

THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

AN INVESTMENT IN HUMANITY:

Instruction 110 comes to you with this letter. The object of it is to make you just a little more observant and to suggest to you that certain character of thoughts have an outcropping in personal appearance and conduct, as well as internal effects - which heretofore we have stressed.

Ours is an educational program which embraces equal consideration for the physical, mental, spiritual and the social and civic potentialities of each of you.

We would like to feel that you and each of our students would meet every problem presented in life as an opportunity and not a thing to fear or cause worry or emotional upheaval.

The best part of the Lord's Prayer is "Thy will be done" --- add "Through me."

If you can know that you are an Instrument of the universal (God) and can make a habit of expecting the good - the best - to come naturally out of every situation, it will produce a peace of mind and a poise, and to you will come the true answer and your demonstration will be adequate to every situation.

It is not easy. It is not a peace or demonstration which lazy thinking and intellectual dawdling can produce.

From the infinite you came -- the cable has never been severed - and the messages of the infinite come to you. -- Listen -- heed - and a worthy instrument you will be, and help take the message to the bewildered multitude. This is an investment in humanity.

Sincerely,

S. Hamner Davis

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THE **Essenes**

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Instruction Headquarters - Tampa, Florida

INSTRUCTION 110

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

"INDIVIDUALS SET THEIR OWN LEVEL IN LIFE, RISING OR FALLING IN RELATION TO THE DIRECT EFFORT THEY PUT INTO IT. THAT IS TRUE EQUALLY OF THE PHYSICAL, MENTAL AND SPIRITUAL VALUES, FOR NOTHING OF CONSEQUENCE CAN BE DONE WITHOUT EFFORT AND A GOOD DEAL OF THAT. IT IS THE TEST OF AN INDIVIDUAL THAT HIS OR HER AIMS CAN BEAR INSPECTION IN RELATION TO OTHER HUMAN BEINGS AND IN THE LIGHT OF THE TIMES IN WHICH ALL LIVE."

GREAT THINGS FASHION THEMSELVES

The problem with which the metaphysician ever deals - is cause. An observation of effects often leads to the discovery of cause. -- Hence the metaphysician must ever be observant.

In the matter of voice, for example. It often reveals or betrays personality. Here are some observations that will be useful.

A whining voice is indicative of a selfish nature. -- Such a person needs to learn that as you give, so shall you receive. It is difficult for the selfish person to realize that thoughts of "getting" are rarely productive of desired results. -- It is true nevertheless that success is generally achieved by those who think in terms of accomplishment -- of service - of making something or doing something for others. -- "Getting" is an end result; an effect - and is best accomplished by satisfying others - and the range of human desires is without limit. We shall make a study of many of the basic ones.

A monotonous voice is indicative of a sluggish, dull nature. Such persons are generally set and determined.

A suggested course for such persons includes the acquiring of a sense of humor, learning that to take one's self too seriously is not conducive of pleasure, and realizing that we live in a changing world, and that it is possible for any of us to be mistaken in our ideas. -- The set and determined will find advancement and progress will be greater if they will join the questioners and the listeners and will be a little bit more open-minded and will heed the admonition - "Blessed are the meek, for they shall inherit the Earth."

A high-pitched shrill voice which ascends to a scream is indicative of a highly excitable person.

The great lesson to be learned by such persons is that if they would control other people they must first learn to control themselves. They could with profit to themselves often read the inscription in the King's ring: - "This too will pass away." -- (Instruction Number Six).

A low-pitched, rasping voice is very generally possessed by one with a disagreeable nature. It is possible that in some cases it is due to carelessness - but it is always disagreeable to the listener.

If it is due to a disagreeable nature - then a reworking of the inner nature of the "animal" is called for. -- Love is a great solvent - and the great truth that friends are made and people generally are moved by agreeableness, should be learned.

A breathy, weak voice is indicative of shyness, a person lacking self confidence and poise. Underneath this is a form of fear - generally a fear of people.

