



ESSENES TEACHINGS

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PERSONAL DISCOVERY THROUGH SEVEN WEEKS OF ESSENE COMMUNION
INDIVIDUAL INVENTORY & JOURNALING

Welcome,

This book is an adaptation of Edmond Bordeaux Szekely's (pronounced Say-Kay) translation. It is designed for you to delve into the teachings daily, and participate with your own thoughts, insights experiences. It is a practical guide for you to be able to pray, with this as a daily companion, but also for recording your thoughts. It includes weekly "study guides" for seven weeks. As is revealed in the Teachings, adapt these to your life in a way that feels natural.

PROLOGUE TO THE COMMUNIONS

Previous to speaking the actual words of a communion, the Essene solemnly and reverently repeated the following prologue: "I enter the Eternal and Infinite Garden with reverence to the Heavenly Father, the Earthly Mother and Great Masters, reverence to the holy, pure and saving Teaching, reverence to the Brotherhood of the Elect." He then thought reverently about the angel or force with which he was about to commune, contemplating its meaning and purpose in his own life and body, as taught in the first part of the Communions. Following this prologue he spoke the actual words of the Communion.

THE ESSENE TREE OF LIFE with the Morning and Evening Communions

"May He bless thee with every good, may He keep thee from all evil and illumine thy heart with the knowledge of life and favor thee with eternal wisdom. And may He give His Sevenfold blessings upon thee, to everlasting Peace."

THE ACTUAL NOON CONTEMPLATIONS

The Noon Peace Contemplations, dedicated each day to a different one of the seven aspects of Peace, were addressed to the Heavenly Father, requesting him to send the Angel of Peace to all, and then to send a certain one of the angels to strengthen each aspect of the Sevenfold Peace.

Sunday

Morning

Communion with the Angel of Earth: "Angel of Earth, enter my generative organs and regenerate my whole body." As he says this he contemplates

the life-generating soil and the growing grass, feeling the currents of the Angel of Earth transforming his sexual energy into regenerative forces.

Contemplative Force: Angel of Top Soil
Regeneration - Earth Growth Glands

Noon

Peace With the Kingdom of The Earthly Mother:

"Our Father who art in heaven, send to all Your Angel of Peace; to the kingdom of our Earthly Mother, the Angel of joy."

Peace Contemplation: Kingdom of the Earthly Mother

Evening

Communion with the Angel of Creative Work gives this command: "Angel of Creative Work, descend upon humanity and give abundance to all men." The contemplation is upon bees at work, and the creative work of humanity in all spheres of existence is concentrated upon.

Monday

Morning

Communion with the Angel of Life: "Angel of Life, enter my limbs and give strength to my whole body." He now contemplates trees as he feels himself absorbing vital forces from trees and forests.

Contemplative Force: Angel of Trees Vitality - Life Force

Noon

Peace With Culture: "Our Father who art in heaven, send to all Your Angel of Peace; to our knowledge, the Angel of Wisdom."

Peace Contemplation: Culture

Evening

Communion with the Angel of Peace: "Peace, peace, peace, Angel of Peace, Be always everywhere." The individual now contemplates the crescent moon and the moonlight, invoking and visualizing universal peace in all spheres of existence.

Tuesday

Morning

Communion with the Angel of Joy: "Angel of joy, descend upon earth and give beauty to all beings."

He then feels himself absorbing vibrations of joy from the beauties of nature as he contemplates the colors of sunrise, of sunset, the song of a bird or the aroma of a flower.

Contemplative Force: Angel of Beauty Harmony - Joy

Noon

Peace With Humanity: "Our Father who art in heaven, send to all Your Angel of Peace; to humanity the Angel of Work."

Peace Contemplation: Humanity - (Social Peace)

Evening

Communion with the Angel of Power: "Angel of Power, descend upon my Acting Body and direct all my acts." As he contemplates the stars, their radiations, and the cosmic ocean of Life, the individual feels the Cosmo vital forces from the stars being absorbed by the nervous system of the Acting Body.

Wednesday

Morning

Communion to the Angel of the Sun uses these words: "Angel of Sun, enter my Solar Center and give the fire of life to my whole body. As these words are spoken he contemplates the rising sun and feels and directs the accumulated solar forces radiating through his solar center, located at the solar plexus, sending them to all parts of his body.

Noon

Peace With the Family: "Our Father who art in heaven, send to all Your Angel of Peace; to our family and friends the Angel of Love."

Peace Contemplation: Family - (Feeling Body)

Evening

Communion is with the Angel of Love: "Angel of Love, descend upon my Feeling Body and purify all my feelings." While this is being said the Feeling Body both sends and attracts superior currents of feeling to and from all beings on earth and all those in the cosmic ocean of Love.

Thursday

Morning

Communion with the Angel of Water: "Angel of Water, enter my blood and give the water of Life to my whole body." As he says this he contemplates the waters of the earth, in rain, river, lake, sea or anywhere, and the currents of the Angel of Water are felt intensifying and directing the circulation of the blood.

Contemplative Force: Angel of Blood Circulation - Water Rivers

Noon

Peace With the Mind: "Our Father who art in heaven, send to all your Angel of Peace; to our mind the Angel of Power."

Peace Contemplation: Mind - (Thinking Body)

Evening

Communion with the Angel of Wisdom: "Angel of Wisdom, descend upon my Thinking Body and enlighten all my thoughts." Superior currents of thought are then sent and attracted by the Thinking Body while the individual contemplates all thought on earth and in the cosmic ocean of thought.

Friday

Morning

Communion with the Angel of Air: "Angel of Air, enter my lungs and give the air of Life to my whole body." The one communing contemplates the atmosphere as he says this and breathes rhythmically.

Contemplative Force: Angel of Breath Energies of Air - Atmosphere

Noon

Peace With the Body: "Our Father who art in heaven, send to all your Angel of Peace; to our body the Angel of Life."

Peace Contemplation: Body - (Acting Body)

Evening

Communion with the Heavenly Father: "The Heavenly Father and I are One." This Communion in time brings union with the eternal and boundless cosmic ocean of all superior radiations from all planets, as cosmic consciousness is awakened and the individual is finally united with

the Supreme Power.

Saturday

Morning

Communion with the Earthly Mother: "The Earthly Mother and I are one. She gives the food of Life to my whole body."

When he finishes these words he contemplates edible fruits, grains or plants and feels the currents of the Earthly Mother flowing in him and intensifying and directing the metabolism of his body. **Contemplative Force:** Earthly Food Nutrition - Mother

Superior Emotions

Feeling Cosmic

Superior Thinking

Thoughts Body

Final Union

Cosmic with Currents Cosmic Ocean

Noon

Peace With the Kingdom of The Heavenly

Father: "Our Father who art in heaven, send to all Your Angel of Peace; to Your Kingdom, our Heavenly Father, Your Angel of Eternal Life."

Peace Contemplation: Kingdom of the Heavenly Father

The Communions

with the Powers of the Invisible Realms

THE ESSENE TREE OF LIFE

with the Morning and Evening Communions

Evening

Communion with the Angel of Eternal Life

declares: "Angel of Eternal Life, descend upon me and give Eternal Life to my spirit." As these words are said the individual contemplates union with the currents of thought of the superior planets and gains power to overcome the sphere of gravitation of earthly currents of thought.

"May He bless thee with every good, may He keep thee from all evil and illumine thy heart with the knowledge of life and favor thee with eternal wisdom.

And may He give His Sevenfold blessings upon thee, to everlasting Peace."

From "The Manual of Discipline" of the Dead Sea Scrolls

Contemplative Force

Superior Overcoming

Planets Gravity

Bees Creative

Work of Man

Crescent Peace Within

Moon

Stars Nervous System

Superior Cosmic Ocean

Acts of Life



Chapter 6

The Sevenfold Peace

The Sevenfold Peace of the Essenes was the summation of their inner teaching.

Their Tree of Life and the Communions taught man his relationship with the fourteen forces of the visible and invisible worlds. The Sevenfold Peace explains his relationship to the parts of his own being and to his fellow men, showing how to create peace and harmony in the seven categories of his life.

Harmony to the Essenes meant peace.

They considered that human life can be

divided into seven departments, physical, mental, emotional, social, cultural, its relationship with nature and its relationship with the entire cosmos.

Man, it was held, has three bodies that function in each of these departments, an acting body, a feeling body and a thinking body. The thinking body's highest power is wisdom. The feeling body's highest power is love. The acting body's function is to translate the wisdom of the thinking body and the love of the feeling body into action in an individual's social and cultural worlds and in his utilization of the terrestrial and heavenly forces.

The Sevenfold Peace explains the utilization of these powers and forces with the utmost clarity. Every noon a Peace Contemplation was held with one aspect of Peace; and every Sabbath was collectively dedicated to one, the entire cycle covering all phases of man's life being completed in seven weeks' time.

I - Peace With the Body

The word used by the Essenes to indicate the physical body, both in Aramaic and in Hebrew, signified the body's function, to act, to move.

This differs greatly from other concepts. The Greeks, for instance, exalted the body for its esthetic qualities, its proportions and beauty, and were unaware of any deeper purpose. The Romans looked upon the body simply as an instrument of strength and power for conquering nations, planting the Roman eagle in far lands. The medieval Christians disdained the body, considering it the source of all man's troubles, a barrier between man and God.

The Essenes had a much deeper understanding than any of these. They knew that in the acting body, evolving through hundreds of thousands of years, are manifested all the laws of life and the

cosmos; in it is to be found the key to the whole universe.

They studied it in relation to man's whole role in the universe, and their concept of that role was greater than any other which has ever been held. They considered man has three roles: one of individual evolution; second, a function in regard to the planet on which he lives; and third, a purpose as a unit of the cosmos.

The acting body has its part to play in all three of these roles. It is a Divine product, created by the law for the purpose of the Creator, in no way inferior to any other instrument of man, nor to anything else in the universe. It is waiting for man to make conscious use of its terrestrial and spiritual energies.

The Essenes knew that man is not an isolated being alone in the universe, but one among other beings on earth and on other planets, all of whom have acting bodies which are evolving even as is man's own. All of these acting bodies are therefore related to each other and affect each other. Every individual's bodily health and vitality is consequently of the utmost importance both to himself and to all other beings on earth and on all other planets.

The daily practices of the Essenes were derived from this dynamic all-sided concept of the acting body as an integral part of the whole universe and their extraordinary health and vitality was a result of it.

Those who joined their Brotherhoods were trained to perfect the acting body in all three of its roles, and were taught how to adapt it to the constantly changing field of forces in which it lives and moves.

They were taught the effects on the organism of different foods and the different natural forces of earth, the sun, air and water. They were required to follow certain rituals utilizing these forces, such as starting each day with a

cold water ablution and exposing the body once every day to the solar rays. Through practical experience they learned the vitalizing power of working in the fields and orchards and gardens.

They learned how disease is created by deviations from the law and how to heal the diseases that result from the deviations. They were taught the qualities and curative powers of different herbs and plants, of heliotherapy and hydrotherapy, and the proper diet for every ailment. They were instructed in right breathing and in the power which thought holds over the acting body.

They learned the material and spiritual value of moderation in all things, and that fasting was a way to regenerate the body and to develop the will and in this way to increase spiritual power.

These practices brought peace and harmony to the acting body. But undue importance was never attached to it. The consideration and care they gave it was solely to keep it in good health as an instrument through which they could perform acts of wisdom and love for their fellowman. In this way the acting body participated in the evolution of the individual, of the planet and the cosmos, thus enabling the individual to become a co-creator with the law and with God.

This was the first peace practiced by the Essenes, peace with the body.

II - Peace With the Mind

The quintessence of the teaching in the Sevenfold Peace was concentrated around peace with the mind, mind, in the Essene terminology, being the creator of thought.

The Essenes considered thought to be a superior force, more powerful than the force of either feeling or action, because it is the instigator of both.

The totality of an individual's thoughts was

called his thinking body. The totality of the thoughts in all the hundreds of millions of thinking bodies around the surface of the earth forms the planetary thinking body; and the totality of all superior thoughts in the universe forms a cosmic thinking body, or a cosmic ocean of thought.

The Essenes considered an individual's thinking body, like his acting body, has three functions, an individual, a planetary and a cosmic function.

Its individual function is to utilize the power of thought to guide and direct the currents of feeling in the individual's feeling body, and the actions of his acting body. The thinking body can do this because it penetrates through and through the feeling and acting bodies.

The planetary function is to contribute noble and uplifting thoughts to the planetary thinking body. An individual's thoughts form a force field around him comparable to the magnetic field surrounding a magnetic pole. Into this force field the individual's thoughts are constantly pouring and being sent out, and it is also receiving currents of thought from the planetary thinking body of which it is a part. Every individual thus lives, moves, thinks, feels and acts in this surrounding planetary atmosphere of thought, to which he himself is constantly contributing. He is responsible for the thoughts he contributes, for all the thoughts he sends out.

The third function of the thinking body, its cosmic function, is not readily fulfilled. The cosmic ocean of thought, of which the planetary thought atmosphere surrounding the earth is only an infinitesimal part, consists of all the thoughts in the universe superior enough to have become freed of the planetary forces attaching them to their particular planet. Only those highest thought currents which have overcome the planetary gravitation of their planetary atmosphere become united with the infinite cosmic ocean of thought.

This cosmic ocean of thought represents the perfection of the law, the omnipotence of the law and the omnipresence of the law. It has always existed and it always will exist. It is more ancient than any of the existing planets in the solar system, more ancient than the existing solar system itself, or than the galactic or ultragalactic systems. Eternal and infinite it directs all the steps of the cosmic and planetary evolution in the infinite cosmic ocean of life.

The cosmic function of each individual's thinking body is to create thoughts of so superior a quality that they can unite with this cosmic ocean of thought.

The Essenes considered that the thinking body is man's highest gift from his Creator. For it, and it alone, gives him the capacity to become conscious of the Law, to understand it, to work in harmony with it, to perceive its manifestations in all his surroundings, in himself, in every cell and molecule of his physical body, in everything that is, and to realize its omnipresence and omnipotence. By becoming conscious of the Law, by understanding it, by acting in harmony with it, man becomes a co-creator with God; there is no greater or higher Value in the universe.

Through this most powerful force of thought, this greatest of treasures possessed by man, and his title to nobility, man has the ability and freedom to accomplish whatever he truly wants, to achieve anything to which he aspires that is in harmony with the Law, and thereby to live in the eternal perfection that is the Law.

If man thinks in harmony with the Law he can remedy whatever in harmony he has created in the past; he can recreate his thinking body, his feeling body and his acting body. He can heal all diseases in his physical body and create complete harmony in his environment and world.

But if the currents of thought in the thinking body are not in accord with the Law, nothing else can create harmony in the individual's world.

The Essenes knew that only a small minority of mankind make use of the great capacity of the thinking body. They knew that the majority use their thinking bodies quite haphazardly, unaware their thoughts can be used to build or to destroy. An almost automatic succession of thoughts, ideas and association of ideas passes through their minds without conscious direction. Yet even these drifting elements of thought can create powerful forces that go through and through the feeling body and the acting body, interpenetrating every atom and cell, throwing every particle of them into vibration. From these vibrations radiations go out that are harmonious or inharmonious according to the nature of the thought.

