

THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

JUST A REMINDER:

Are you practicing deep breathing: Oxygen is a purifying agent. Keep the blood stream pure.

Are you moderate in your eating: All food has to be processed in its passage through the body. Do not overwork "the machinery of life."

Do you stretch? Cramped positions put the natural organs in unnatural positions - and a little stretching may do for you what many people pay money to have done for them.

Do you take a moderate amount of exercise? Walking briskly is good medicine - and who wants to get "flabby?"

When you bathe do you give yourself a brisk rub down with the towel? It sort of makes you glow.

When you are mentally disturbed do you forego food? When you are "boiling" inwardly is a mighty poor time to "take on groceries."

Do you relax quite frequently? Most people who look "worn" cannot and do not, and it becomes their undoing.

These are just a few reminders. You are a triune individual - body - mind and spirit. Don't neglect the physical.

Instruction lll, which accompanies this letter, is a reminder in matters mental.

If we have not heard from you in some time, this is a reminder to write us. To know that you receive and study our instructions is all important with us. There are literally hundreds of thousands we could reach and our expansion program must of necessity be limited - and planned. So long as we know we reach the interested - the serious - and those who desire a more abundant life one hundred percent - we are content to expand gradually. And we know that from each such person there will be going out demonstrations of the efficacy of the good life - and in the end we will influence all mankind.

Sincerely,

S. Hamner Davis

#III



THE **Essenes**

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INSTRUCTION 111

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

HAPPINESS CAN NEVER BE THE GIFT OF GOVERNMENT.
HOUSING PROJECTS, CONTROLS OF OUR ECONOMIC STRUCTURE,
INCREASED WAGE SCALES, AND REFORMS OF LIVING CONDITIONS
OFFICIALLY MANDATED DOES NOT EVEN APPROACH THE PROBLEM.

HAPPINESS COMES FROM WITHIN. IT IS THEREFORE A
PERSONAL PROBLEM AND THE SOLUTION RESTS WITH THE
INDIVIDUAL.

A PHILOSOPHY OF LIFE BASED UPON ETHICAL PRINCIPLES
THERE MUST BE. PERSONAL QUALITIES! THEREIN IS THE FIELD
OF ENDEAVOR. SIMPLE GOODNESS AND A CLEAR CONSCIENCE IS
THE SIMPLE ANSWER. SELFISHNESS IS AN INSURMOUNTABLE BAR --
FOR AS YOU GIVE, IT IS GIVEN TO YOU. THE LAWS OF SOWING
AND REAPING PREVAIL IN THE MENTAL AND SPIRITUAL WORLD AND
THE PERMANENT ABODE OF HAPPINESS IS THEREIN.

ORIENTATION

It is not our promise or purpose to make psychiatrists, psychoanalysts or healers in any sense, but rather to instruct with respect to a way of life which will make you self sufficient - strong in body, mind and spirit - and give you that understanding with regard to which all religions and philosophies give such strong and valid promises.

There is a strong tendency when one is studying along a certain line to over-emphasize the importance of the subject. A correct balance is not maintained.

The physical culturist claims transcendent importance for the physical -- muscle is all. The food fadist, the vegetarian, the dieticians make rather broad claims, going to the point of claiming "man is what he eats."

The medical fraternity has made many errors with respect to the use and importance of drugs, and has been skeptical and severely critical of anything not in accord with their then accepted practice.

Fortunately, we are entering an era in which the mind is given its proper place in treatment for human ills, for it is a fact that in this modern day more than half of all patients in hospitals suffer from mental disorders and fully eighty percent of all receiving medical care have symptoms induced by emotional and mental malfunctioning.

In this, the third year of our course in Life Science, we must get a true understanding of, and avoid so far as possible, misunderstandings of mental illnesses.

There is a vast difference between insanity and neurosis.

Insanity is not inherited. People do inherit a predisposition or susceptibility to the development of the personality traits of their parents. In the final analysis this may be boiled down to mean that all are subject to suggestion and are influenced by their environment.

There is a strong tendency in people to imitate the personality defects of parents.

It can be generally stated that insanity does not come on suddenly, but in ninety-nine cases out of a hundred it is a development from mental symptoms that have gone unrecognized for several years. It might be reassuring to some to know that those who fear going insane in very rare cases go insane. The fear of insanity is a defense against the possibility. Such fears in persons may make them neurotic.

Insanity is not incurable. Today we have shock treatments, psychoanalysis, psychotherapy, occupational therapy and other methods. Of course, it is a different story if the brain tissue is injured or diseased as in "paresis" a form of insanity characterized by softening of the brain due to syphilis.

If persons are neurotic, they can of course be cured. It is quite simple. When one knows that his symptoms are but defense mechanisms, and becomes master of his emotions, his cure is half effected.

What a neurotic needs is understanding. This he is not going to get by having said to him: "It's all in your mind" -- "Snap out of it" -- and likewise a cure will not be effected by abuse and blame, nor will pity and sympathy do the trick, for that is what most neurotics seek.

The required mental medicine is a change in the mental attitude of the patient toward himself and his surroundings. Neurotics are pretty generally just children at heart. They want attention and sympathy. They are generally over-sensitive and over conscientious. They feel insecure -- out of place. They just lack the understanding which will enable them to balance their lives properly. They often lack a sense of humor - and take themselves too seriously.

