

THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

Dear Friend:

Again we greet you in all love and understanding, for this instruction will reveal the part understanding plays in the regeneration. When Jesus Christ washed the feet of the Disciples He was cleansing their understanding; and you will find the "washing of regeneration and renewing of the Holy Ghost" familiar speech in the New Testament.

Regeneration means to be endowed with new life, to be filled with a zest for living that will pervade your whole way of life, and love will open new ways for manifesting this life.

Let us take the shoes of bondage off of our feet and walk joyously and freely before the Lord. Let us unbind our hands from frustration and limitation and offer them as means of carrying out the will of God in perfecting beauty, and may the joy of the Lord be your never-ending strength.

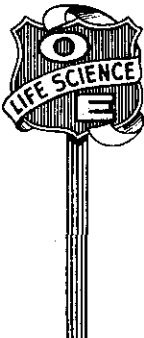
Faithfully,

THE ORDER OF THE ESSENES

Enc. 135

By

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THE Essenes

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INSTRUCTION 135

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

I WILL SING OF THE LOVING KINDNESS OF JEHOVAH
FOREVER,
WITH MY MOUTH WILL I MAKE KNOWN THY FAITHFUL-
NESS TO ALL GENERATIONS.
THOU HAST A MIGHTY ARM.
STRONG IS THY HAND AND HIGH IS THY RIGHT HAND.
RIGHTEOUSNESS AND JUSTICE ARE THE FOUNDATION
OF THY THRONE;
LOVING KINDNESS AND TRUTH GO BEFORE THY FACE.
BLESSED IS THE PEOPLE THAT KNOW THE JOYFUL
SOUND:
THY WALK, O JEHOVAH, IN THE LIGHT OF THY
COUNTEenance.

VERSES FROM PSALM 89.

THE WAY OF BEAUTY

Some schools of thought call man the reflection of God, but we think of man as a spiritual being with the very spirit of God moving in Him to will and to do God's will. As man inbreathes he will speak the word of Truth, quick and powerful. Man will know himself as the Lord and standing in conscious dominion will say, "Thus saith the Lord."

As the body does this, the mouth, the tongue, and the lips shall breathe the Heavenly music in the Divine word of healing charged with power from on High. The organs of speech compose an orchestra, the tongue modifies sound and gives it tone and the lips give fine variations to the sound. The body is the outpicturing of God, rather than a reflection. The true body is invisible, and the true breath is spirit, but God makes Himself manifest. When you look out into nature, you are instinctively drawn to the Maker. Is it any wonder primitive man worshipped the spirit of the trees, and that modern man finds delight in farming, gardening and raising fine flowers? They speak to man of God. Also we come into new respect for the body as the temple of the outer side of the will of God, and we find new meaning in statements such as: "Who shall ascend into the hill of Jehovah; and who shall stand in His holy place? He that hath clean hands and a pure heart. And hath not lifted up his soul unto falsehood." (Psalm 24::3)

He who holds himself and his body holy will find his breath touching the heights of Being and his word charged with an inner essence. Some people wonder why their affirmations and denials do not work, but there is no deific essence in them and no power because their eyes are not fixed on God and they have not breathed the breath of God; they are just parrots with nothing back of what they say. Hollow words strike and burst because the student has not been still enough to know God sufficiently for his word to accomplish and not return void. It is the breath of the Almighty that gives man understanding.

Jesus moved up and was not seen. He went back to the great Breath until his body could not be seen by carnal sense, but can be seen anytime by one who can reach up. The so-called unseeable can be seen. So we have a certain reverence for the breath, since the lungs are the lights of the body.