If man fails to become consciously aware of the Law, he deviates from it unknowingly for he is surrounded by fields of inharmonious forces prompting him to deviations. These deviations create all the imperfections in his world, all the limitations and negations in his thoughts and feelings and physical well-being, in his environment, in society and the entire planet. Every time man creates or accepts an inferior thought, he is accepting an inferior force into his world.

The inferior force, according to the strength of the thought, reacts on his feeling body. This sets up an emotional disequilibrium in his feeling body, which in turn reacts on his physical body.

This disequilibrium automatically causes further deviations, further inharmonies, further diseases in the feeling and acting bodies. And these inharmonies, these diseases, create an inharmonious atmosphere around the individual which affects the thinking, feeling and acting bodies of all others who are not conscious of the Law and do not know how to protect

themselves from receiving all those inferior thoughts created by the individual's single deviation in thought.

So every individual who has an inferior thought, a limiting, negative or inharmonious thought, starts a chain reaction of deviations which spreads throughout the planet and the planetary worlds, causing even further deviations, negations, limitations and inharmonies.

This inharmony is contagious ' just as many diseases are contagious. But the great Essene masters taught man how to prevent these waves of inharmony, right at their source, before the first inharmonious thought is created. They taught man the right way of thinking, the way of never deviating from the Law, never receiving or accepting into the consciousness any thought less than perfection.

These great masters also taught that man is free to work with the Law if he so desires, creating ever increasing harmony and perfection in his world and in the world outside of himself.

Man continually tries to evolve ways to better the conditions in which he lives. But he does this too often without regard for the Law. He seeks peace and harmony by material means, technical evolution, economic systems, not knowing that the conditions of inharmony which he himself has brought into being can never be remedied by material means. The ocean of suffering and inharmony humanity has created can only be destroyed when mankind sets into motion the law of harmony in his thinking body. Only through complete cooperation with the Law can peace and harmony be brought to the planet.

This is the teaching of the ancient Essenes in regard to peace with the mind.

III - Peace With the Family

The third peace of the Essenes, peace with the

family, concerns harmony in the feeling body, harmony in the emotions.

By the term family the Essenes meant those in the individual's immediate environment, the people he contacts in his daily life and thought, his family, relatives, friends and associates. According to the Essene tradition harmony with these people depends upon the feeling body.

The natural function of the feeling body is to express love. Mankind has been told this over and over again by the great Masters, Jesus, Buddha, Zoroaster, Moses and the Prophets. He has been given the law that he should love his Creator with all his thinking, feeling and acting bodies. Life in all its spheres, aspects and manifestations is the demonstration of creative love.

Divine love is a great cosmic power, a cosmic function. It is the law of all man's bodies, but it is expressed most powerfully through the feeling body.

The feeling body consists of all the currents of feeling and emotions an individual experiences and sends out into the atmosphere about him.

Just as the thinking bodies of all the individuals on the planet create a thought atmosphere around it, so all the feeling bodies create a planetary feeling atmosphere, invisible and imponderable, but having enormous influence and power. Every feeling and emotion created by an individual becomes a part of the feeling atmosphere of earth, setting up a resonance of co-vibration with all similar feelings in the earth's atmosphere.

If an inferior feeling is sent out, its creator is immediately tuned in to all the similar inferior feelings in the earth's feeling body. He thus opens the gate to a flood of destructive power which rushes in and seizes control of his feelings, and often of his mind, amplifying his

own low feelings just as a loud speaker amplifies or intensifies sound.

This destructive force directly affects the individual's physical body. It affects the functioning of the endocrine glands and the whole glandular system. It produces disease cells that lower vitality, shorten life and result in unlimited suffering. It is thus not surprising that statistics of nervous disorders and other diseases are so appalling in spite of all the hospitals, sanitariums, medical organizations, laboratories and the progress of hygiene and medicine.

Through his feeling body man has become an auto-intoxicating automaton, because of his deviation from the law, his acting without knowledge of the law, against it instead of with it.

The Essenes knew that there is a great deal of inharmony in the feeling body of almost everyone. By studying the feeling bodies of babies and primitive man they learned why.

The feeling body of a baby first registers the manifestations of the infant's primitive instinct of self-preservation. This instinct arouses three fundamental emotions: fear, anger and love. Fear arises from a sudden movement or noise; anger from interference with the baby's freedom; love from the satisfaction of its hunger and needs. Fear and anger are inferior feelings; the love feeling, while superior, in the baby is rudimentary. The baby's feeling body is a volcano of emotions, most of which are inferior. Its thinking body has not begun to function.

A primitive man has a similar feeling body. His emotions, likewise centered around the instinct of self preservation, are a powerful force completely dominating his embryonic thinking body.

In both child and primitive man the feeling body develops long before the thinking body.

This is necessary to protect the physical body from danger and so preserve its life. The instinct of self-preservation is a law of nature. Acting under it is in entire harmony with the law until man has evolved the power to think and reason his way out of danger.

But because feeling has functioned for so much longer a period of time than thinking, it tends to dominate thought even after the child is grown and the primitive man has become civilized. In the mass of mankind today the feeling body rules the thinking body.

This is the cause of man's first deviation from the law.

Through the power of thought man can handle every situation in his life more adequately than through unthinking emotion. But the actions of most people are far more often the expression of impulses in the feeling body than of reasoned thought. This results in a tremendous imbalance in his bodies. Because adult civilized man has evolved to the point where he has the ability to think, thought should govern his actions. When he permits them to be controlled by emotion and feeling, as they were dominated in infancy, he throws all his powers out of rhythm, out of harmony.

This creates a regressive psychological condition in his whole existence. His deeds and actions as a consequence remain self-centered and egoistic like those of a child or primitive man. But when he is no longer a savage or a child, he deviates from the law if he acts as a child or primitive man. His instinctive impulses can only serve evolutionary progress when controlled by the thinking faculties.

There are further consequences from this deviation from the law.

Nature has given man the capacity to think so he may be able to understand its laws and direct his life in harmony with them. Man can

reach a far higher degree of evolution through thinking than through living by instinct. So when he continues to let his feeling body be the dominating power in his actions, he not only retards his own evolution but that of the planet.

If he makes no effort to understand the law but neglects it and consequently lacks knowledge of it, he has to create his own laws, small artificial laws, of self-centeredness and egoism; and these cause walls of separation between himself and the rest of the human family, between himself and nature and between himself and the Great Law, the Creator.

Man's first deviation from the law through the feeling body starts the long chain of deviations which cause all human inharmony and suffering on earth.

All the great teachers of humanity through thousands of years have warned man of the consequences of deviation from the law of the feeling body. Buddha pointed out how it results in suffering, suffering for the individual and suffering for humanity.

The Essenes showed that the feeling body can be the most powerful instrument for the production of health, vitality and happiness, and that through its right functioning in expressing love, man can create the kingdom of heaven in and around himself and the whole human family.

The Essene peace with the family is the Great Law in its expression of men's love toward one another, a law revealed to little children but often hidden from the minds of men.

IV - Peace With Humanity

The fourth peace of the Essenes referred to harmony between groups of people, to social and economic peace.

Mankind has never enjoyed social peace in any age in history. Man has always exploited man economically, oppressed him politically,

suppressed him by military force. The Essenes knew these injustices were caused by deviations from the law. The very same deviations that produce inharmony in man's personal life, in his acting, thinking and feeling bodies, produce wealth and poverty, masters and slaves, social unrest.

The Essenes regarded both riches and poverty to be the result of deviations from the law.

Great wealth, they considered, is concentrated into the hands of the few because of man's exploitation of man, in one way or another. This has caused misery for both suppressor and suppressed. The many feel hatred and its kindred destructive emotions. This produces fear in the hearts of the exploiters, fear of revolt, fear of losing their possessions, even their lives.

Poverty was held to be an equal deviation from the law. A man is poor because of wrong attitudes of thinking, feeling and acting. He is ignorant of the law and fails to work with the law. The Essenes showed that there is an abundance for everyone of all that a man needs for his use and happiness.

Limitations and over-abundance are both artificial states, deviations from the law. They produce the vicious circle of fear and revolt, a permanent atmosphere of inharmony, affecting the thinking, feeling and acting bodies of both rich and poor, continually creating a state of unrest, war and chaos. This has been the condition throughout **recorded** history.

The rich and the poor alike suffer the consequences of their deviations.

The Essenes knew there was no escape from this circle of oppression, hatreds and violence, wars and revolutions, except through changing the ignorance of the individuals in the world. They knew it takes a long time for an individual to change his ideas, thinking and habits and learn to

cooperate with the law. The individual himself has to do the changing; nobody else can do it for him.

But a higher and higher understanding of the law can be brought about gradually, the Essenes believed, through teaching and example. They taught a quite opposite way of existence from either poverty or great wealth. They demonstrated in their daily lives that if man lives according to the law, seeks to understand the law and consciously cooperates with it, he will know no lack. He will be able to maintain an all-sided harmony in every act and thought and feeling, and he will find his every need fulfilled.

The solution which the Essenes offered for economic and social harmony can be applied in every age, the present as well as the past. It contained four factors:

1. Separating from the chaotic conditions of the mass of mankind which refuses to obey natural and cosmic law.
2. Demonstrating a practical social system based on natural and cosmic law.
3. Communicating these ideas to the outside world through teaching, healing and helping others according to their needs.
4. Attracting to their communities other individuals who are sufficiently evolved to be willing to cooperate with the law.

The Essenes withdrew from the inharmony of cities and towns and formed brotherhoods on the shores of lakes and rivers where they could live and work in obedience to the law. They established their economic and social systems based wholly on the law. No rich and no poor were in their brotherhoods. No one had need of anything he did not have; and no one had an excess of things he could not use. They considered one condition as deteriorating as the other.

They demonstrated to humanity that man's daily bread, his food and all his material needs can be acquired without struggle

through the knowledge of the law.

Strict rules and regulations were unnecessary for all lived in accord with the law. Order, efficiency and individual freedom existed side by side. The Essenes were extremely practical as well as highly spiritual and intellectual.

They took no part in politics and adhered to no political factions, knowing that neither political or military means could change man's chaotic condition. They showed by concrete example that exploitation and oppression of others were completely unnecessary. Many economic and social historians have considered the Essenes the world's first social reformers on a comprehensive scale.

Their brotherhoods were partly cooperative. Each member of the group had his own small house and a garden large enough for him to grow whatever he especially desired. But he also took part in communal activities wherever his service might be needed, such as in the pasturing of animals, planting and harvesting of crops most economically grown on an extensive basis.

They had great agricultural proficiency, a thorough knowledge of plant life, soil and climatic conditions. In comparatively desert areas they produced a large variety of fruits and vegetables of the highest quality and in such abundance they periodically had a surplus to distribute to the needy. Their scientific knowledge was such that they could do all of this in a comparatively few hours each day, leaving ample time for their studies and spiritual practices.

Nature was their Bible. They considered gardening educational, a key to the understanding of the entire universe, revealing all its laws, even as does the acting body. They read and studied the great book of nature throughout their lives, in all their brotherhoods, as an inexhaustible source of knowledge, as well as of energy and harmony. When they dug in their gardens

and tended their plantings they held communion with the growing things, the trees, sun, soil, rain. From all of these forces they received their education, their pleasure and their recreation.

One of the reasons for their great success was this attitude toward their work. They did not consider it as work but as a means of studying the forces and laws of nature. It was in this that their economic system differed from all others. The vegetables and fruits they produced were only the incidental results of their activities; their real reward was in the knowledge, harmony and vitality they gained to enrich their lives. Gardening was a ritual with them; a great and impressive silence reigned as they worked in harmony with nature creating veritable kingdoms of heaven in their brotherhoods.

Their economic and social organization was only one phase of their whole system of life and teaching. It was considered a means to an end, not an end in itself. There was thus a dynamic unity and harmony in all their activity, their thoughts and feelings and deeds. All gave freely of their time and energy with no mathematical measuring of one another's contributions. Through this harmony within each individual, the individual's evolution progressed steadily.

The Essenes knew it takes many generations to effect changes in people or in mankind as a whole, but they sent out teachers and healers from their brotherhoods whose lives and accomplishments would manifest the truths they taught and little by little increase mankind's understanding and desire to live in accord with the law. The Essene Brotherhood at the Dead Sea for many centuries sent out such teachers as John the Baptist, Jesus and John the Beloved. They warned again and again of the consequences of man's social and economic deviations from the law. Prophet after prophet was sent forth to warn of the dangers incurred by the social injustices that existed then even as they exist today. Not only were individuals

and groups warned but it was shown that all who aided or in any way collaborated with the deviators were also in danger.

The mass of mankind failed to listen, ailed to gain any understanding of social and economic peace. Only the few more evolved individuals heeded. Of these some were selected to work in the brotherhoods as examples of peace and harmony in all aspects of existence.

The Essenes knew that through the cumulative effect of example and teaching the minority who understand and obey the law will someday grow through the generations to become, finally, the majority of mankind.

Then and then only will mankind know this fourth peace of the Essenes, peace with humanity.

V - Peace With Culture

Peace with culture refers to the utilization of the masterpieces of wisdom from all ages, including the present.

The Essenes held that man can take his rightful place in the universe only by absorbing all possible knowledge from the great teachings which have been given forth by masters of wisdom.

According to the Essene traditions these masterpieces represented one-third of all knowledge. They considered there are three pathways to the finding of truth. One is the path of intuition which was followed by the mystics and prophets. Another is the pathway of nature, that of the scientist. The third is the pathway of culture, that of great masterpieces of literature and the arts.

The Essenes preserved many precious manuscripts in their brotherhoods which they constantly studied by a method found in no other school of thought in antiquity. They

studied them by following the first two pathways to truth: intuition and nature.

Through intuition they endeavored to apprehend the original higher intuition of the master and so awaken their own higher consciousness. Through nature, from which the great masters drew comparisons to express their intuitive knowledge to the masses, the Essenes correlated their own intuitive observations with the teachings of the masters. By this continual comparison between nature, their own intuitions and the great masterpieces of culture, their own individual evolution was advanced.

It was also considered to be every man's duty to acquire the wisdom from these masterpieces so that the experience, knowledge and wisdom already attained by previous generations could be utilized. Without these teachings the progress and evolution of mankind would be much slower than it is, for every generation would have to start all over again from the beginning. In universal culture man has added something new to the planet and so has become a creator, a co-creator with God. Thus he performs his function on the planet by continuing the work of creation.

Universal culture is of great value to humanity from two other standpoints. First, it represents the highest ideals which mankind has held. Second, it represents an all-sided synthesis of knowledge of the problems of life and their right solution.

This knowledge was brought forth by highly evolved individuals, masters who had the power to contact the universal sources of knowledge, energy and harmony which exist in the cosmic ocean of thought. Evidence of this contact was their conscious directing of the forces of nature in ways the world today terms miracles. These manifestations of their powers drew about them a limited number of followers who were advanced enough in their own evolution to understand the deeper

meaning of the master's teaching. These disciples endeavored to preserve the truths taught by writing down the master's words. This was the origin of all the great masterpieces of universal literature.

