. IT IS SELF EVIDENT THAT A CONSCIOUSNESS IS AN
INDIVIDUAL MATTER.

SUCCESS FOR MAN, COMMUNITY OR NATION DEPENDS UPON
VISION, CREATIVE ABILITY AND INITIATIVE.

THE FOUNTAIN SOURCE IS IN THE MIND. A HIGHER LEVEL
OF CONSCIOUSNESS COMES AND CAN ONLY COME FROM UNDERSTAND-
ING OF MIND - VALUES IN THOUGHTS AND IDEAS - - THESE ARE
THE TRANSCENDENT VALUES. WE ARE AFLOAT IN A SEA OF
INTELLIGENCE. -- WE HAVE BUT TO STOP - LOOK AND LISTEN.

THE MEANING OF "THE RENEWING OF THE MIND"

There is a definite relation between all truths; hence a unity in all sciences. The closer relation we can fix between Life Science and the exact sciences, the more readily it can be assimilated by lay minds, and the more understandable and practical it becomes to the masses. Economic and social betterment is but a matter of the improvement of individuals. These are the units of our body politic. Chemical changes in the material world are brought about by the reworking of the chemical units.

In the material world we have, broadly speaking, three forms -- solids, liquids and gases. To arrive at a more definite conception of mind let us see if we can not metaphorically express it in some comparable classification.

The mechanisms of the brain consist of prisms, lenses and other instrumentalities which make it a unity functioning as microscopical, stereoptical, photographic, moving picture, telephoto, telegraph, recording, classifying and filing, adding and calculating, phonographic, telemotor, thermometric and thermostatic instruments; dynamos and transformers, chronometers, and a counterpart of all instruments of measurement, analysis, power creation and transmission and intelligence conveyance which man has by the use of his mind created objectively. This is comparable to the solids in the material world.

Playing upon these instruments are three forces, - the forces from man's organs and organisms and the forces transmitted over the nerve systems, called the sense forces. These can be classified roughly as the liquids of our mental world.

The third forces playing upon the brain instrumentalities are the etheric forces. These are comparable to the gases in the material world.

The working of the mind ultimates in thoughts and ideas. Health, happiness and material well-being stem from consistent and persistent thoughts and ideas. The natural steps to those desirable attainments we have learned to be vision, desire, confidence or faith, determination and balanced compensation or action. These steps are readily recognized as purely mental, with the possible exception of action or doing something about the materialization of vision and desire, but it is equally recognizable that the motors of action are mind controlled.

The planned life must therefore deal with the material -- doing something about proper eating - drinking - breathing - exercise-- elimination - posture, etc. Let us call this the solids. We must do something about our thinking or mental processes which flow through and materially effect our bodily organisms. Let us call this the fluid. We must do something about the spiritual. -- Omniscience -- all knowledge and truth; Omnipotence -- all power and the source of all power; Omniactivity -- the ether of space - electronic structural basis of the universe, ever flowing - is spirit. Man's soul is a part thereof. Spirit is the Universal. The soul is the I-identity - the individual - the You -- a definite part of spirit and through which all spirit flows at incredible speed. Let us call this the gas of our metaphorical structure.

We can readily understand that we can take two parts of hydrogen (invisible) and one part of oxygen (invisible), two gases, and combine them and we have water, a fluid, and this we can freeze and we have ice, a solid. In reverse we can apply heat to ice and get water and boil water and it passes off in steam and back to its component parts, the gases - Hydrogen and Oxygen.

We can have thoughts of fear - jealousy - and anger -- They travel the nervous telegraph system; glandular secretions result -- muscular tensions are set up, blood circulation is impeded - bodily functioning is upset - resulting in disorders and ending in diseases. Very roughly speaking, we have a transition from a gas, to a liquid, to a solid.

In reverse we can have what was formerly called "shell shock," -- nervous exhaustion - a most deplorable physical condition - what we may call a solid for the purpose of analysis. In many instances rest and proper feeding has little effect. The neurosis hangs on. We can hypnotize the patient, by suggestion or drugs, heretofore mentioned, rationalize or bring back to the mind the events, the tensions, strains and stresses leading to the nervous exhaustion, rationalize the events and have the subject observe them as he would the same train of events happening to another -- put them in the subconscious in the category of past events and in proper relation and unrelated to emotional states existing at the time of the experiences, and we get a release of tensions. The patient can sleep and can rest and the neurosis passes away - and the patient regains normalcy. Again crudely speaking, we pass from solids, to fluids, to gases.

What we have discovered about the mind and its power for good or evil is almost unbelievable to many.

From what has been given you in these Instructions you can properly translate the report carried in the Associated Press which we reproduce. You will recognize in this account - first, a physical condition, which even during the last war might have had a pitiful ending, by reason of a lack of understanding of mind and its powers.