The omnipresent breath of God is spoken of as atmospheric air and one can observe how things such as smoke go into the air and are gone, but where do they go? The air takes it in and makes it nothing. In large smokey cities on cloudy days the air is dark and heavy because there is the curtain of the cloud to keep the smoke from disappearing. If there are poison fumes held close to the earth in this manner, people become ill from breathing it. In the Reader's Digest for February, 1949, there was a quotation from a book, "No Place to Hide", by David Bradley, in which we were especially struck

with what was said along this same line to the effect that some of the lingering poison of radio-activity is carried aloft into the stratosphere, where it can be diluted to the point of insignificance in its slow fall out. In this linking of the physical with the metaphysical, can we see that God is everywhere? We get a new respect for the knowledge and insight the ancient Bible writers had by reading Psalm 139, for beginning with verse seven - we quote: "Whither shall I go from Thy Spirit, or, whither shall I flee from thy Presence, if I ascend up into Heaven, Thou art there; if I make my bed in Sheol, behold, Thou art there." If you read further, you will see the writer knew that God is everywhere present. In the New Testament, Luke 17::20 - "The kingdom of God cometh not with observation: neither shall they say, Lo here!, or there, for lo, the Kingdom of God is within you."

When man gives himself wholly, and all his strength is centered on the One, he shall be lifted up and the two shall become one. The redemption of the body is done with the mind and heart and it finds its correspondence in the health giving outer. The lungs are the driving inspiration while we are asleep. "He that keepeth Israel, will neither slumber nor sleep." Psalm 121::4. We shall enter regeneration, not of ourselves, but by giving ourselves to the Holy Breath. The spirit in man is the light of God; it makes the hands and feet strong and able, quick and swift.

The feet, like the hands have a different office, but the thumb of the foot does not adjust as that of the hand, but in a straight line. It has much to do with keeping the balance of the body. The soles of the feet and the head are connected, which is significant in regard to the balance in the mind. The feet correspond to the power in man to move from Truth to Truth. They are linked with the love of obedience to the Divine Will and law, for, to have strong feet, one must love the good and the true for the interior controls the exterior. Love draws the outer man into obedience, so the feet have a connection with the interior. One must delight to do right. The feet are connected with the seat of wisdom. The voluntary will is in the cerebrum, so the feet are connected with the will.

To delight and to meditate on the Divine Law brings one into regeneration and it is expressed in the feet, because they signify the love one has for the law of the Divine. The right side of the body corresponds to the good or positive from which is Truth and the left side is the one through which it is exercised. The right arm is related to the will and the left arm is related to thought. The right hand as a rule is larger and more responsive, carrying out one's own will. While the left hand hesitates and gives in to the will of others.

Now the feet have a relationship to that of the hands for the left is more positive than the right. The Army moves forward on the left foot, which is correct according to spiritual law, and it is certain. But the turn from the left to the right is not so sure. If one is in

a hesitating state, you are prone to go to the left, but in a confident state, the left foot comes forward and you go to the right. If one is established in the love of obedience to the good, the spiritual forces girate from left to right, but if in doubt, we go in the opposite direction.

The balance in the body is kept by the feet and if they are out of order, there is trouble in the whole body, so we have to look in the consciousness to find if there is obedience to the Heavenly law. If we lose our love for Truth, we have fallen arches. The toes lose their flexibility through disobedience and one such lacks wisdom and discretion. A discreet person has good foot action, which is particularly noticed in a horse. Your gait is your fate, for the foot feels the ground in every step, as to the right things upon which to rest the mind. "My son keep sound wisdom and discretion, then shalt thou walk in thy way securely, and thy foot shall not stumble." (Proverbs 3::21). "How beautiful upon the mountains are the feet of him that bringeth good tidings, that publisheth peace, that bringeth good tidings of good, that publisheth salvation, that saith unto Zion, thy God reigneth." (Isaiah 52::7)

If we understand the Divine we will catch the peace that is there, for great peace have they that love Thy law. "He that walketh uprightly, walketh surely." (Prov. 10::9). There is so much in the scriptures about walking that we must conclude that the feet are important symbols to us. With the baptism of wisdom one moves from truth to truth, until he reaches the secret place, the throne room from which comes the Heavenly edict, and only such dwell in security. He makes the way straight before us and we have feet to walk in high places and to show forth the God spell or Gospel.