The truths in these masterpieces are eternal. They are valid for all time. They come from the one eternal unchanging source of all knowledge. The cosmic and natural laws, nature, man's inner consciousness are the same today as two or ten thousand years ago. Such teachings belong to no one school of thought or religion. The Essenes believed man should study all the great sacred books of humanity, all the great contributions to culture, for they knew all teach the same ageless wisdom and any seeming contradictions come through the onesidedness of the followers who have attempted to interpret them.

The object of study, they held, is not to add a few additional facts to the store of knowledge an individual already may have. It is to open to him sources of universal truth. They considered that when a man reads a great sacred book of humanity, the symbols of letters and words themselves create in the thinking body powerful vibrations and currents of thought. These vibrations and currents put the individual in touch with the thinking body of the great master who gave forth the truth.

This opens up for the individual a source of knowledge, harmony and power obtainable in no other way. This is the great value, the inner meaning, of the fifth peace of the Essenes. These great masterpieces have been brought forth in periods of history when humanity was in great chaos. Mankind's constant deviations from the law seem to culminate at certain times in mass confusion and disruption, threatening or completely bringing about the disintegration of the existing social order and way of life. At such periods the great masters have appeared as way showers to the people. Masters such as Zoroaster, Buddha, Moses, Jesus, brought new horizons and new hope to

humanity.

They gave forth their teachings in two forms. One was in parables from nature which could be understood by the masses of the people. The other, given to the small minority of evolved followers, was transmitted direct from the master's consciousness to the consciousness of the disciple. The former are called the exoteric books and were referred to by historians as the written traditions. The other teaching was termed the unwritten tradition, and these were the esoteric teaching written down by the disciples for themselves, not for the people. But even the disciples did not always understand the master's wisdom and interpret it correctly.

A few, although only a very few, contemporary books contain the same teachings which the masters gave forth. Thousands of people write books today and thousands upon thousands of books are published each year. With such a mass production of printed matter it is inevitable that the vast majority of it must be of an inferior quality even the best of which proclaims shallow pseudo-truths. Yet what little time modern man allots to reading tends to be spent on this ephemeral and generally worthless printed matter, while the masterpieces of the ages gather dust on the library shelves.

Before printing was invented only those manuscripts which had real value were ever preserved. Only extraordinary books were produced. The average man was not able to read or write. The difficulties of acquiring knowledge were enormous. Traveling to the few centers of learning entailed great danger due to unsettled conditions in various countries and the primitive methods of transportation. The student moreover had to serve years of apprenticeship to be considered worthy of acquiring wisdom, and further long years in acquiring it. The material difficulties in producing a manuscript were also great. Because of these obstacles only works of true genius were transmitted to future generations and the

few that have survived represent wisdom of the highest order.

This third part of all wisdom, represented by the culture of humanity, was held by the Essenes to be necessary for man's evolution. In no other way could he gain an all-sided understanding of the laws of life through contact with the cosmic ocean of thought.

This contact, through the eternal thinking body of a great master, is the sacred purpose and the priceless privilege of peace and harmony with culture.

VI - Peace With the Kingdom of the Earthly Mother

The sixth peace teaches harmony with the laws of terrestrial nature, the kingdom of the Earthly Mother. The unity of man and nature is a basic principle of the Essene science of life.

Man is an integral part of nature. He is governed by all the laws and forces of nature. His health, vitality and well-being depend upon his degree of harmony with earth forces; and that of every individual, every nation and the whole of humanity will always be in direct proportion to man's observance of terrestrial laws.

Universal history shows that every nation reached its greatest splendor by following the great law of unity between man and nature. Its vitality and prosperity flourished when the people lived a simple natural life of cooperation with nature. But when the nation or civilization deviates from unity, it inevitably disintegrates and disappears.

This unity of man and nature has never been so heavily transgressed as in the present day. Modern man's building of cities is in entire variance with nature. The city's stone and concrete walls are the symbols of man's separation from nature, of his aggressive way of life with its urges to subjugation of

others and to constant competition, one with another. His present centralized, technical and mechanized life creates a chasm separating him from nature, a chasm which never was wider or deeper.

Unity with nature is the foundation of man's existence on the planet. It is the foundation of all economic systems, of all social relationships between groups of people. Without it, the present civilization like those of the past will move toward decline and decay.

This law of unity was held by the Essenes to be the guiding norm for the daily life of man in the material universe.

Humanity has had knowledge of this great law from a time preceding the Pleistocene cataclysm. According to traditions based on the hieroglyphics of the Sumerians made some ten thousand years ago the life of antediluvian man was preponderantly a forest life, inseparable from that of the forest. Science has named this man homo sapiens sylvanus.

The giant trees of that age, several hundred feet in height, not only provided shelter but regulated the temperature and humidity of the atmosphere. Trees produced man's food with an abundance of different fruits. Man's basic occupation was with trees. He not only cultivated and cared for them, he created new varieties producing new kinds of fruits. He was a great arboriculturalist, living in harmony with all the forces of nature. He collaborated with her in every way, both extending the forests and abstaining from harming trees.

This antediluvian man of the forest ages, without technical development of any kind, was an almost perfect demonstration of the great law of unity and harmony between man and nature. In the philosophy of all ancient teachings man's unity with the forests was a basic characteristic. The idea of unity between man and nature has inspired great thinkers, philosophers and whole systems of

thought.

Zoroaster based much of his teaching in the Zend Avesta upon it. He sought to renew the earlier traditions by leading man back into this harmonious way of life, collaboration with terrestrial nature. He taught his followers that it was their duty to maintain the topsoil, to study gardening and all the laws of nature and to collaborate with its forces to improve the whole vegetable kingdom and extend it over the surface of the whole earth. He urged his followers to take an active part in developing every aspect of terrestrial nature, plants, trees and all their products.

To encourage this he directed all fathers to plant a fruit tree on every birthday of each of his sons, and on the twenty-first birthday to give the youth the twenty one fruit trees together with the land on which they grew. This was to be the son's heritage and the father was also commanded to teach the boy all the laws of practical gardening and collaboration with nature so that he could provide for all his own future needs.

The ideal existence for man, Zoroaster taught, is that of the gardener whose work with the soil, air, sunshine and rain keeps him constantly contacting the forces of nature and studying their laws. Study of this greatest book, the book of nature, Zoroaster considered the first step in creating peace and harmony in the kingdom of the Earthly Mother.

The teaching of this same great unity between man and nature appeared in India immediately after the Zend Avesta, in the Vedic philosophy of Brahmanism, in the Upanishads, and later in the teaching of Buddha. The Brahmanic Law of the One, "Thou Art That," (Tat Tvam Asi) expressed the unity of everything, the universe, man, nature. The sages of India were men of the forest, living in complete harmony with all creation.

Berosus, the Chaldean priest, pictured this

natural forest way of living.

But the unity between man and nature has been given its most complete and poetic expression in the second chapter of the Essene Gospel of John in which Jesus borrowed his whole terminology from nature to show that man is an integral part of it. Jesus gave a last warning regarding this unity and the necessity of returning to it.

Antediluvian man, the Zoroastrian, the Brahman, the Buddhist, the Essene, all consider the forest and nature to be man's friend and protector, the mother providing all his earthly needs. They never looked upon her as an alien force which had to be fought and conquered as does modern man. The two symbols, the forest and the stone wall, epitomize the vast difference between ancient and modern concepts of nature, between harmonious peacefulness and cooperation and the stone walls of cities, the destruction of plant life, soil, and climate.

Man needs today to learn harmony and peace with nature more than in any other age in history. There are enormous regions over the earth where he is letting the topsoil deteriorate and disappear. Never before has there been such wholesale destruction of forests, not only in one or two countries but all over the five continents. As a consequence of this lack of cooperation with nature the desert areas of the world are increasing, drought is more and more frequent, floods periodically inundate the land. There is an unmistakable deterioration of climate; excessive cold, excessive heat and increasing hordes of insect pests damage crops throughout the world. Instead of following the noble tradition of the Essenes contemporary man fails to recognize the great law of unity and cooperation with nature, and seems bent on deteriorating his heritage, refusing to read the great open book of nature which reveals all the laws of life and shows the way to ever increasing happiness for man.

The Essene teaching shows the only way of organizing man's life on this planet, the only foundation for a healthy humanity, peace with the kingdom of the Earthly Mother.

VII - Peace With the Kingdom of the Heavenly Father

This, the seventh peace, includes all other aspects of peace. The kingdom of the Heavenly Father is the universe, the entire cosmos. It is ruled by the One Law, the totality of all laws. The Heavenly Father is the Law.

Law is everywhere present. It is behind all that is manifest and all that is unmanifest. A stone falls, a mountain forms, seas flow according to law. In accord with law solar systems arise, evolve and disappear. Ideas, sensations, intuitions come and go in man's consciousness according to law. All that is, concrete or abstract, material or immaterial, visible or invisible, is ruled by law, the One Law.

The Law is formless as a mathematical equation is formless. Yet it contains all knowledge, all love, all power. It eternally manifests all truth and all reality. It is man's teacher and friend, showing him all he must do, and know, and be to evolve to the being which he will someday become. The Law guides man in every problem, through every obstacle, telling him always the perfect solution.

Peace with the Law means peace and harmony with the cosmic ocean of all the cosmic forces in the universe. Through this peace, man makes contact with all the superior currents and radiations from all the planets in cosmic space. Through it he is able to attain realization of his unity with all the forces in the universe, those of earth and those from all other planets in the solar system and all galactic systems.

Through this peace he can become united

with all the highest values in the universe. Through this peace is awakened the inner intuition which was followed by the mystics and prophets of all ages. Through this peace man contacts his Creator.

This peace completes man's evolution. It brings him total happiness. It is his final goal.

Man is a part of the totality of the universe. He forms an undivided unity with the whole. He thinks himself apart from it because he has become aware of himself as an individual. He has become self-conscious and self-centered beyond the point where self-centeredness is necessary to preserve his life.

This feeling of separation gives rise to his consciousness of lack, of limitation. In thought he has separated himself from the abundance of the universe, shut himself away from the Source of all supply. Supply is material and immaterial, the tangible visible needs for daily life and universal supply of energy, vitality and power, the greatest of which is love.

The Essene considered that man lives in the midst of a field of forces, both terrestrial and planetary, and that his individual evolution progresses to the degree in which he cooperates with these forces. But there are other forces of a superior order with which it is even more important that he is in harmony. These are the spiritual currents in the cosmic ocean of cosmic consciousness. These higher currents do not mingle with the terrestrial and planetary currents. Man by his own efforts, his own will, has to ascend to this cosmic ocean of universal life. Then and then only can he realize his oneness with the Law.

To understand this clearly it is necessary to look at the universe as a whole and to comprehend that it is a totality which includes all its parts, all love, all life, all knowledge, all power, all substance. It is the sum of all substances for out of it all things are formed. It is the sum of all love which is everywhere present, for love is the supreme

source and the cohesive force which binds the universe together, in all its parts. Man can no more be apart from this totality than a cell in his body can be apart from his body.

The Essenes spoke of the three parts of man: the material body, the feeling body and the thinking body. But they were always aware that these three parts were not a division in reality for they are all parts of the one. And this spiritual one higher body, the spiritual body is one with and part of all else in the universe.

A Man's failure to understand this causes an infinite complexity of false limitations. He not only limits himself in regard to the supply of his material needs, but in regard to his capacities, his abilities, and powers of thinking, feeling and acting. He lives a life of mediocrity because of these false ideas of limitations which he fastens upon himself. Modern science concurs in this, reporting that man has capacities he seldom or never uses. The Essene teaching shows that this condition is caused by his sense of separateness, his self-imposed limitations in which he has become enmeshed by his deviations from the law.

Peace with the kingdom of the Heavenly Father is therefore only possible as man eliminates these deviations and learns to cooperate with the Law, establishing peace and harmony with each of the aspects of the Sevenfold Peace, the acting, thinking and feeling bodies, the family, humanity, culture and nature. Only then can he know the seventh peace, total peace.

The Essenes taught this peace to humanity so that they could overcome all limitations and contact their universal Source, the same Source with which the great masters throughout the ages have united their consciousness when they gave forth their intuitive teachings showing man how to become conscious of the law, understand it, work with it, and manifest it in action.

All history is a record of the self-imposed limitations of man and his efforts to overcome them. These efforts have been made individually, by groups or nations, and in a planetary sense. But they have almost always been made negatively, inharmoniously, through struggle and further deviations from the law. Thus they have bound man in further limitations, further inharmony and further separation in thought from his Source.

The kingdom of the Heavenly Father is always open to him. His return to the universal consciousness, universal supply, is always possible. Once he makes the decision to return and puts forth the persistent effort, he can always go back to the Source, his Heavenly Father, from whom he came and from whom he has never in reality been away.

The great peace of the Essenes teaches man how to go back, how to take the final step that unites him with the cosmic ocean of superior radiations of the whole universe and reach complete union with the Heavenly Father, the totality of all law, the One Law.

This was the ultimate aim of all Essenes and governed their every thought, feeling and action. It is the final aim which all mankind will one day achieve.



Chapter 7

The Essene Psychology

The Essenes expressed an exceptional knowledge of psychology in their practice of the Communions with the natural and cosmic forces. They knew that man has both a conscious and subconscious mind and were well aware of the powers of each.

In making one group of their Communions the first activity of the morning, they consciously set in motion forces that became the keynote of their whole day. They knew that a thought held strongly enough in the

consciousness at the beginning of the day influences the individual throughout his waking hours. The morning Communions consequently opened the mind to harmonious currents which enabled them to absorb specific forms of energy into the physical body.

The evening Communions, performed as the last act in the evening before sleep, applied the same principle. The Essenes knew that these last thoughts influenced the subconscious mind throughout the night, and that the evening Communions therefore put the subconscious into contact with the storehouse of superior cosmic forces. They knew that sleep can thus become a source of deepest knowledge.

The average man experiences this at times, finding a problem solved during sleep and quite often in a way apart from his ordinary trend of thinking. Many scientists, writers and other creative workers have also found that their inventions and ideas have come to them during the night or in the early morning hours.

The knowledge received during sleep is a working of natural law. Although for the majority sleep is little more than a period of detoxication, a means of physiological reparation, for the small minority it represents the psychological perfecting of the individual. The Essenes knew that the higher forces set into action before going to sleep, when the earthly forces of the myriad activities of the day are stilled, would result in the progressive attainment of the lofty objectives of their evening Communions.

They also knew that any negative or inharmonious thought held in their consciousness when they retired would lower their resistance to the negative forces in the outside world.

They had a profound knowledge of the body as well as of the mind. They knew the two could not be separated as they form a dynamic

organic unit, and what affects one affects the other. Essenes antedated psychosomatic medicine by several thousand years.

They knew bodily health had a great deal to do with the receiving of the higher forces, and that a detoxicated organism is more capable of establishing contact with them than is one in which the forces are partially paralyzed by the burden of eliminating bodily poisons during the hours of sleep. The superior revelations which have been brought down to us from antiquity by the great thinkers and teachers were given by those who invariably led very simple and harmonious lives. Their bodies consequently were extremely healthy. It was not merely chance that great revelations of truth were received by the great Masters; their organisms had developed capacities lacked by individuals whose lives have been devoted to more worldly pursuits. The Essene teachings and way of life brought about the development of these capacities.

