

22. Community

The Essenes were a spiritual community who lived in the Middle east about two thousand years ago. The inspired me with their Morning, Noon and evening communions. I share these with you with the desire that you may tend your supportive community connections.

With love from Skye

Saturday morning. **The Earthly Mother.**

The contemplation of the different food substances assists an ever deeper awareness that the body is made from elements of the earth and nourished with those elements through plant life. Through this the Essenes learned of the paramount role of natural foods for health and vitality. How to receive, absorb and conserve the powerful energies derived from foods enabled them to maintain remarkable physical health.

Saturday Noon.

Peace with the Kingdom of the Heavenly Father.

... which is the entire Cosmos, the whole Universe, the Law of Life. It is behind all that is manifest and unmanifest. All that is concrete or abstract, material or immaterial, visible or invisible. Peace with the Law of Life means Peace and harmony with the cosmic ocean of all the cosmic forces in the Universe. The currents, radiations, forces, values and intuition.

The physical body, the feeling body and the thinking body are all parts of the spiritual body which is one with and part of all else in the Universe. A person, by their own efforts and will, may ascend the cosmic ocean of Universal Life. History is a record of the self-imposed limitations of people and their efforts to overcome them.

It is always possible to return to the Source, the Law of Life, the Heavenly Father from whom we came and from whom we have never really been away.

Saturday evening. **Eternal Life.**

*This Communion developed an inner knowing of the eternity of life, of one's own unity with eternal life and with the whole cosmic order. One could overcome gravity in the earthly currents of thought and align with the superior currents. **The role of thought in the individual's and the planets' evolution became known.***

This was the highest mystical accomplishment of the Essenes.

Saturday

Mother Earth food...



HEAVENLY FATHER

Lift up your ♥'s

OVERCOME GRAVITY

ETERNAL LIFE