There is nothing mysterious or strange about these childish attitudes carrying over into adult life. If a child has neurotic parents - suggestion is ever at work - and the child tends to adopt the same neurotic patterns of reaction as its parents display. Usually neurotic conditions in an adult is a flowering of a seed planted in childhood. If they lacked love and affection from their parents, a seed was planted. An over-attachment to one or both parents might be a seed.

You can put it down that a neurotic has a weakness in his emotional make-up. He needs reorientation - the rationalizing of his attitudes. Fears and phobias call for a mining process to unearth the cause from which they stem.

It is a rainbow in the sky when medical journals carry articles like the one we now quote:

"There are two days in every week about which we should not worry -- two days which should be kept free from fear and apprehension.

One of these days is yesterday, with its mistakes and cares, its aches and pains, its faults and blunders. Yesterday has passed forever beyond our control. All the money in the world cannot bring back yesterday. We cannot undo a single act we performed; we cannot erase a single word we said.

The other day we should not worry about is tomorrow, with its possible adversities, its burdens, its large promise and poor performance. Tomorrow also is beyond our immediate control.

Tomorrow's sun will rise either in splendor or behind a mask of clouds - but it will rise. Until it does, we have no stake in tomorrow, for it is yet unborn.

That leaves only one day -- today. Any man can fight the battles of just one day. It is only when you and I add the burdens of those two awful eternities - yesterday and tomorrow - that we are liable to break down."

--- Illinois Medical Journal.

In the treatment of neurotics we must have certain conditions. The patient must want to get well. The willingness and desire to be helped must be present. If there is resistance, conscious or unconscious, a barrier is thrown up. The ideal situation is where there is an emotional relationship of confidence between the helped and the helper.

The work of the Essenes speaks for itself. We are not given to singing our own praise, nor is this said in praise of our work, but rather in praise of those we have selected to receive our material. Countless are those who have raised themselves by their own bootstraps from positions of unhappiness - despondency, despair and defeat, by the study of our instructions. The secret lies in the fact that they recognized that within themselves was a weak spot -- They sought self improvement and they sought aid. This established what might be termed rapport - a relation of confidence - and to them is all credit due.

The real approach to the solution of knotty problems and the key to successful handling is to get emotional relaxation. Be realistic and objective. Act as though the problem were that of another and you were called upon to judge and to provide the answer. Be a consultant and not the party involved. In this way the problem will not take on life and death aspects and will not be so important. Just detach your feelings and do some intellectual, rational, and unharried analysis of the situation and some studied thinking of the proper action. Study not avoidance of the situation - but meeting it.

There is in everyone - everywhere - a normal desire to "get somewhere" -- What you want to be, to do, to know, to see, to master and to have. This is your plan - your vision (the first step to mastery). If written out it takes definite form - and doubt not - thoughts do attract realities.

Wanting to "be successful" is vague and indefinite, wanting to "do things" lacks outline, wanting "to know all the secrets" is hazy, - and indicative of superstition and misconception, for life is made up of simples. Wanting to "see the world" is a lack of direction, wanting "to master circumstances" is misdirection. Mastery of self is the solvent, and wanting "to have millions" or "to have plenty" shows wishfulness, but not desire, which must be the motive power to carry you through. You want how much to do what is the approach to real desire.

In the world of governments we have heard of five year plans - ten year plans and twenty- year plans. But of individuals with one year - five year or life plans we hear little. It may well be that this is the reason the great majority are failures - and few are really successful. Purposeful lives are the successful lives. A purpose is an incentive to effort - and the subconscious can and will point the way - when the aim is definite - meaning defined.

Your one year plan or your five year plan or your life plan will doubtless undergo changes - alterations or even partial abandonment. That is good. It shows thought centering around an objective. It evidences growth in mental conception and the converging of the ideal and reality.

In the preparation of "your world" plan - in writing you have an immediate basis for analysis. This too should be written. It will contain all the obstacles (let's call them problems) to be overcome to attain the plan.

It might show a need for education along certain lines - a need for capital - a need for a change in associates - location or character itself. There is no need for discouragement here -- when the subconscious is definitely impressed with a lack or a need it has "food for thought" - and it is a "way-finder."

When you have listed the problems, there naturally follows the question - what can be done about them? And then the plan begins to take on definiteness -- perhaps changes, for you write out what can be done to solve the problem, because each solution brings you nearer and nearer to a definite goal - and effort is centered upon solutions.

Such is life - a step by step progression - living and acting in the today - with the mind's eye upon tomorrow - never looking backward. And here we might again call your attention to the value of questions - and to Instruction

In selling, we must remember that the buyer is seeking a means to an end. It is not the thing sold that counts, but what the buyer can do with it or get from it. Then why not stress the important thing - the end result.

We are all salesmen selling our ideas, our ambitions, our enthusiasms - our hopes - and even ourselves.

Does it not seem logical then to stress what these can do for the other fellow - for he has ideas, ambitions, enthusiasms and hopes - and he is selling himself to a cause.

A sale is made when he is convinced his cause will be advanced by acceptance of your offer.

The true metaphysician is ever helpful in pointing the way of attainment - assisting others to advance their cause - and it is a glorious sale when he brings to a man the realization of the simple truth that within him is the answer to every problem - his ability to give measures his capacity to receive.

A man with driving desire should be unaware of limitations. To think upon limitations is to think negatively.

A desire to be of use will pull you through. It works like magic - and yet there is no magic in it.

Success is the result of creative thinking - it comes to him who most efficiently feels the need of other people - and directs his thinking to filling of their needs.

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