They paid great attention to the food they ate, that it might harmonize with natural law, but they were equally careful of their diet in thought and emotions. They were fully cognizant that man's subconscious mind is like a sensitized plate registering everything the individual sees or hears, and that it is therefore necessary to prevent all inferior thoughts, such as fear, anxiety, insecurity, hatred, ignorance, egotism and intolerance from entering the gate of the subconscious mind.

The natural law that two things cannot occupy the same space at the same time was clear to them and they knew a person cannot think of two things simultaneously. Therefore if the mind is filled with positive, harmonious thoughts those that are negative and inharmonious cannot lodge in it. Positive, harmonious thoughts must be introduced into the subconscious to replace all inferior ones, just as the cells of the body must constantly be replaced by food, air and water as the old cells are broken down. This

was a part of the task accomplished by the Essene Communion, introducing morning, noon and night superior currents of thought and feeling into the thinking and feeling bodies.

The subconscious can be regenerated by a diet of good and harmonious thoughts and feelings administered all during the day, but especially at those moments of borderland consciousness when its receptivity is at its best. When it is thus regenerated it will become a source of energy and harmony to mind and body. It will be a friend sending constructive harmonious messages to every part of the body, causing them to function efficiently.

Certain facts known to the Essenes about introducing a thought or thoughts into the subconscious have been rediscovered by modern psychologists. It is known that when a person is fully conscious, his subconscious mind does not easily accept a purposeful suggestion. And when he is in a subconscious state he cannot of course influence his subconscious consciously. But there are moments when the consciousness is only half submerged in the subconscious, moments such as occur just before going to sleep, just after awaking from sleep, and sometimes when in a state of reverie such as is occasioned by beautiful music or poetry. At such moments the subconscious mind is most receptive to what is given to it.

Many teachings of great religions and practices of ancient and modern philosophical systems, both those of the East and of the West, as well as those of the Essenes, utilize this all-important psychological fact.

The subconscious is dynamic, ever changing, even as are the cells of the body, and it is constantly being fed by the experiences and impressions it receives from the conscious mind. These experiences include all the thoughts and feelings held forcefully enough to create an impression upon it. The

traumatic experiences of childhood are those which have been felt with great intensity and fed into the subconscious mind, but never replaced by new and more constructive impressions and experiences.

The subconscious has been defined as the totality of an individual's experiences from birth to the current moment. Every dynamic new experience changes it; and it can be consciously changed according to the degree of the intensity of the impression put into it. The more intense the impression, the more lasting will it be in the subconscious.

Certain other factors were known by the Essenes to govern the acceptance by the subconscious mind of a thought or a feeling. One was that if the conscious mind does not accept the thought as a reality and a possibility, the subconscious will also reject it.

Another was the necessity of projecting the thought to the subconscious without effort, spontaneously. If an effort is made, the fully conscious state is evoked and the subconscious cannot be reached. To act spontaneously and without effort requires complete relaxation of mind and body. This was part of Essene practice.

They accomplished the first step in relaxation by releasing the tensions or contractions of one group of muscles after another over various parts of the body. The second step was shallow breathing. This lessens the oxygen transport in the lungs and thus decreases the activities of the nerves and other parts of the organism since activity and relaxation cannot occur at the same time. The third step was to avoid thought. For man today this is generally not easy. One way of accomplishing it is by imagining, in total darkness and silence, the darkness of black velvet, and thinking of nothing else. Through these three steps the Essenes brought a kind of semiconsciousness into which a new thought or feeling could be readily introduced into

the subconscious.

The thought introduced in this way should be rhythmic enough to maintain the state of relaxation and semi-consciousness. And it should have sufficient power to penetrate into the subconscious and be completely accepted as reality. These preconditions of consciously placing thoughts and feelings in the subconscious mind were perfectly met in the practice of the Essene Communions.

It was shown to be entirely up to each individual what is added to the content of his subconscious mind, what kind of new cells he will build into it. He can deviate from the law and be a slave to his subconscious, or he can take an active part in its regeneration.

The Essene's knowledge of the conscious mind was as profound as their understanding of the subconscious. Their concept of psychology was so all-sided they knew the objectives of their Communions could not be attained through intellectual processes alone, but that the force of feelings is also necessary. Knowledge must arouse an emotion before action is produced.

Feeling is not merely an involuntary process, as many people believe. It is a part of the activity of will. The Essenes considered will contains, or is the mechanism of, three factors: thought, feeling and action. This concept can be illustrated in modern terms by comparison to the parts of an automobile. Thought is the steering wheel; feeling is the motor or force; action corresponds to the wheels. To arrive at a particular destination determined upon by will, all three parts must work in collaboration. An objective is thought of, a desire or feeling is aroused, action takes place.

Will can be used to arouse feeling; it frequently must be used if a desired feeling is to be aroused. It can be developed to do this by training. A technique known to the Essenes enabled an individual to use the will

in whatever way he might choose.

Few know this; few know their feelings can be mastered. This is because they do not know how to connect their thoughts and their feelings so the desired action results. They may have right knowledge but act in ways contrary to the knowledge; they may have right knowledge of health, for instance, but continue to eat foods that are harmful. But an emotion, such as the fear of pain or death, will cause them to act rightly.

Of the three forces, thought, feeling and action, thought is the youngest, and consequently the weakest influence in man's consciousness. But man is evolving; his power of thought is increasing steadily. Thought is man's title to nobility. It is a faculty under his individual control; he can think about any subject he wishes. He can control his feelings by thought.

Feelings have a history of hundreds of thousands of years and consequently have built up a much stronger momentum than thought. Consequently they, not thought, govern most of man's actions. Instincts control animals. But man, if he wishes to cease representing the forces of retrogression, must learn to control both instinct and feeling. This he can do through will.

The Essenes believed man should analyze his thoughts and feelings and determine which give him power to carry out a desired action and which paralyze it.

If he does a good deed and analyzes it he can find out what thoughts and feelings prompted his action. He will then understand what kind of thoughts and feelings he should foster.

He will find the deed was not prompted by an abstract thought or a cold intellectual concept. Deeds are prompted by thoughts that have vitality and color, that evoke feeling. Only then do they have enough force to result in action.

Color and vitality are given to thought by creative imagination. Thoughts must create images that are alive. Eastern people have long practiced the art of making thoughts living, full of imagery and pictures. But it is an art that has been much neglected and well nigh forgotten in the West.

Scattered, incoherent thoughts drifting from one thing to another, are only pale wraiths, without life. They are sterile, arousing no feeling, no action. They are valueless.

There is always a feeling behind every action. A right feeling is necessary to produce a right action. Right feelings are sources of energy, harmony and happiness. If they are not sources of these qualities, they are not only valueless; they are dangerous.

Feelings can be placed into one of two categories: those that create energy and those that exhaust it. Through this analysis man can begin to develop will.

By strengthening all the feelings that create energy and avoiding all those that lead to its exhaustion, the Essenes found that will is acquired. The exercise of will means persevering and patient effort. Through it an individual's superior feelings will gradually create a vast storehouse of energy and harmony; and the inferior feelings, leading to weakness and lack of balance, will eventually be eliminated.

The feeling that creates the greatest energy is love, in all its manifestations, for love is the primordial source of all existence, of all sources of energy, harmony and knowledge. Manifested in terrestrial nature it gives all that is necessary for health. Manifested in the human organism it gives dynamic harmony to all the cells, organs and senses of the organism. Manifested in the consciousness it makes it possible for man to understand cosmic and natural law, including social and cultural laws, and to employ them as sources of harmony and knowledge. Will is the key to

the manifestation of this greatest source of energy.

The three enemies of will are dispersion of energy, laziness and sensuality. These three can lead to another formidable enemy of will: disease. Good health is the will's great friend. A dynamic healthy individual commands, and the will obeys; whereas muscular pain or nervous weakness paralyzes the will!. This was one of the reasons the Essenes laid such stress on good health and the way of living and thinking that produces health.

The practice of the Communions required continual exercise and use of will. They considered every great value in human culture owes its creation to the exercise of the will, and that true values were only produced by those who use the will. They thoroughly realized the necessity of educating it and considered the key to its education is the direction of the feelings by a powerful creative imagination.

Through their profound understanding of psychological forces the Essene Communions taught man the Way to freedom, the way of liberation from blind acceptance of negative conditions either in the physical body or the mind. They showed the way of optimal evolution of both mind and body.



Chapter 8

Individual Inventory

Thousands of years ago the Essenes practiced a system of psychoanalysis which was much more all-sided than psychoanalysis as practiced today. It is remote from us in time but has a universal quality that modern psychotherapy lacks.

It represents a personal inventory of the Essene ideals of conduct and individual evolution, and can be of the greatest value to contemporary man as a balance sheet of his degree of harmony with the Law.

The Essenes, considering as they did that man lives in the midst of a field of forces, knew that the natural and cosmic forces which surround him and flow through him are superior, positive forces. But they also knew that man by his deviations from the law in thinking, feeling and acting constantly creates negative, inferior forces in the midst

of which he also lives. He is connected with all of these forces and cannot be separated from them; moreover he is always cooperating, consciously or unconsciously with the superior forces or with the inferior ones. He cannot be neutral.

Under this Essene system, which was first practiced at the time of Zoroaster, the individual made a weekly self analysis of his thoughts, words and deeds. This balancing showed the extent to which he was cooperating with or deviating from the superior forces, and gave a cross-section of his character, abilities and physical condition, thus indicating the degree of his evolution in life.

The analysis enabled him to recognize his strong and weak points. By sincerely and vigorously striving to make his thinking, feeling and actions ever better and better, he progressed with the life-time job of self improvement.

There may be some who feel that with all the modern sciences it is unnecessary to go back 8000 years to an ancient teaching. But it is a question how much the developments of science have accomplished in increasing human happiness and well being. The general insecurity and neurosis of the present day and the widespread economic and social unrest give a definitely negative answer. Man has gained an enormous amount of theoretical knowledge in the framework of his scientific culture but this has not increased his happiness or individual evolution. It has not served to connect him with the universe, the cosmic system, or to show him his place and role in it.

Without such knowledge man cannot follow the path of optimal evolution for himself or for the planet.

The present day neurosis is caused by man's current deviations from the law of harmony with natural and cosmic forces. If a man tries his best to live in harmony with them he will

never develop neurosis.

Psychology today tends to emphasize only one or two of these natural forces. Freud, for instance, considered deviations from the law of the natural force of sex caused man's inharmony; others have concentrated on other forms of deviation. But the system practiced in Zoroaster's time considered harmony with all the natural and cosmic forces to be necessary for all-around health and psychological balance. Its superiority over other systems rests in its all-sidedness and universality.

The job of self-improvement, it shows, has to be carried on day by day, by the individual himself. Psychoanalysis, on the other hand, depends largely on the analyst, for the person being analyzed assumes a somewhat passive role. In the Zoroastrian method the individual's achievement of harmony is the life-time task of the individual, not some one else's job to be completed in a couple of years or less.

The sixteen elements used in the system embrace every aspect of human life. They correspond, in a degree, to the fourteen forces symbolized by the Essene Tree of Life. It was not the purpose of the Essenes, either in the time of Zoroaster or later, to divide the natural and cosmic forces into any rigid or artificial pattern, but simply to consider them in such ways as would express most clearly their value and utilization in man's life.

Perfection was not demanded in the analysis, but the individual was urged to strive continually to improve his relationship to each of the sixteen forces and to achieve ever greater harmony and utilization of their powers and energies. The individual who does this will enjoy an actively creative life bringing him the highest measure of happiness and service to others. The one who continues to deviate will find life becoming less and less interesting and rewarding while misery and frustration will become increasingly great.

The teachings of the Essenes gave man a clear

knowledge of his place and role in the universe and their method of weekly self-analysis enabled them to know how clearly they understood the teaching and how thoroughly they were practicing it and following the path of their individual evolution.

Of the sixteen forces that were utilized in making the analysis, eight belonged to the earthly forces and eight to the cosmic ones. The earthly forces were the sun, water, air, food, man, earth, health and joy. The cosmic powers were power, love, wisdom, the preserver, the Creator, eternal life, work and peace.

The analysis considered each of the forces from three different aspects:

1. Is the power or force understood
2. Does the individual feel the significance of the force deeply and sincerely
3. Is the power used continually and in the best possible way

These are the forces of nature which man is to learn to understand and utilize. The following eight powers of the cosmos are even more important in man's life, for he cannot live in complete harmony with the earthly forces unless he is also in harmony with the heavenly powers.

THE COSMIC FORCES

1. Power is manifested continually through man's actions and deeds, both of which are the result of his cooperation or lack of cooperation with all other powers and forces, in accord with the iron law of cause and effect. The individual is to understand the importance of good deeds; and he is to realize that his personality, position and environment in life are the result of his past deeds, even as his future will be exactly what his present deeds make it. He is therefore to strive at all times to perform good deeds that express harmony with the laws of both

nature and the cosmos.

2. Love is expressed in the form of gentle and kind words to others, which affect the individual's own health and happiness as well as that of others. Sincere love toward all beings is to be manifested by harmonious feelings and words.

3. Wisdom is manifested in the form of good thoughts and it is man's privilege and right to increase his knowledge and understanding in every way possible so that he may think only good thoughts. He is to seek to grow in wisdom so as to understand more and more the cosmic order and his own role in it. Only by attaining a degree of wisdom can an individual learn to hold only good thoughts in his consciousness and to refuse to entertain negative, destructive thoughts about any person, place, condition or thing.

4. Preservation of values concerns the power to preserve all that is useful and of true value, whether a tree, plant, house, relationship between people or harmony in any form. When anyone destroys, or lets any good thing go to waste, deteriorate or be damaged, whether material or immaterial, he is cooperating with the negative destructive forces of the world. Every opportunity is to be used to prevent damage to whatever has value.

5. Creation signifies the necessity for man to use his creative powers, since his role on the planet is to continue the work of the Creator. He is therefore to try to do something original and creative, something new and different, as often as he can, whether it is an invention of some kind, a work of art, or anything which will benefit others.

6. Eternal Life concerns man's sincerity with himself and others in all he does and with all those whom he meets. He is to be deeply sincere in analyzing his relationship, his understanding and utilization of all the forces of nature and the cosmos; and he is to make every effort to evaluate himself honestly as he

actually is without rationalizing or justifying the things he does or says or thinks.

7. Work is the precondition of many other values. It means the performance of one's daily tasks with care and efficiency. It is an individual's contribution to society and a precondition of happiness for all concerned, for when one person does not perform his work properly, others have to do it. Man is to learn to have a deep feeling of satisfaction in his work so that he may return to society all he receives from it.

8. Peace is to be created and maintained by every individual within and around himself that he may be an instrument in helping to prevent inharmony, enmity and wars, since the condition of the whole of humanity depends upon the condition of its atoms, the individuals who compose it. The individual is to feel deeply the need for this inner peace and to do all he can to establish and maintain it wherever he is.

Individual Inventory—Pre-Communion

Under this Essene system, which was first practiced at the time of Zoroaster, the individual made a weekly self analysis of his thoughts, words and deeds. This balancing showed the extent to which he was cooperating with or deviating from the superior forces, and gave a cross-section of his character, abilities and physical condition, thus indicating the degree of his evolution in life.