Isaiah and Paul announced the same thing, that is, if the outer man walks in the straight and narrow way, he lives in a higher order. The more alive and enlightened people walk on the ball of the feet, they do not pound the heels; they bound along with a quickness and a surety, never slipping, and they are quick and active, turning to the right thing instinctively. People, who are always bumping against things, often have foot trouble.

If we walk on the mountains, we enjoy the air that is rare and deep, so if we dwell in the higher consciousness, high things are revealed to us. We know there is a finer essence and a finer wisdom and we touch it according to our love and obedience to the Divine Will, which enables us to move from height to height. To say that a student walks through a subject means he has a keen mind, which made the subject easy and understandable.

Some of the frequent disorders of the feet are called corns and bunions, which denote a feeling of being thwarted and the friction of life has caused disappointment. Such a one is in love with himself rather than the Heavenly Will. Bunions also are due to a dis-

obedience to a higher law. A timid person turns the toes in and we call it "pigeon toed". A studious person has a long foot, denoting the ability to reach out and delve into things. Occasionally one is born with six toes on each foot, denoting the attempt to go beyond one's present sphere, for a larger expression tends to increase the vehicle. So one learns to bless the feet, holding them in respect and love because of that which they represent, man's free movement in Spirit.

The hands are useful members of the body and can be trained to do anything, for it is a marvel of muscle, tendon and vein, denoting the ability to grasp things. As the body is the outer reflection of the inner man, the hand is made from the desires and loves of the heart. The hand signifies one's love of service, as the heart is the organ of affection. Therefore, we often determine our likes and dislikes through the feel of the hand. The palm and the inner lining of the fingers are very sensitive and no two hands are alike. This is the reason we can have a system of finger-printing, because the lines are records of the desires and wishes in the soul of man, and the grasp on spiritual principles. Don't allow people to read your palm, unless you are willing for them to see your real, innermost self.

The hand not only indicates the love of service, but denotes the power to receive, hold and pass on ideas. The more you impart the Truth, the more you retain, and the more we receive from the higher consciousness, the more the hand indicates it by independence of muscle, even to the building of auxillary muscles often found in musical hands. The working hand of the laborer is not so sensitive, because the handling of heavy instruments thickens the skin.

The wrists enable the hand to rotate; the fore-arm and shoulder give more freedom and what one wants to do with the hand is backed up by the whole body. The inner acts through the outer; love and wisdom flow out through the hands, directed through speech, which is the organ of thought. In writing, we show what we know. The office of the hand is for service to man, one to another, for serving and ministry make a fine hand through which one can read character. There is a pleasing sensation between the hands of two in inner harmony, but the soul withdraws when it senses something it doesn't wish to feel.

There is a system of healing by the laying on of hands as Jesus sometimes used that method and gave His apostles that power. One who has taken on Christ is conscious of the power that flows out through the hands, but it is not necessary to lay on hands when we know Omnipresent Spirit, for it is the part of discretion not to touch people, when we can contact the Supreme through faith. The outer is a limited expression of Divine love and the "everlasting arms" are the supporting power of Divine Love. A knowledge of this gives good shoulders, arms and hands. Pain indicates that we are

not conscious of the supporting, protecting love of God. Do not condemn the body, because it can be redeemed and act rightly, for a strong body is necessary. A weak, unbalanced body can be taken off its feet easily. Without a perfect contact between soul and body, we are not strong enough to handle certain situations.

We spend time in prayer to be charged with Deiffic essence, with the feet on the ground and the head in the Heavens, symbolically speaking. We establish co-ordination and are willing to do the Will of God so we can have intuitive perception and instruction from Spirit.

* * * THOUGHT GEMS * * *

"Wherefore lift up your hands that hang down and the palsied knees and make straight paths for your feet, that that which is lame, be not turned out of the way, but rather be healed."

Hebrews 12:: 12-13

My understanding no longer rests upon matter or material conditions as the foundation of my being. I am Spirit, the son of the living God.

I do not believe that my life has hard places in it. Every stumbling block in my way is now removed, and the Spirit of life and love fills every seemingly hard place with its peace and joy.