Next, you will recognize hypnosis. In this case, by a drug - a hypnotic - which was mentioned in a former instruction. A hypnotic being necessary in this case because the patient was not amenable to suggestion in the waking state.

Next, you recognize suggestion in a subtle form - in the imitations which center attention upon battle conditions.

Undoubtedly this A. P. report was not complete as to the suggestions given in the sleeping state, such as assurances of blamelessness in conduct - future well-being, etc.

We give this report primarily to build up and strengthen your acceptance of the power of mind - to induce you to have faith in your own affirmations - and auto-suggestion, and that your well-being is intimately related to your thought processes, and to give you that confidence in these instructions (in themselves suggestions) which will induce you to accept as truth and fact that you are one with the infinite, and having accepted the

relation will rely upon it and act in accordance with the suggestions we give - time proven and effective, and requiring only the test of experience and that they be put to the test.

In the reading of this report there will come to your mind principles we have announced, facts of nature we have restated, and explanations which you will see are being utilized and found effective in the rehabilitation of men who would otherwise become public charges and a burden to society.

Such being the case, who is there who can set a monetary value upon a knowledge of man's mental and spiritual powers, and the realization of man's unity with the infinite. Each of us does possess infinite power and to transmute that power into material blessings is largely a matter of a mental concept, a mental picture - and the projection of that picture by the stereoptical instruments of the brain and the photographing of it upon a brain cell unit - and then to keep it often in the focus of the brain instrumentalities.

It is thereupon electrically transmitted within and without, and attracts to itself the materializing elements. Project the picture and live by it, have faith in the orderly working of the universe, and that it is set to help him who works for good, for the whole trend of the universe is evolution to perfection. Here is the news report referred to:

"'Truth Serum'" by Kenneth L. Dixon, with the AEF in France, (Delayed) -- (AP) -- "A small group of medics stood around a cot, silently waiting.

The sergeant lying on the cot still twitched and trembled uncontrollably as he had since he was brought back from the combat line. Unlike almost all cases of exhaustion or combat fatigue, he failed to respond to rest, sleep, food and sedative treatment.

A line company rifleman, he had been twice decorated for his courage. He finally went to pieces after a week's fighting in the worst possible conditions -- mud, mountains and mines -- during which he participated in almost constant attacks. He was a veteran of three campaigns in two years.

Doctors thought he finally cracked because a buddy with whom he had been fighting, since Sicily, was killed before his eyes. Other efforts to restore him to normalcy having failed, they now tried pentathol, the 'truth serum' treatment. (a hypnotic)

This made the infantryman synthetically drunk due to intravenous injections. The sergeant became completely unaware of his surroundings.

This hospital where the worst exhaustion cases were brought was beyond earshot of the front, but suddenly there came a low, unmistakable whistle. It never was loud enough to be heard 100 yards away, but it filled the little tent with sharp-pitched memories for anyone who ever had heard an oncoming artillery shell. The sound was coming from one of the doctors, whose pursed lips were whistling a perfect imitation of the shriek of a shell.

As the sound grew louder and keener the sergeant's body froze cruelly in a tense attitude of fearful waiting. The doctor broke off the whistle at the highest pitch, paused, and then popped his hands sharply.

The illusion was complete. The completely drugged soldier didn't attempt to avoid it. He came sharply alive, his eyes wakeful, his body under control again. He began talking, shouting orders, warning, calling names.

He addressed the doctors who in his mind had become members of his platoon. One was a lieutenant in charge of the platoon. It soon became obvious that he had little faith in the officer's judgment. He argued angrily. Apparently the lieutenant had been new in combat.

Another doctor became the sergeant's buddy. Twice shells almost got him and it became necessary to hold the soldier on the cot as he tried to leap out when shouting warnings.

In the next few moments all phases of the soldier's last action exploded all over the tent, re-enacted in terrible pantomime and unconscious precision to the most minute detail.

Twice he killed -- once with a low-voice curse as he fired his carbine and again with an aroused, angry yell.

The ferocity of the attack was mirrored in his eyes as well as by the wild ejaculations.

Artillery fire obviously became more intense -- and, suddenly, his comrade was killed.

It never was quite clear just how, due to the confusion and his now frantic excitement, but just as suddenly the whole pantomime ended -- the sergeant's eyes glazed and he collapsed limply.

Then the doctors brought him 'back to the present,' quietly told him where he was, that he was worn out and needed a rest, that he would be okay now. Meekly, childlike, he obeyed. Now that he had cleared the offending incidents from his mind, he could relax again.

This type of treatment is used only when necessary in a tiny percent of exhaustion cases, it has already been showing amazing results. Many 'violent' cases soon are back on duty of some kind.

Due to the terrific strain which precedes these seizures many such soldiers are unable to return to combat, but through the pentathol treatment they otherwise become normal again.