In your analysis consider each of the forces from three different aspects:

1. Is the power or force understood
2. Does the individual feel the significance of the force deeply and sincerely
3. Is the power used continually and in the best possible way

Answer the inventory with “yes” or “no”. Indicate improvement in your own terms. Or if you prefer, you can use a scale or percentages indicating improvement. (e.g. 1-5 or 10-100%).

| Sixteen Forces 1st 8 Earthly 2nd 8 Cosmic Powers | Is the Force Understood? | Do you feel the significance of the force deeply and Sincerely? | Is the power used continually in the best possible way? |
|---|---------------------------------|--|--|
| Sun | | | |
| Water | | | |
| Air | | | |
| Food | | | |
| Man | | | |
| Earth | | | |
| Health | | | |
| Joy | | | |
| Power | | | |
| Love | | | |
| Wisdom | | | |
| The Preserver | | | |
| The Creator | | | |
| Eternal Life | | | |
| Work | | | |
| Peace | | | |

Sunday Communion

PROLOGUE TO THE COMMUNIONS

Previous to speaking the actual words of a communion, the Essene solemnly and reverently repeated the following prologue: "I enter the Eternal and Infinite Garden with reverence to the Heavenly Father, the Earthly Mother and Great Masters, reverence to the holy, pure and saving Teaching, reverence to the Brotherhood of the Elect." He then thought reverently about the angel or force with which he was about to commune, contemplating its meaning and purpose in his own life and body, as taught in the first part of the Communions. Following this prologue he spoke the actual words of the Communion.

THE ESSENE TREE OF LIFE with the Morning and Evening Communions

"May He bless thee with every good, may He keep thee from all evil and illumine thy heart with the knowledge of life and favor thee with eternal wisdom. And may He give His Sevenfold blessings upon thee, to everlasting Peace."

THE ACTUAL NOON CONTEMPLATIONS

The Noon Peace Contemplations, dedicated each day to a different one of the seven aspects of Peace, were addressed to the Heavenly Father, requesting him to send the Angel of Peace to all, and then to send a certain one of the angels to strengthen each aspect of the Sevenfold Peace.

Sunday

Morning

Communion with the Angel of Earth:"Angel of Earth, enter my generative organs and regenerate my whole body." As he says this he contemplates the life-generating soil and the growing grass, feeling the currents of the Angel of Earth transforming his sexual energy into regenerative forces.

Contemplative Force: Angel of Top Soil Regeneration - Earth Growth Glands

Noon

Peace With the Kingdom of The Earthly Mother: "Our Father who art in heaven, send to all Your Angel of Peace; to the kingdom of our Earthly Mother, the Angel of joy."

Peace Contemplation: Kingdom of the Earthly Mother

Evening

Communion with the Angel of Creative Work gives this command: "Angel of Creative Work, descend upon humanity and give abundance to all men." The contemplation is upon bees at work, and the creative work of humanity in all spheres of existence is concentrated upon.

Monday Communion

PROLOGUE TO THE COMMUNIONS

Previous to speaking the actual words of a communion, the Essene solemnly and reverently repeated the following prologue: "I enter the Eternal and Infinite Garden with reverence to the Heavenly Father, the Earthly Mother and Great Masters, reverence to the holy, pure and saving Teaching, reverence to the Brotherhood of the Elect." He then thought reverently about the angel or force with which he was about to commune, contemplating its meaning and purpose in his own life and body, as taught in the first part of the Communions. Following this prologue he spoke the actual words of the Communion.

THE ESSENE TREE OF LIFE with the Morning and Evening Communions

"May He bless thee with every good, may He keep thee from all evil and illumine thy heart with the knowledge of life and favor thee with eternal wisdom. And may He give His Sevenfold blessings upon thee, to everlasting Peace."

THE ACTUAL NOON CONTEMPLATIONS

The Noon Peace Contemplations, dedicated each day to a different one of the seven aspects of Peace, were addressed to the Heavenly Father, requesting him to send the Angel of Peace to all, and then to send a certain one of the angels to strengthen each aspect of the Sevenfold Peace.

Monday

Morning

Communion with the Angel of Life: "Angel of Life, enter my limbs and give strength to my whole body." He now contemplates trees as he feels himself absorbing vital forces from trees and forests.

Contemplative Force: Angel of Trees Vitality - Life Force

Noon

Peace With Culture: "Our Father who art in heaven, send to all Your Angel of Peace; to our knowledge, the Angel of Wisdom."

Peace Contemplation: Culture

Evening

Communion with the Angel of Peace: "Peace, peace, peace, Angel of Peace, Be always everywhere." The individual now contemplates the crescent moon and the moonlight, invoking and visualizing universal peace in all spheres of existence.

Tuesday Communion

PROLOGUE TO THE COMMUNIONS

Previous to speaking the actual words of a communion, the Essene solemnly and reverently repeated the following prologue: "I enter the Eternal and Infinite Garden with reverence to the Heavenly Father, the Earthly Mother and Great Masters, reverence to the holy, pure and saving Teaching, reverence to the Brotherhood of the Elect." He then thought reverently about the angel or force with which he was about to commune, contemplating its meaning and purpose in his own life and body, as taught in the first part of the Communions. Following this prologue he spoke the actual words of the Communion.

THE ESSENE TREE OF LIFE with the Morning and Evening Communions

"May He bless thee with every good, may He keep thee from all evil and illumine thy heart with the knowledge of life and favor thee with eternal wisdom. And may He give His Sevenfold blessings upon thee, to everlasting Peace."

THE ACTUAL NOON CONTEMPLATIONS

The Noon Peace Contemplations, dedicated each day to a different one of the seven aspects of Peace, were addressed to the Heavenly Father, requesting him to send the Angel of Peace to all, and then to send a certain one of the angels to strengthen each aspect of the Sevenfold Peace.

Tuesday

Morning

Communion with the Angel of Joy: "Angel of joy, descend upon earth and give beauty to all beings." He then feels himself absorbing vibrations of joy from the beauties of nature as he contemplates the colors of sunrise, of sunset, the song of a bird or the aroma of a flower.

Contemplative Force: Angel of Beauty Harmony - Joy

Noon

Peace With Humanity: "Our Father who art in heaven, send to all Your Angel of Peace; to humanity the Angel of Work."

Peace Contemplation: Humanity - (Social Peace)

Evening

Communion with the Angel of Power: "Angel of Power, descend upon my Acting Body and direct all my acts." As he contemplates the stars, their radiations, and the cosmic ocean of Life, the individual feels the Cosmo vital forces from the stars being absorbed by the nervous system of the Acting Body.

Wednesday Communion

PROLOGUE TO THE COMMUNIONS

Previous to speaking the actual words of a communion, the Essene solemnly and reverently repeated the following prologue: "I enter the Eternal and Infinite Garden with reverence to the Heavenly Father, the Earthly Mother and Great Masters, reverence to the holy, pure and saving Teaching, reverence to the Brotherhood of the Elect." He then thought reverently about the angel or force with which he was about to commune, contemplating its meaning and purpose in his own life and body, as taught in the first part of the Communions. Following this prologue he spoke the actual words of the Communion.

THE ESSENE TREE OF LIFE with the Morning and Evening Communions

"May He bless thee with every good, may He keep thee from all evil and illumine thy heart with the knowledge of life and favor thee with eternal wisdom. And may He give His Sevenfold blessings upon thee, to everlasting Peace."

THE ACTUAL NOON CONTEMPLATIONS

The Noon Peace Contemplations, dedicated each day to a different one of the seven aspects of Peace, were addressed to the Heavenly Father, requesting him to send the Angel of Peace to all, and then to send a certain one of the angels to strengthen each aspect of the Sevenfold Peace.

Wednesday

Morning

Communion to the Angel of the Sun uses these words: "Angel of Sun, enter my Solar Center and give the fire of life to my whole body." As these words are spoken he contemplates the rising sun and feels and directs the accumulated solar forces radiating through his solar center, located at the solar plexus, sending them to all parts of his body.

Noon

Peace With the Family: "Our Father who art in heaven, send to all Your Angel of Peace; to our family and friends the Angel of Love."

Peace Contemplation: Family - (Feeling Body)

Evening

Communion is with the Angel of Love: "Angel of Love, descend upon my Feeling Body and purify all my feelings." While this is being said the Feeling Body both sends and attracts superior currents of feeling to and from all beings on earth and all those in the cosmic ocean of Love.

Thursday Communion

PROLOGUE TO THE COMMUNIONS

Previous to speaking the actual words of a communion, the Essene solemnly and reverently repeated the following prologue: "I enter the Eternal and Infinite Garden with reverence to the Heavenly Father, the Earthly Mother and Great Masters, reverence to the holy, pure and saving Teaching, reverence to the Brotherhood of the Elect." He then thought reverently about the angel or force with which he was about to commune, contemplating its meaning and purpose in his own life and body, as taught in the first part of the Communions. Following this prologue he spoke the actual words of the Communion.

THE ESSENE TREE OF LIFE with the Morning and Evening Communions

"May He bless thee with every good, may He keep thee from all evil and illumine thy heart with the knowledge of life and favor thee with eternal wisdom. And may He give His Sevenfold blessings upon thee, to everlasting Peace."

THE ACTUAL NOON CONTEMPLATIONS

The Noon Peace Contemplations, dedicated each day to a different one of the seven aspects of Peace, were addressed to the Heavenly Father, requesting him to send the Angel of Peace to all, and then to send a certain one of the angels to strengthen each aspect of the Sevenfold Peace.

Thursday

Morning

Communion with the Angel of Water: "Angel of Water, enter my blood and give the water of Life to my whole body." As he says this he contemplates the waters of the earth, in rain, river, lake, sea or anywhere, and the currents of the Angel of Water are felt intensifying and directing the circulation of the blood.

Contemplative Force: Angel of Blood Circulation - Water Rivers

Noon

Peace With the Mind: "Our Father who art in heaven, send to all your Angel of Peace; to our mind the Angel of Power."

Peace Contemplation: Mind - (Thinking Body)

Evening

Communion with the Angel of Wisdom: "Angel of Wisdom, descend upon my Thinking Body and enlighten all my thoughts." Superior currents of thought are then sent and attracted by the Thinking Body while the individual contemplates all thought on earth and in the cosmic ocean of thought.

Friday Communion

PROLOGUE TO THE COMMUNIONS

Previous to speaking the actual words of a communion, the Essene solemnly and reverently repeated the following prologue: "I enter the Eternal and Infinite Garden with reverence to the Heavenly Father, the Earthly Mother and Great Masters, reverence to the holy, pure and saving Teaching, reverence to the Brotherhood of the Elect." He then thought reverently about the angel or force with which he was about to commune, contemplating its meaning and purpose in his own life and body, as taught in the first part of the Communions. Following this prologue he spoke the actual words of the Communion.

THE ESSENE TREE OF LIFE with the Morning and Evening Communions

"May He bless thee with every good, may He keep thee from all evil and illumine thy heart with the knowledge of life and favor thee with eternal wisdom. And may He give His Sevenfold blessings upon thee, to everlasting Peace."

THE ACTUAL NOON CONTEMPLATIONS

The Noon Peace Contemplations, dedicated each day to a different one of the seven aspects of Peace, were addressed to the Heavenly Father, requesting him to send the Angel of Peace to all, and then to send a certain one of the angels to strengthen each aspect of the Sevenfold Peace.

Friday

Morning

Communion with the Angel of Air: "Angel of Air, enter my lungs and give the air of Life to my whole body." The one communing contemplates the atmosphere as he says this and breathes rhythmically.

Contemplative Force: Angel of Breath Energies of Air - Atmosphere

Noon

Peace With the Body: "Our Father who art in heaven, send to all your Angel of Peace; to our body the Angel of Life."

Peace Contemplation: Body - (Acting Body)

Evening

Communion with the Heavenly Father: "The Heavenly Father and I are One." This Communion in time brings union with the eternal and boundless cosmic ocean of all superior radiations from all planets, as cosmic consciousness is awakened and the individual is finally united with the Supreme Power.

Saturday Communion

PROLOGUE TO THE COMMUNIONS

Previous to speaking the actual words of a communion, the Essene solemnly and reverently repeated the following prologue: "I enter the Eternal and Infinite Garden with reverence to the Heavenly Father, the Earthly Mother and Great Masters, reverence to the holy, pure and saving Teaching, reverence to the Brotherhood of the Elect." He then thought reverently about the angel or force with which he was about to commune, contemplating its meaning and purpose in his own life and body, as taught in the first part of the Communions. Following this prologue he spoke the actual words of the Communion.

THE ESSENE TREE OF LIFE with the Morning and Evening Communions

"May He bless thee with every good, may He keep thee from all evil and illumine thy heart with the knowledge of life and favor thee with eternal wisdom. And may He give His Sevenfold blessings upon thee, to everlasting Peace."

THE ACTUAL NOON CONTEMPLATIONS

The Noon Peace Contemplations, dedicated each day to a different one of the seven aspects of Peace, were addressed to the Heavenly Father, requesting him to send the Angel of Peace to all, and then to send a certain one of the angels to strengthen each aspect of the Sevenfold Peace.

Saturday

Morning

Communion with the Earthly Mother: "The Earthly Mother and I are one. She gives the food of Life to my whole body." When he finishes these words he contemplates edible fruits, grains or plants and feels the currents of the Earthly Mother flowing in him and intensifying and directing the metabolism of his body. **Contemplative Force:** Earthly Food Nutrition - Mother

Noon

Peace With the Kingdom of The Heavenly Father: "Our Father who art in heaven, send to all Your Angel of Peace; to Your Kingdom, our Heavenly Father, Your Angel of Eternal Life."

Peace Contemplation: Kingdom of the Heavenly Father

Evening

Communion with the Angel of Eternal Life declares: "Angel of Eternal Life, descend upon me and give Eternal Life to my spirit." As these words are said the individual contemplates union with the currents of thought of the superior planets and gains power to overcome the sphere of gravitation of earthly currents of thought.

Weekly Individual Inventory

Under this Essene system, which was first practiced at the time of Zoroaster, the individual made a weekly self analysis of his thoughts, words and deeds. This balancing showed the extent to which he was cooperating with or deviating from the superior forces, and gave a cross-section of his character, abilities and physical condition, thus indicating the degree of his evolution in life.

In your analysis consider each of the forces from three different aspects:

1. Is the power or force understood
2. Does the individual feel the significance of the force deeply and sincerely
3. Is the power used continually and in the best possible way

Answer the inventory with “yes” or “no”. Indicate improvement in your own terms. Or if you prefer, you can use a scale or percentages indicating improvement. (e.g. 1-5 or 10-100%).

| Sixteen Forces 1st 8 Earthly 2nd 8 Cosmic Powers | Is the Force Understood? | Do you feel the significance of the force deeply and Sincerely? | Is the power used continually in the best possible way? |
|---|---------------------------------|--|--|
| Sun | | | |
| Water | | | |
| Air | | | |
| Food | | | |
| Man | | | |
| Earth | | | |
| Health | | | |
| Joy | | | |
| Power | | | |
| Love | | | |
| Wisdom | | | |
| The Preserver | | | |
| The Creator | | | |
| Eternal Life | | | |
| Work | | | |
| Peace | | | |

Sunday Communion

PROLOGUE TO THE COMMUNIONS

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THE ESSENE TREE OF LIFE with the Morning and Evening Communions

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THE ACTUAL NOON CONTEMPLATIONS

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Sunday

Morning

Communion with the Angel of Earth:"Angel of Earth, enter my generative organs and regenerate my whole body." As he says this he contemplates the life-generating soil and the growing grass, feeling the currents of the Angel of Earth transforming his sexual energy into regenerative forces.