We have seen a poor salesman, always calling on small persons in connection with transactions involving small sums, blossom into a good salesman handling transactions that run into thousands of dollars by the simple suggestion that people are not going to bite you nor strike you and surely are not going to kill you, for just talking to them - and that the "bigger" the person, the more considerate they are. That is how they got into the "bigger" class.

The breathy, weak-voiced can cultivate confidence and poise. A rough and tumble personal consultant in giving advice to one thus afflicted said: - "Boy! Just know your stuff and you will shed shyness like a duck sheds water."

The "fast talker" who just runs on and on and ends in a monologue generally has a case of "nerves."

Among other suggestions for such a person, is to do some deep breathing - to learn to relax - and to rehearse his thoughts and learn to condense his conversation. -- Of course it is basic to get to the root of the evil. "Nerves," has a subconscious background.

Again - we have those with sickishly sweet voices - too suave - dripping honey.

This is indicative of insincerity. The course of treatment in such cases runs along the line of a preachment on the value of sincerity - a virtue, without which no lasting friendships are made and great heights are never scaled.

A loud, booming voice (big noise) is possessed pretty generally by a heavy set person - heavy in the mid-section and around the jowls, or a dark haired, bushy headed, straight-as-a-ram-rod individual. Here we have indicated a person who wants others to do the work and he wants to direct (inclined to laziness). - It might be called a politician type - or a "boss" type.

"The empty barrel makes the most sound" comes to mind. Pretty generally in this bracket we have one who consciously tries to impress. Some would classify him as a know-it-all and cock-sure in his opinions. Subconsciously he is aware of an inferiority and his life battle is to cover it up - to bluff his way through. The metaphysician is not often called on by this type. He knows all the answers - and self improvement never enters his head. Improving others is his specialty.

Here we need to start at the grass roots, - fill the barrel. Education in its fullest range is his need - A rude awakening to the fact that he has not impressed many would be painful. Mediocrity is always the lot of such individuals. If fired by a strong ambition - strong enough to make him go to work and to study - he might come out of it and his voice would naturally reach a lower pitch.

Along with those who have out of the ordinary voices - we have those with speech peculiarities - for instance the person who is explaining something and who forever dots the recitation with such phrases as "Do you see?" - "You understand?" "Do you get me?" or some other oft repeated expression.

Here we have another case of "nerves." Such persons should avoid exciting situations - or contacts that are irritating. Relaxation and calmness and poise should be sought or induced.

It is of course understood that the careful student of humans will not jump to conclusions - and the above are but suggestions of possibilities in personality analysis. -- We do not set them up as infallible.

The person who keeps wetting his lips while talking - is often given to telling untruths - but probably all who keep sticking the tongue out to wet the lips are not liars. It is a nervous habit - and inordinate liars will develop some tell-tale nervous habits - accompaniments to tall-tale variations from facts.

We sometimes find the individual who in conversations cocks his head to one side - like a bird that hears or seeks to see something he knows not where.

This is a pose --- Poses are not natural. This indicates often a forth-coming remark meant to impress with the acuteness or wisdom of the poser. Here is again indicated an inferiority complex with its concomitant egotism. Sometimes this posing is carried on so long that the natural carriage of the head is slightly cocked to one side - and will be generally accompanied by shoulders slightly humped up, giving the impression of a short neck. It will generally be found on those who are handsome - run to looks and not to brains.

We know that thoughts are accompanied by physical reactions - and he who varies from the natural (just being one's self) runs the risk of giving away his variation from the natural by physical signs which the informed can decipher.

Perhaps you have met with those who in narrating events will throw in remarks from time to time along this line: -- "That's the God's Gospel Truth" or "That's the truth, if I ever told it" or "I'm telling you the truth" or some other affirmation as to the truth of the statements.

Why should one keep affirming that a statement they make is true, when it has not been questioned? The subconscious has a way of impinging upon the utterances of those given to varying from the truth.

The way a person walks - the carriage - is also indicative of the thought processes. There are those who suspect the honesty of the person who sort of leans to one side and then the other as he walks - and each step sort of brings the side of the body

forward first - a sort of snake roll, as it were. On the stage the actor portraying the villain or the bully often imitates this walk.