These severe cases constitute less than ten percent of the combat fatigue total and the treatment for the most advanced cases debunks another 'incurable' misconception."

The important thing in the above report is the principle involved. This is an extreme case, but practically all neuroses and cases of nervousness have their root in experiences and the mental reaction to such experiences. Nerve tension and muscular tension are generally results of a way of thinking.

He who keeps his mind staid on happy experiences is practically immune from nervous disorders. Lacking happy experiences, then the logical thing is to start to build happy experiences. Each day do some thing that will be accounted a happy event by another. The reflex will be a satisfaction which will be a stone in your structure of happy experiences.

If your mind reverts to an event or events which give you a sense of guilt, a feeling of unworthiness, or a consciousness of error, and it is not something which can be corrected, just freely admit to yourself the mistake, resolve to do so much good that you will have a "mental balance" on the good side.

Some mystical schools call these errors Karma, look upon it as a debt, and speak of "working out the Karma."

Surely day by day you can build experiences upon which you can look back as happy events or a structure of worthiness. If you do, your sleep will be undisturbed, nervousness will disappear, and physical disorders will right themselves, for this is the ordered way of the universe.

Religionists speak of these errors, mistakes, and what your conscience labels guilt, as sins -- and have much to say of the forgiveness of sin and punishment hereafter.

Any such errors, mistakes or guilt are not judged by some God in a far off heaven -- the judgment is within you. There is no punishment, there is an effect or a consequence and what is called nervousness is a result in a multitude of cases. This so-called nervousness has its consequences or symptoms - headaches - upset stomachs - sleeplessness - stomach ulcers and other systemic and functional disorders and even organic diseases.

There is definitely a "forgiveness" or "remission," and the path which leads thereto is in the correction of the thinking and the consequent change in action. All thinking is a cause of action.

In the case of the soldier in this report the physical condition was a result of excitement, of tensions, of fears, resentment, and confusion. All the best authorities agree that under such battle conditions the reports of what actually took place are unreliable, the personal reactions of the combatant and the concentration of observation to such a limited area and self preservation objective, preclude a conscious memory of the action in its broader aspects.

So it is in the battle of life. In your moments of confusion, excitement, or crisis, the judgment is warped. The observation is limited to self interest or immediate consequence. This, as is all thinking, is immediately accepted by the subconscious at its face value, - unquestioned, - and its reasoning is thenceforth deductive. It keeps functioning with that message, doing to the system and for the system what that situation demands.

The logic, therefore, is apparent in the procedure of bringing back to mind the situation then and relating it to the situation now, that the crisis is past -- and marvelous indeed are the results the subconscious produces.

Childhood and youthful experiences often mar the lives of adults -- and yet there is a forgiveness or remission - and the courses of lives are changed by the simple process of properly relating the past experiences to the present situations, and substituting the more mature judgment under normal conditions for the earlier judgment under stress conditions.

The normal functioning of the body, just automatically comes about with the proper relation of the registrations in the subconscious. The cure in these cases reaches back to the cause, as must all real cures -- and bodily malfunctioning in at least ninety cases in one hundred is a result of a malfunctioning of mental processes.

It is at this point we would call your attention to the front cover of Instruction # 41, with confidence that now you are better able to interpret the meaning and assay its value.

Life Science has an objective; to discover that which is true - to practice that which is good - and to spread this sunshine of understanding until its rays revitalize a world in need.

In these Instructions it is to be noted that we glorify no individual. It is our ambition to announce, reveal and prove, to win faith by imagination and logic, to present a philosophy which gives birth to new hope, new faith and a religion which gives emphasis to human values, and understandably relates man's powers to the infinite.

When our work speaks, it is meet and proper that the authors remain silent. Their ambitions can best be centered upon a sincere desire that their writing shall "come to you as a tonic, like open spaces and fresh winds after a long ceremony in a crowded church -- that you shall be conscious that it is the air of the heights - that it is bracing" -- that it is truth made simple and understandable -- that with it as a torch your way will be visible step by step -- and that you will prove worthy and demonstrate in your life the efficacy of the great moving principle of the universe, when the laws that govern are obeyed.

Their desire (prayer) is that you shall attain your cherished aims and will hold aloft the torch to light the way of others.

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THOUGHT GEMS

"The extrovert or unselfish character of Jesus was not an accident, but the result of an ideal which he valued more highly than his personal comfort. His life was a series of intensive and extensive social contacts. He did not avoid the people whose mode of life he criticised. He visited them in their homes. His energies and inspiration were being constantly converted into useful deeds and contacts with a wide variety of people. He believed in principle, but he practiced them in living and he lived an abundant life. He preached meekness of spirit but boldness in action. The story of his life is a story of winning friends in all kinds of situations. He was forever changing the water of existence into the wine of social intercourse."

----- Henry Link

That which perfects humanity can not destroy any religion except a bad one.