Contemplative Force: Angel of Top Soil Regeneration - Earth Growth Glands

Noon

Peace With the Kingdom of The Earthly Mother: "Our Father who art in heaven, send to all Your Angel of Peace; to the kingdom of our Earthly Mother, the Angel of joy."

Peace Contemplation: Kingdom of the Earthly Mother

Evening

Communion with the Angel of Creative Work gives this command: "Angel of Creative Work, descend upon humanity and give abundance to all men." The contemplation is upon bees at work, and the creative work of humanity in all spheres of existence is concentrated upon.

Monday Communion

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Monday

Morning

Communion with the Angel of Life: "Angel of Life, enter my limbs and give strength to my whole body." He now contemplates trees as he feels himself absorbing vital forces from trees and forests.

Contemplative Force: Angel of Trees Vitality - Life Force

Noon

Peace With Culture: "Our Father who art in heaven, send to all Your Angel of Peace; to our knowledge, the Angel of Wisdom."

Peace Contemplation: Culture

Evening

Communion with the Angel of Peace: "Peace, peace, peace, Angel of Peace, Be always everywhere." The individual now contemplates the crescent moon and the moonlight, invoking and visualizing universal peace in all spheres of existence.

Tuesday Communion

PROLOGUE TO THE COMMUNIONS

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Tuesday

Morning

Communion with the Angel of Joy: "Angel of joy, descend upon earth and give beauty to all beings." He then feels himself absorbing vibrations of joy from the beauties of nature as he contemplates the colors of sunrise, of sunset, the song of a bird or the aroma of a flower.

Contemplative Force: Angel of Beauty Harmony - Joy

Noon

Peace With Humanity: "Our Father who art in heaven, send to all Your Angel of Peace; to humanity the Angel of Work."

Peace Contemplation: Humanity - (Social Peace)

Evening

Communion with the Angel of Power: "Angel of Power, descend upon my Acting Body and direct all my acts." As he contemplates the stars, their radiations, and the cosmic ocean of Life, the individual feels the Cosmo vital forces from the stars being absorbed by the nervous system of the Acting Body.

Wednesday Communion

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Wednesday

Morning

Communion to the Angel of the Sun uses these words: "Angel of Sun, enter my Solar Center and give the fire of life to my whole body." As these words are spoken he contemplates the rising sun and feels and directs the accumulated solar forces radiating through his solar center, located at the solar plexus, sending them to all parts of his body.

Noon

Peace With the Family: "Our Father who art in heaven, send to all Your Angel of Peace; to our family and friends the Angel of Love."

Peace Contemplation: Family - (Feeling Body)

Evening

Communion is with the Angel of Love: "Angel of Love, descend upon my Feeling Body and purify all my feelings." While this is being said the Feeling Body both sends and attracts superior currents of feeling to and from all beings on earth and all those in the cosmic ocean of Love.

Thursday Communion

PROLOGUE TO THE COMMUNIONS

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Thursday

Morning

Communion with the Angel of Water: "Angel of Water, enter my blood and give the water of Life to my whole body." As he says this he contemplates the waters of the earth, in rain, river, lake, sea or anywhere, and the currents of the Angel of Water are felt intensifying and directing the circulation of the blood.

Contemplative Force: Angel of Blood Circulation - Water Rivers

Noon

Peace With the Mind: "Our Father who art in heaven, send to all your Angel of Peace; to our mind the Angel of Power."

Peace Contemplation: Mind - (Thinking Body)

Evening

Communion with the Angel of Wisdom: "Angel of Wisdom, descend upon my Thinking Body and enlighten all my thoughts." Superior currents of thought are then sent and attracted by the Thinking Body while the individual contemplates all thought on earth and in the cosmic ocean of thought.

Friday Communion

PROLOGUE TO THE COMMUNIONS

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THE ESSENE TREE OF LIFE with the Morning and Evening Communions

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Friday

Morning

Communion with the Angel of Air: "Angel of Air, enter my lungs and give the air of Life to my whole body." The one communing contemplates the atmosphere as he says this and breathes rhythmically.

Contemplative Force: Angel of Breath Energies of Air - Atmosphere

Noon

Peace With the Body: "Our Father who art in heaven, send to all your Angel of Peace; to our body the Angel of Life."

Peace Contemplation: Body - (Acting Body)

Evening

Communion with the Heavenly Father: "The Heavenly Father and I are One." This Communion in time brings union with the eternal and boundless cosmic ocean of all superior radiations from all planets, as cosmic consciousness is awakened and the individual is finally united with the Supreme Power.

Saturday Communion

PROLOGUE TO THE COMMUNIONS

Previous to speaking the actual words of a communion, the Essene solemnly and reverently repeated the following prologue: "I enter the Eternal and Infinite Garden with reverence to the Heavenly Father, the Earthly Mother and Great Masters, reverence to the holy, pure and saving Teaching, reverence to the Brotherhood of the Elect." He then thought reverently about the angel or force with which he was about to commune, contemplating its meaning and purpose in his own life and body, as taught in the first part of the Communions. Following this prologue he spoke the actual words of the Communion.

THE ESSENE TREE OF LIFE with the Morning and Evening Communions

"May He bless thee with every good, may He keep thee from all evil and illumine thy heart with the knowledge of life and favor thee with eternal wisdom. And may He give His Sevenfold blessings upon thee, to everlasting Peace."

THE ACTUAL NOON CONTEMPLATIONS

The Noon Peace Contemplations, dedicated each day to a different one of the seven aspects of Peace, were addressed to the Heavenly Father, requesting him to send the Angel of Peace to all, and then to send a certain one of the angels to strengthen each aspect of the Sevenfold Peace.

Saturday

Morning

Communion with the Earthly Mother: "The Earthly Mother and I are one. She gives the food of Life to my whole body." When he finishes these words he contemplates edible fruits, grains or plants and feels the currents of the Earthly Mother flowing in him and intensifying and directing the metabolism of his body. **Contemplative Force:** Earthly Food Nutrition - Mother

Noon

Peace With the Kingdom of The Heavenly Father: "Our Father who art in heaven, send to all Your Angel of Peace; to Your Kingdom, our Heavenly Father, Your Angel of Eternal Life."

Peace Contemplation: Kingdom of the Heavenly Father

Evening

Communion with the Angel of Eternal Life declares: "Angel of Eternal Life, descend upon me and give Eternal Life to my spirit." As these words are said the individual contemplates union with the currents of thought of the superior planets and gains power to overcome the sphere of gravitation of earthly currents of thought.

Weekly Individual Inventory

Under this Essene system, which was first practiced at the time of Zoroaster, the individual made a weekly self analysis of his thoughts, words and deeds. This balancing showed the extent to which he was cooperating with or deviating from the superior forces, and gave a cross-section of his character, abilities and physical condition, thus indicating the degree of his evolution in life.

In your analysis consider each of the forces from three different aspects:

1. Is the power or force understood
2. Does the individual feel the significance of the force deeply and sincerely
3. Is the power used continually and in the best possible way

Answer the inventory with "yes" or "no". Indicate improvement in your own terms. Or if you prefer, you can use a scale or percentages indicating improvement. (e.g. 1-5 or 10-100%).

| Sixteen Forces 1st 8 Earthly 2nd 8 Cosmic Powers | Is the Force Understood? | Do you feel the significance of the force deeply and Sincerely? | Is the power used continually in the best possible way? |
|---|---------------------------------|--|--|
| <p style="text-align: center;">Sun</p> <p style="text-align: center;">Water</p> <p style="text-align: center;">Air</p> <p style="text-align: center;">Food</p> <p style="text-align: center;">Man</p> <p style="text-align: center;">Earth</p> <p style="text-align: center;">Health</p> <p style="text-align: center;">Joy</p> <p style="text-align: center;">Power</p> <p style="text-align: center;">Love</p> <p style="text-align: center;">Wisdom</p> <p style="text-align: center;">The Preserver</p> <p style="text-align: center;">The Creator</p> <p style="text-align: center;">Eternal Life</p> <p style="text-align: center;">Work</p> <p style="text-align: center;">Peace</p> | | | |

Sunday Communion

PROLOGUE TO THE COMMUNIONS

Previous to speaking the actual words of a communion, the Essene solemnly and reverently repeated the following prologue: "I enter the Eternal and Infinite Garden with reverence to the Heavenly Father, the Earthly Mother and Great Masters, reverence to the holy, pure and saving Teaching, reverence to the Brotherhood of the Elect." He then thought reverently about the angel or force with which he was about to commune, contemplating its meaning and purpose in his own life and body, as taught in the first part of the Communions. Following this prologue he spoke the actual words of the Communion.

THE ESSENE TREE OF LIFE with the Morning and Evening Communions

"May He bless thee with every good, may He keep thee from all evil and illumine thy heart with the knowledge of life and favor thee with eternal wisdom. And may He give His Sevenfold blessings upon thee, to everlasting Peace."

THE ACTUAL NOON CONTEMPLATIONS

The Noon Peace Contemplations, dedicated each day to a different one of the seven aspects of Peace, were addressed to the Heavenly Father, requesting him to send the Angel of Peace to all, and then to send a certain one of the angels to strengthen each aspect of the Sevenfold Peace.

Sunday

Morning

Communion with the Angel of Earth:"Angel of Earth, enter my generative organs and regenerate my whole body." As he says this he contemplates the life-generating soil and the growing grass, feeling the currents of the Angel of Earth transforming his sexual energy into regenerative forces.

Contemplative Force: Angel of Top Soil Regeneration - Earth Growth Glands

Noon

Peace With the Kingdom of The Earthly Mother: "Our Father who art in heaven, send to all Your Angel of Peace; to the kingdom of our Earthly Mother, the Angel of joy."

Peace Contemplation: Kingdom of the Earthly Mother

Evening

Communion with the Angel of Creative Work gives this command: "Angel of Creative Work, descend upon humanity and give abundance to all men." The contemplation is upon bees at work, and the creative work of humanity in all spheres of existence is concentrated upon.

Monday Communion

PROLOGUE TO THE COMMUNIONS

Previous to speaking the actual words of a communion, the Essene solemnly and reverently repeated the following prologue: "I enter the Eternal and Infinite Garden with reverence to the Heavenly Father, the Earthly Mother and Great Masters, reverence to the holy, pure and saving Teaching, reverence to the Brotherhood of the Elect." He then thought reverently about the angel or force with which he was about to commune, contemplating its meaning and purpose in his own life and body, as taught in the first part of the Communions. Following this prologue he spoke the actual words of the Communion.

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Monday

Morning

Communion with the Angel of Life: "Angel of Life, enter my limbs and give strength to my whole body." He now contemplates trees as he feels himself absorbing vital forces from trees and forests.

Contemplative Force: Angel of Trees Vitality - Life Force

Noon

Peace With Culture: "Our Father who art in heaven, send to all Your Angel of Peace; to our knowledge, the Angel of Wisdom."

Peace Contemplation: Culture

Evening

Communion with the Angel of Peace: "Peace, peace, peace, Angel of Peace, Be always everywhere." The individual now contemplates the crescent moon and the moonlight, invoking and visualizing universal peace in all spheres of existence.

Tuesday Communion

PROLOGUE TO THE COMMUNIONS

Previous to speaking the actual words of a communion, the Essene solemnly and reverently repeated the following prologue: "I enter the Eternal and Infinite Garden with reverence to the Heavenly Father, the Earthly Mother and Great Masters, reverence to the holy, pure and saving Teaching, reverence to the Brotherhood of the Elect." He then thought reverently about the angel or force with which he was about to commune, contemplating its meaning and purpose in his own life and body, as taught in the first part of the Communions. Following this prologue he spoke the actual words of the Communion.

THE ESSENE TREE OF LIFE with the Morning and Evening Communions

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Tuesday

Morning

Communion with the Angel of Joy: "Angel of joy, descend upon earth and give beauty to all beings." He then feels himself absorbing vibrations of joy from the beauties of nature as he contemplates the colors of sunrise, of sunset, the song of a bird or the aroma of a flower.

Contemplative Force: Angel of Beauty Harmony - Joy

Noon

Peace With Humanity: "Our Father who art in heaven, send to all Your Angel of Peace; to humanity the Angel of Work."

Peace Contemplation: Humanity - (Social Peace)

Evening

Communion with the Angel of Power: "Angel of Power, descend upon my Acting Body and direct all my acts." As he contemplates the stars, their radiations, and the cosmic ocean of Life, the individual feels the Cosmo vital forces from the stars being absorbed by the nervous system of the Acting Body.

Wednesday Communion

PROLOGUE TO THE COMMUNIONS

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Wednesday

Morning

Communion to the Angel of the Sun uses these words: "Angel of Sun, enter my Solar Center and give the fire of life to my whole body." As these words are spoken he contemplates the rising sun and feels and directs the accumulated solar forces radiating through his solar center, located at the solar plexus, sending them to all parts of his body.

Noon

Peace With the Family: "Our Father who art in heaven, send to all Your Angel of Peace; to our family and friends the Angel of Love."

Peace Contemplation: Family - (Feeling Body)

Evening

Communion is with the Angel of Love: "Angel of Love, descend upon my Feeling Body and purify all my feelings." While this is being said the Feeling Body both sends and attracts superior currents of feeling to and from all beings on earth and all those in the cosmic ocean of Love.

Thursday Communion

PROLOGUE TO THE COMMUNIONS

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Thursday

Morning

Communion with the Angel of Water: "Angel of Water, enter my blood and give the water of Life to my whole body." As he says this he contemplates the waters of the earth, in rain, river, lake, sea or anywhere, and the currents of the Angel of Water are felt intensifying and directing the circulation of the blood.

Contemplative Force: Angel of Blood Circulation - Water Rivers

Noon

Peace With the Mind: "Our Father who art in heaven, send to all your Angel of Peace; to our mind the Angel of Power."

Peace Contemplation: Mind - (Thinking Body)

Evening

Communion with the Angel of Wisdom: "Angel of Wisdom, descend upon my Thinking Body and enlighten all my thoughts." Superior currents of thought are then sent and attracted by the Thinking Body while the individual contemplates all thought on earth and in the cosmic ocean of thought.

Friday Communion

PROLOGUE TO THE COMMUNIONS

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Friday

Morning

Communion with the Angel of Air: "Angel of Air, enter my lungs and give the air of Life to my whole body." The one communing contemplates the atmosphere as he says this and breathes rhythmically.

Contemplative Force: Angel of Breath Energies of Air - Atmosphere

Noon

Peace With the Body: "Our Father who art in heaven, send to all your Angel of Peace; to our body the Angel of Life."

Peace Contemplation: Body - (Acting Body)

Evening

Communion with the Heavenly Father: "The Heavenly Father and I are One." This Communion in time brings union with the eternal and boundless cosmic ocean of all superior radiations from all planets, as cosmic consciousness is awakened and the individual is finally united with the Supreme Power.