Some there are who call the eye the window of the soul, and the eye is often an indication of personality and character. We have all observed the eye flash anger - the pupil of the eye narrowing down to a small point - or eyes open with fright or terror, the whites of the eye showing all around the iris - or the eye droop with sadness or the darting, furtive eye. It is of course true that the thoughts have a physical effect upon the whole system and the eye is particularly responsive to the emotions. Does not the song composer write of the "eyes of love" - and the novelist the "eyes of lust?"

There has developed a common saying - "He can't look you in the eye," intended to convey the meaning of unreliability. Our observation is that this is rather an unreliable gauge. It has become so common to the common understanding that crooks and the unreliable have practiced staring into other people's eyes - and in these cases the eye is not responsive to the emotions but is consciously directed - and then the interpretation is "boldness" - "defiance" and "audacity."

So responsive is the eye to the mind and the physical changes of the body there is being made the attempt to diagnose physical ailments by charts of the eyes. It has to date not reached the stage of perfection nor general acceptance. It is mentioned here as a suggestion that metaphysician be observant of the eyes, but a grain of caution is also dropped. -- Do not stare in a way to become offensive. Shy - self-conscious and uncertain individuals avoid looking direct into other people's eyes, and "tighten up" when gazed at - and the helpful attitude is to bring about confidence in the operator - and relaxation is a concomitant of confidence.

The way a person works, if closely observed, is indicative. The sloppy bundle wrapper is possessed of some sloppy mental processes. The careless dresser has some careless thoughts and the whole range of human action stems from certain mental processes.

The process of human analysis may be slow but never doubt -- The mind has a way of revealing itself.

As metaphysicians, we can look upon our studies as of a religious nature -- if religion in its true sense is a way of life.

We must also start from the basis that we are working for good - and that the way of achievement is to let good come to us by removing such obstacles as worry, fear, resentment and all feeling of lack or loss - and all of the horde of negatives.

We must accept the premise that everything that is must be perfectly natural -- Even Deity must be natural, not supernatural -- for the true understanding is that God is a part of the allness of everything - and that the real you is a part of this allness.

This truth about ourselves gives a sense of harmony and unity within and without -- and thereby power flows to us and through us and the greater things of which Jesus spoke come within our grasp - and we do act with faith and assurance and become effective instruments in the world of man.

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Day by day the medical fraternity approaches nearer to understanding. The American College of Physicians at its twenty-seventh meeting was told by Dr. Edward Weiss of Temple University Medical School that chronic victims of aches in the muscles and joints may be suffering from nursing a smouldering grudge against some one close to them.

The fraternity calls it "psychogenic rheumatism." There is a physical symptom - actual aches and pains and often a slight fever - and a physical examination and laboratory study finds no organic ailment. It all stems from a "disorder of the feelings" - an emotional cause - thoughts taking form.

Long continued there must and would come about organic ailments -- and yet they "shy" at the admission that organic disorders can have any other cause than those termed "physical."

M. D.'s have come a long way. They have classified the character of thinking that causes "stomach ulcers" - and now "psychogenic rheumatism." -- They will come all the rest of the way.

He who departs from thinking upon all things good, risks physical reactions. Human ailments stem from mental processes in the great majority of cases. It is a two way lane. A correction or reverse of the thinking process is nature's road to recovery. Marvelous indeed are the speedy results from just uncovering and facing the repression or smouldering fires of subconscious maladjustment. -- Yes! There is a mental sunshine - and he who by his life, conduct, or speech helps to spread it, is a true metaphysician.

The unity of mind and body should be the most apparent thing to every individual, for these he has ever with him, and the consequences of his own mental folly is ever visited upon him - but man is inclined to ever look outward for his causes, his God and his heaven - and even worse, he has a "blind spot" with respect to the unity of the individual and the Universal. The world is man's to fashion - but most are fashioned by the world. - He seeks without that which is within.

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THOUGHT GEM

"In silence, great things fashion themselves" -----Carlyle.
Man talks, to no avail, for ideas do not find birth in talk but in thought.

Even Jesus found it necessary to get away from the crush of life, to get away to a quiet place. - He went up into a mountain to pray.

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