Saturday Communion

PROLOGUE TO THE COMMUNIONS

Previous to speaking the actual words of a communion, the Essene solemnly and reverently repeated the following prologue: "I enter the Eternal and Infinite Garden with reverence to the Heavenly Father, the Earthly Mother and Great Masters, reverence to the holy, pure and saving Teaching, reverence to the Brotherhood of the Elect." He then thought reverently about the angel or force with which he was about to commune, contemplating its meaning and purpose in his own life and body, as taught in the first part of the Communions. Following this prologue he spoke the actual words of the Communion.

THE ESSENE TREE OF LIFE with the Morning and Evening Communions

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Saturday

Morning

Communion with the Earthly Mother: "The Earthly Mother and I are one. She gives the food of Life to my whole body." When he finishes these words he contemplates edible fruits, grains or plants and feels the currents of the Earthly Mother flowing in him and intensifying and directing the metabolism of his body. **Contemplative Force:** Earthly Food Nutrition - Mother

Noon

Peace With the Kingdom of The Heavenly Father: "Our Father who art in heaven, send to all Your Angel of Peace; to Your Kingdom, our Heavenly Father, Your Angel of Eternal Life."

Peace Contemplation: Kingdom of the Heavenly Father

Evening

Communion with the Angel of Eternal Life declares: "Angel of Eternal Life, descend upon me and give Eternal Life to my spirit." As these words are said the individual contemplates union with the currents of thought of the superior planets and gains power to overcome the sphere of gravitation of earthly currents of thought.

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Answer the inventory with "Yes" or "No". Indicate improvement in your own terms. Or if you prefer, you can use a scale or percentages indicating improvement. (e.g. 1-5 or 10-100%).

| Sixteen Forces 1st 8 Earthly 2nd 8 Cosmic Powers | Is the Force Understood? | Do you feel the significance of the force deeply and Sincerely? | Is the power used continually in the best possible way? |
|---|---------------------------------|--|--|
| Sun | | | |
| Water | | | |
| Air | | | |
| Food | | | |
| Man | | | |
| Earth | | | |
| Health | | | |
| Joy | | | |
| Power | | | |
| Love | | | |
| Wisdom | | | |
| The Preserver | | | |
| The Creator | | | |
| Eternal Life | | | |
| Work | | | |
| Peace | | | |

Sunday Communion

PROLOGUE TO THE COMMUNIONS

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THE ESSENE TREE OF LIFE with the Morning and Evening Communions

"May He bless thee with every good, may He keep thee from all evil and illumine thy heart with the knowledge of life and favor thee with eternal wisdom. And may He give His Sevenfold blessings upon thee, to everlasting Peace."

THE ACTUAL NOON CONTEMPLATIONS

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Sunday

Morning

Communion with the Angel of Earth:"Angel of Earth, enter my generative organs and regenerate my whole body." As he says this he contemplates the life-generating soil and the growing grass, feeling the currents of the Angel of Earth transforming his sexual energy into regenerative forces.

Contemplative Force: Angel of Top Soil Regeneration - Earth Growth Glands

Noon

Peace With the Kingdom of The Earthly Mother: "Our Father who art in heaven, send to all Your Angel of Peace; to the kingdom of our Earthly Mother, the Angel of joy."

Peace Contemplation: Kingdom of the Earthly Mother

Evening

Communion with the Angel of Creative Work gives this command: "Angel of Creative Work, descend upon humanity and give abundance to all men." The contemplation is upon bees at work, and the creative work of humanity in all spheres of existence is concentrated upon.

Monday Communion

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Monday

Morning

Communion with the Angel of Life: "Angel of Life, enter my limbs and give strength to my whole body." He now contemplates trees as he feels himself absorbing vital forces from trees and forests.

Contemplative Force: Angel of Trees Vitality - Life Force

Noon

Peace With Culture: "Our Father who art in heaven, send to all Your Angel of Peace; to our knowledge, the Angel of Wisdom."

Peace Contemplation: Culture

Evening

Communion with the Angel of Peace: "Peace, peace, peace, Angel of Peace, Be always everywhere." The individual now contemplates the crescent moon and the moonlight, invoking and visualizing universal peace in all spheres of existence.

Tuesday Communion

PROLOGUE TO THE COMMUNIONS

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THE ESSENE TREE OF LIFE with the Morning and Evening Communions

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Tuesday

Morning

Communion with the Angel of Joy: "Angel of joy, descend upon earth and give beauty to all beings." He then feels himself absorbing vibrations of joy from the beauties of nature as he contemplates the colors of sunrise, of sunset, the song of a bird or the aroma of a flower.

Contemplative Force: Angel of Beauty Harmony - Joy

Noon

Peace With Humanity: "Our Father who art in heaven, send to all Your Angel of Peace; to humanity the Angel of Work."

Peace Contemplation: Humanity - (Social Peace)

Evening

Communion with the Angel of Power: "Angel of Power, descend upon my Acting Body and direct all my acts." As he contemplates the stars, their radiations, and the cosmic ocean of Life, the individual feels the Cosmo vital forces from the stars being absorbed by the nervous system of the Acting Body.

Wednesday Communion

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Wednesday

Morning

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Noon

Peace With the Family: "Our Father who art in heaven, send to all Your Angel of Peace; to our family and friends the Angel of Love."

Peace Contemplation: Family - (Feeling Body)

Evening

Communion is with the Angel of Love: "Angel of Love, descend upon my Feeling Body and purify all my feelings." While this is being said the Feeling Body both sends and attracts superior currents of feeling to and from all beings on earth and all those in the cosmic ocean of Love.

Thursday Communion

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Thursday

Morning

Communion with the Angel of Water: "Angel of Water, enter my blood and give the water of Life to my whole body." As he says this he contemplates the waters of the earth, in rain, river, lake, sea or anywhere, and the currents of the Angel of Water are felt intensifying and directing the circulation of the blood.

Contemplative Force: Angel of Blood Circulation - Water Rivers

Noon

Peace With the Mind: "Our Father who art in heaven, send to all your Angel of Peace; to our mind the Angel of Power."

Peace Contemplation: Mind - (Thinking Body)

Evening

Communion with the Angel of Wisdom: "Angel of Wisdom, descend upon my Thinking Body and enlighten all my thoughts." Superior currents of thought are then sent and attracted by the Thinking Body while the individual contemplates all thought on earth and in the cosmic ocean of thought.

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Friday

Morning

Communion with the Angel of Air: "Angel of Air, enter my lungs and give the air of Life to my whole body." The one communing contemplates the atmosphere as he says this and breathes rhythmically.

Contemplative Force: Angel of Breath Energies of Air - Atmosphere

Noon

Peace With the Body: "Our Father who art in heaven, send to all your Angel of Peace; to our body the Angel of Life."

Peace Contemplation: Body - (Acting Body)

Evening

Communion with the Heavenly Father: "The Heavenly Father and I are One." This Communion in time brings union with the eternal and boundless cosmic ocean of all superior radiations from all planets, as cosmic consciousness is awakened and the individual is finally united with the Supreme Power.

Saturday Communion

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Saturday

Morning

Communion with the Earthly Mother: "The Earthly Mother and I are one. She gives the food of Life to my whole body." When he finishes these words he contemplates edible fruits, grains or plants and feels the currents of the Earthly Mother flowing in him and intensifying and directing the metabolism of his body. **Contemplative Force:** Earthly Food Nutrition - Mother

Noon

Peace With the Kingdom of The Heavenly Father: "Our Father who art in heaven, send to all Your Angel of Peace; to Your Kingdom, our Heavenly Father, Your Angel of Eternal Life."

Peace Contemplation: Kingdom of the Heavenly Father

Evening

Communion with the Angel of Eternal Life declares: "Angel of Eternal Life, descend upon me and give Eternal Life to my spirit." As these words are said the individual contemplates union with the currents of thought of the superior planets and gains power to overcome the sphere of gravitation of earthly currents of thought.

Weekly Individual Inventory

Under this Essene system, which was first practiced at the time of Zoroaster, the individual made a weekly self analysis of his thoughts, words and deeds. This balancing showed the extent to which he was cooperating with or deviating from the superior forces, and gave a cross-section of his character, abilities and physical condition, thus indicating the degree of his evolution in life.

In your analysis consider each of the forces from three different aspects:

1. Is the power or force understood
2. Does the individual feel the significance of the force deeply and sincerely
3. Is the power used continually and in the best possible way

Answer the inventory with "Yes" or "No". Indicate improvement in your own terms. Or if you prefer, you can use a scale or percentages indicating improvement. (e.g. 1-5 or 10-100%).

| Sixteen Forces 1st 8 Earthly 2nd 8 Cosmic Powers | Is the Force Understood? | Do you feel the significance of the force deeply and Sincerely? | Is the power used continually in the best possible way? |
|---|---------------------------------|--|--|
| Sun | | | |
| Water | | | |
| Air | | | |
| Food | | | |
| Man | | | |
| Earth | | | |
| Health | | | |
| Joy | | | |
| Power | | | |
| Love | | | |
| Wisdom | | | |
| The Preserver | | | |
| The Creator | | | |
| Eternal Life | | | |
| Work | | | |
| Peace | | | |

Sunday Communion

PROLOGUE TO THE COMMUNIONS

Previous to speaking the actual words of a communion, the Essene solemnly and reverently repeated the following prologue: "I enter the Eternal and Infinite Garden with reverence to the Heavenly Father, the Earthly Mother and Great Masters, reverence to the holy, pure and saving Teaching, reverence to the Brotherhood of the Elect." He then thought reverently about the angel or force with which he was about to commune, contemplating its meaning and purpose in his own life and body, as taught in the first part of the Communions. Following this prologue he spoke the actual words of the Communion.

THE ESSENE TREE OF LIFE with the Morning and Evening Communions

"May He bless thee with every good, may He keep thee from all evil and illumine thy heart with the knowledge of life and favor thee with eternal wisdom. And may He give His Sevenfold blessings upon thee, to everlasting Peace."

THE ACTUAL NOON CONTEMPLATIONS

The Noon Peace Contemplations, dedicated each day to a different one of the seven aspects of Peace, were addressed to the Heavenly Father, requesting him to send the Angel of Peace to all, and then to send a certain one of the angels to strengthen each aspect of the Sevenfold Peace.

Sunday

Morning

Communion with the Angel of Earth:"Angel of Earth, enter my generative organs and regenerate my whole body." As he says this he contemplates the life-generating soil and the growing grass, feeling the currents of the Angel of Earth transforming his sexual energy into regenerative forces.

Contemplative Force: Angel of Top Soil Regeneration - Earth Growth Glands

Noon

Peace With the Kingdom of The Earthly Mother: "Our Father who art in heaven, send to all Your Angel of Peace; to the kingdom of our Earthly Mother, the Angel of joy."

Peace Contemplation: Kingdom of the Earthly Mother

Evening

Communion with the Angel of Creative Work gives this command: "Angel of Creative Work, descend upon humanity and give abundance to all men." The contemplation is upon bees at work, and the creative work of humanity in all spheres of existence is concentrated upon.

Monday Communion

PROLOGUE TO THE COMMUNIONS

Previous to speaking the actual words of a communion, the Essene solemnly and reverently repeated the following prologue: "I enter the Eternal and Infinite Garden with reverence to the Heavenly Father, the Earthly Mother and Great Masters, reverence to the holy, pure and saving Teaching, reverence to the Brotherhood of the Elect." He then thought reverently about the angel or force with which he was about to commune, contemplating its meaning and purpose in his own life and body, as taught in the first part of the Communions. Following this prologue he spoke the actual words of the Communion.

THE ESSENE TREE OF LIFE with the Morning and Evening Communions

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Monday

Morning

Communion with the Angel of Life: "Angel of Life, enter my limbs and give strength to my whole body." He now contemplates trees as he feels himself absorbing vital forces from trees and forests.

Contemplative Force: Angel of Trees Vitality - Life Force

Noon

Peace With Culture: "Our Father who art in heaven, send to all Your Angel of Peace; to our knowledge, the Angel of Wisdom."

Peace Contemplation: Culture

Evening

Communion with the Angel of Peace: "Peace, peace, peace, Angel of Peace, Be always everywhere." The individual now contemplates the crescent moon and the moonlight, invoking and visualizing universal peace in all spheres of existence.

Tuesday Communion

PROLOGUE TO THE COMMUNIONS

Previous to speaking the actual words of a communion, the Essene solemnly and reverently repeated the following prologue: "I enter the Eternal and Infinite Garden with reverence to the Heavenly Father, the Earthly Mother and Great Masters, reverence to the holy, pure and saving Teaching, reverence to the Brotherhood of the Elect." He then thought reverently about the angel or force with which he was about to commune, contemplating its meaning and purpose in his own life and body, as taught in the first part of the Communions. Following this prologue he spoke the actual words of the Communion.

THE ESSENE TREE OF LIFE with the Morning and Evening Communions

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Tuesday

Morning

Communion with the Angel of Joy: "Angel of joy, descend upon earth and give beauty to all beings." He then feels himself absorbing vibrations of joy from the beauties of nature as he contemplates the colors of sunrise, of sunset, the song of a bird or the aroma of a flower.

Contemplative Force: Angel of Beauty Harmony - Joy

Noon

Peace With Humanity: "Our Father who art in heaven, send to all Your Angel of Peace; to humanity the Angel of Work."

Peace Contemplation: Humanity - (Social Peace)

Evening

Communion with the Angel of Power: "Angel of Power, descend upon my Acting Body and direct all my acts." As he contemplates the stars, their radiations, and the cosmic ocean of Life, the individual feels the Cosmo vital forces from the stars being absorbed by the nervous system of the Acting Body.

Wednesday Communion

PROLOGUE TO THE COMMUNIONS

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Wednesday

Morning

Communion to the Angel of the Sun uses these words: "Angel of Sun, enter my Solar Center and give the fire of life to my whole body." As these words are spoken he contemplates the rising sun and feels and directs the accumulated solar forces radiating through his solar center, located at the solar plexus, sending them to all parts of his body.

Noon

Peace With the Family: "Our Father who art in heaven, send to all Your Angel of Peace; to our family and friends the Angel of Love."

Peace Contemplation: Family - (Feeling Body)

Evening

Communion is with the Angel of Love: "Angel of Love, descend upon my Feeling Body and purify all my feelings." While this is being said the Feeling Body both sends and attracts superior currents of feeling to and from all beings on earth and all those in the cosmic ocean of Love.

Thursday Communion

PROLOGUE TO THE COMMUNIONS

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Thursday

Morning

Communion with the Angel of Water: "Angel of Water, enter my blood and give the water of Life to my whole body." As he says this he contemplates the waters of the earth, in rain, river, lake, sea or anywhere, and the currents of the Angel of Water are felt intensifying and directing the circulation of the blood.

Contemplative Force: Angel of Blood Circulation - Water Rivers

Noon

Peace With the Mind: "Our Father who art in heaven, send to all your Angel of Peace; to our mind the Angel of Power."

Peace Contemplation: Mind - (Thinking Body)

Evening

Communion with the Angel of Wisdom: "Angel of Wisdom, descend upon my Thinking Body and enlighten all my thoughts." Superior currents of thought are then sent and attracted by the Thinking Body while the individual contemplates all thought on earth and in the cosmic ocean of thought.

Friday Communion

PROLOGUE TO THE COMMUNIONS

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THE ESSENE TREE OF LIFE with the Morning and Evening Communions

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Friday

Morning

Communion with the Angel of Air: "Angel of Air, enter my lungs and give the air of Life to my whole body." The one communing contemplates the atmosphere as he says this and breathes rhythmically.

Contemplative Force: Angel of Breath Energies of Air - Atmosphere

Noon

Peace With the Body: "Our Father who art in heaven, send to all your Angel of Peace; to our body the Angel of Life."

Peace Contemplation: Body - (Acting Body)

Evening

Communion with the Heavenly Father: "The Heavenly Father and I are One." This Communion in time brings union with the eternal and boundless cosmic ocean of all superior radiations from all planets, as cosmic consciousness is awakened and the individual is finally united with the Supreme Power.

Saturday Communion

PROLOGUE TO THE COMMUNIONS

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THE ESSENE TREE OF LIFE with the Morning and Evening Communions

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Saturday

Morning

Communion with the Earthly Mother: "The Earthly Mother and I are one. She gives the food of Life to my whole body." When he finishes these words he contemplates edible fruits, grains or plants and feels the currents of the Earthly Mother flowing in him and intensifying and directing the metabolism of his body. **Contemplative Force:** Earthly Food Nutrition - Mother

Noon

Peace With the Kingdom of The Heavenly Father: "Our Father who art in heaven, send to all Your Angel of Peace; to Your Kingdom, our Heavenly Father, Your Angel of Eternal Life."

Peace Contemplation: Kingdom of the Heavenly Father

Evening

Communion with the Angel of Eternal Life declares: "Angel of Eternal Life, descend upon me and give Eternal Life to my spirit." As these words are said the individual contemplates union with the currents of thought of the superior planets and gains power to overcome the sphere of gravitation of earthly currents of thought.

Weekly Individual Inventory

Under this Essene system, which was first practiced at the time of Zoroaster, the individual made a weekly self analysis of his thoughts, words and deeds. This balancing showed the extent to which he was cooperating with or deviating from the superior forces, and gave a cross-section of his character, abilities and physical condition, thus indicating the degree of his evolution in life.

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| Food | | | |
| Man | | | |
| Earth | | | |
| Health | | | |
| Joy | | | |
| Power | | | |
| Love | | | |
| Wisdom | | | |
| The Preserver | | | |
| The Creator | | | |
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| Work | | | |
| Peace | | | |

Sunday Communion

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Contemplative Force: Angel of Top Soil Regeneration - Earth Growth Glands

Noon

Peace With the Kingdom of The Earthly Mother: "Our Father who art in heaven, send to all Your Angel of Peace; to the kingdom of our Earthly Mother, the Angel of joy."

Peace Contemplation: Kingdom of the Earthly Mother

Evening

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Monday

Morning

Communion with the Angel of Life: "Angel of Life, enter my limbs and give strength to my whole body." He now contemplates trees as he feels himself absorbing vital forces from trees and forests.

Contemplative Force: Angel of Trees Vitality - Life Force

Noon

Peace With Culture: "Our Father who art in heaven, send to all Your Angel of Peace; to our knowledge, the Angel of Wisdom."

Peace Contemplation: Culture

Evening

Communion with the Angel of Peace: "Peace, peace, peace, Angel of Peace, Be always everywhere." The individual now contemplates the crescent moon and the moonlight, invoking and visualizing universal peace in all spheres of existence.

Tuesday Communion

PROLOGUE TO THE COMMUNIONS

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Morning

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Contemplative Force: Angel of Beauty Harmony - Joy

Noon

Peace With Humanity: "Our Father who art in heaven, send to all Your Angel of Peace; to humanity the Angel of Work."

Peace Contemplation: Humanity - (Social Peace)

Evening

Communion with the Angel of Power: "Angel of Power, descend upon my Acting Body and direct all my acts." As he contemplates the stars, their radiations, and the cosmic ocean of Life, the individual feels the Cosmo vital forces from the stars being absorbed by the nervous system of the Acting Body.

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Wednesday

Morning

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Noon

Peace With the Family: "Our Father who art in heaven, send to all Your Angel of Peace; to our family and friends the Angel of Love."

Peace Contemplation: Family - (Feeling Body)

Evening

Communion is with the Angel of Love: "Angel of Love, descend upon my Feeling Body and purify all my feelings." While this is being said the Feeling Body both sends and attracts superior currents of feeling to and from all beings on earth and all those in the cosmic ocean of Love.

Thursday Communion

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Thursday

Morning

Communion with the Angel of Water: "Angel of Water, enter my blood and give the water of Life to my whole body." As he says this he contemplates the waters of the earth, in rain, river, lake, sea or anywhere, and the currents of the Angel of Water are felt intensifying and directing the circulation of the blood.

Contemplative Force: Angel of Blood Circulation - Water Rivers

Noon

Peace With the Mind: "Our Father who art in heaven, send to all your Angel of Peace; to our mind the Angel of Power."

Peace Contemplation: Mind - (Thinking Body)

Evening

Communion with the Angel of Wisdom: "Angel of Wisdom, descend upon my Thinking Body and enlighten all my thoughts." Superior currents of thought are then sent and attracted by the Thinking Body while the individual contemplates all thought on earth and in the cosmic ocean of thought.

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Friday

Morning

Communion with the Angel of Air: "Angel of Air, enter my lungs and give the air of Life to my whole body." The one communing contemplates the atmosphere as he says this and breathes rhythmically.

Contemplative Force: Angel of Breath Energies of Air - Atmosphere

Noon

Peace With the Body: "Our Father who art in heaven, send to all your Angel of Peace; to our body the Angel of Life."

Peace Contemplation: Body - (Acting Body)

Evening

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Saturday Communion

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Saturday

Morning

Communion with the Earthly Mother: "The Earthly Mother and I are one. She gives the food of Life to my whole body." When he finishes these words he contemplates edible fruits, grains or plants and feels the currents of the Earthly Mother flowing in him and intensifying and directing the metabolism of his body. **Contemplative Force:** Earthly Food Nutrition - Mother

Noon

Peace With the Kingdom of The Heavenly Father: "Our Father who art in heaven, send to all Your Angel of Peace; to Your Kingdom, our Heavenly Father, Your Angel of Eternal Life."

Peace Contemplation: Kingdom of the Heavenly Father

Evening

Communion with the Angel of Eternal Life declares: "Angel of Eternal Life, descend upon me and give Eternal Life to my spirit." As these words are said the individual contemplates union with the currents of thought of the superior planets and gains power to overcome the sphere of gravitation of earthly currents of thought.

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|---|---------------------------------|--|--|
| <p style="text-align: center;">Sun</p> <p style="text-align: center;">Water</p> <p style="text-align: center;">Air</p> <p style="text-align: center;">Food</p> <p style="text-align: center;">Man</p> <p style="text-align: center;">Earth</p> <p style="text-align: center;">Health</p> <p style="text-align: center;">Joy</p> <p style="text-align: center;">Power</p> <p style="text-align: center;">Love</p> <p style="text-align: center;">Wisdom</p> <p style="text-align: center;">The Preserver</p> <p style="text-align: center;">The Creator</p> <p style="text-align: center;">Eternal Life</p> <p style="text-align: center;">Work</p> <p style="text-align: center;">Peace</p> | | | |

Sunday Communion

PROLOGUE TO THE COMMUNIONS

Previous to speaking the actual words of a communion, the Essene solemnly and reverently repeated the following prologue: "I enter the Eternal and Infinite Garden with reverence to the Heavenly Father, the Earthly Mother and Great Masters, reverence to the holy, pure and saving Teaching, reverence to the Brotherhood of the Elect." He then thought reverently about the angel or force with which he was about to commune, contemplating its meaning and purpose in his own life and body, as taught in the first part of the Communions. Following this prologue he spoke the actual words of the Communion.

THE ESSENE TREE OF LIFE with the Morning and Evening Communions

"May He bless thee with every good, may He keep thee from all evil and illumine thy heart with the knowledge of life and favor thee with eternal wisdom. And may He give His Sevenfold blessings upon thee, to everlasting Peace."

THE ACTUAL NOON CONTEMPLATIONS

The Noon Peace Contemplations, dedicated each day to a different one of the seven aspects of Peace, were addressed to the Heavenly Father, requesting him to send the Angel of Peace to all, and then to send a certain one of the angels to strengthen each aspect of the Sevenfold Peace.

Sunday

Morning

Communion with the Angel of Earth:"Angel of Earth, enter my generative organs and regenerate my whole body." As he says this he contemplates the life-generating soil and the growing grass, feeling the currents of the Angel of Earth transforming his sexual energy into regenerative forces.

Contemplative Force: Angel of Top Soil Regeneration - Earth Growth Glands

Noon

Peace With the Kingdom of The Earthly Mother: "Our Father who art in heaven, send to all Your Angel of Peace; to the kingdom of our Earthly Mother, the Angel of joy."

Peace Contemplation: Kingdom of the Earthly Mother

Evening

Communion with the Angel of Creative Work gives this command: "Angel of Creative Work, descend upon humanity and give abundance to all men." The contemplation is upon bees at work, and the creative work of humanity in all spheres of existence is concentrated upon.

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Monday

Morning

Communion with the Angel of Life: "Angel of Life, enter my limbs and give strength to my whole body." He now contemplates trees as he feels himself absorbing vital forces from trees and forests.

Contemplative Force: Angel of Trees Vitality - Life Force

Noon

Peace With Culture: "Our Father who art in heaven, send to all Your Angel of Peace; to our knowledge, the Angel of Wisdom."

Peace Contemplation: Culture

Evening

Communion with the Angel of Peace: "Peace, peace, peace, Angel of Peace, Be always everywhere." The individual now contemplates the crescent moon and the moonlight, invoking and visualizing universal peace in all spheres of existence.

Tuesday Communion

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Tuesday

Morning

Communion with the Angel of Joy: "Angel of joy, descend upon earth and give beauty to all beings." He then feels himself absorbing vibrations of joy from the beauties of nature as he contemplates the colors of sunrise, of sunset, the song of a bird or the aroma of a flower.

Contemplative Force: Angel of Beauty Harmony - Joy

Noon

Peace With Humanity: "Our Father who art in heaven, send to all Your Angel of Peace; to humanity the Angel of Work."

Peace Contemplation: Humanity - (Social Peace)

Evening

Communion with the Angel of Power: "Angel of Power, descend upon my Acting Body and direct all my acts." As he contemplates the stars, their radiations, and the cosmic ocean of Life, the individual feels the Cosmo vital forces from the stars being absorbed by the nervous system of the Acting Body.

Wednesday Communion

PROLOGUE TO THE COMMUNIONS

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Wednesday

Morning

Communion to the Angel of the Sun uses these words: "Angel of Sun, enter my Solar Center and give the fire of life to my whole body." As these words are spoken he contemplates the rising sun and feels and directs the accumulated solar forces radiating through his solar center, located at the solar plexus, sending them to all parts of his body.

Noon

Peace With the Family: "Our Father who art in heaven, send to all Your Angel of Peace; to our family and friends the Angel of Love."

Peace Contemplation: Family - (Feeling Body)

Evening

Communion is with the Angel of Love: "Angel of Love, descend upon my Feeling Body and purify all my feelings." While this is being said the Feeling Body both sends and attracts superior currents of feeling to and from all beings on earth and all those in the cosmic ocean of Love.

Thursday Communion

PROLOGUE TO THE COMMUNIONS

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Thursday

Morning

Communion with the Angel of Water: "Angel of Water, enter my blood and give the water of Life to my whole body." As he says this he contemplates the waters of the earth, in rain, river, lake, sea or anywhere, and the currents of the Angel of Water are felt intensifying and directing the circulation of the blood.

Contemplative Force: Angel of Blood Circulation - Water Rivers

Noon

Peace With the Mind: "Our Father who art in heaven, send to all your Angel of Peace; to our mind the Angel of Power."

Peace Contemplation: Mind - (Thinking Body)

Evening

Communion with the Angel of Wisdom: "Angel of Wisdom, descend upon my Thinking Body and enlighten all my thoughts." Superior currents of thought are then sent and attracted by the Thinking Body while the individual contemplates all thought on earth and in the cosmic ocean of thought.

Friday Communion

PROLOGUE TO THE COMMUNIONS

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Friday

Morning

Communion with the Angel of Air: "Angel of Air, enter my lungs and give the air of Life to my whole body." The one communing contemplates the atmosphere as he says this and breathes rhythmically.

Contemplative Force: Angel of Breath Energies of Air - Atmosphere

Noon

Peace With the Body: "Our Father who art in heaven, send to all your Angel of Peace; to our body the Angel of Life."

Peace Contemplation: Body - (Acting Body)

Evening

Communion with the Heavenly Father: "The Heavenly Father and I are One." This Communion in time brings union with the eternal and boundless cosmic ocean of all superior radiations from all planets, as cosmic consciousness is awakened and the individual is finally united with the Supreme Power.

Saturday Communion

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Saturday

Morning

Communion with the Earthly Mother: "The Earthly Mother and I are one. She gives the food of Life to my whole body." When he finishes these words he contemplates edible fruits, grains or plants and feels the currents of the Earthly Mother flowing in him and intensifying and directing the metabolism of his body. **Contemplative Force:** Earthly Food Nutrition - Mother

Noon

Peace With the Kingdom of The Heavenly Father: "Our Father who art in heaven, send to all Your Angel of Peace; to Your Kingdom, our Heavenly Father, Your Angel of Eternal Life."

Peace Contemplation: Kingdom of the Heavenly Father

Evening

Communion with the Angel of Eternal Life declares: "Angel of Eternal Life, descend upon me and give Eternal Life to my spirit." As these words are said the individual contemplates union with the currents of thought of the superior planets and gains power to overcome the sphere of gravitation of earthly currents of thought.

Individual Inventory—Post-Communion

Under this Essene system, which was first practiced at the time of Zoroaster, the individual made a weekly self analysis of his thoughts, words and deeds. This balancing showed the extent to which he was cooperating with or deviating from the superior forces, and gave a cross-section of his character, abilities and physical condition, thus indicating the degree of his evolution in life.

In your analysis consider each of the forces from three different aspects:

1. Is the power or force understood
2. Does the individual feel the significance of the force deeply and sincerely
3. Is the power used continually and in the best possible way

Answer the inventory with “Yes” or “No”. Indicate improvement in your own terms. Or if you prefer, you can use a scale or percentages indicating improvement. (e.g. 1-5 or 10-100%).

| Sixteen Forces 1st 8 Earthly 2nd 8 Cosmic Powers | Is the Force Understood? | Do you feel the significance of the force deeply and Sincerely? | Is the power used continually in the best possible way? |
|--|--------------------------|---|---|
| Sun | | | |
| Water | | | |
| Air | | | |
| Food | | | |
| Man | | | |
| Earth | | | |
| Health | | | |
| Joy | | | |
| Power | | | |
| Love | | | |
| Wisdom | | | |
| The Preserver | | | |
| The Creator | | | |
| Eternal Life | | | |
| Work | | | |
| Peace | | | |

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