

## 28 Friday Communions

### *Friday Morning. Air.*

The dynamic unity between air and life became known and held sacred through this Communion. Respiration is the link between human and cosmos. Where there is life there is breath. Thus the atmosphere in the surrounding nature and air is the indicator of health and vitality. Rhythmic breathing enabled specific energies to be absorbed from the atmosphere and a living relationship between the self and the universe to be experienced.

### Friday Noon. **Peace with the Body.**

The word for the physical body, both in Aramaic and Hebrew signified 'to act', 'to move.' This differs greatly from the Greek idea, (Beauty), the Roman idea (strength to conquer) and the medieval Christians (distain).

The Essenes knew that in the acting body are all the laws of life and the Cosmos, the key to the whole Universe. They considered that humans have three roles; individual evolution; a function in regard to our planet earth and a purpose as a unit of the cosmos.

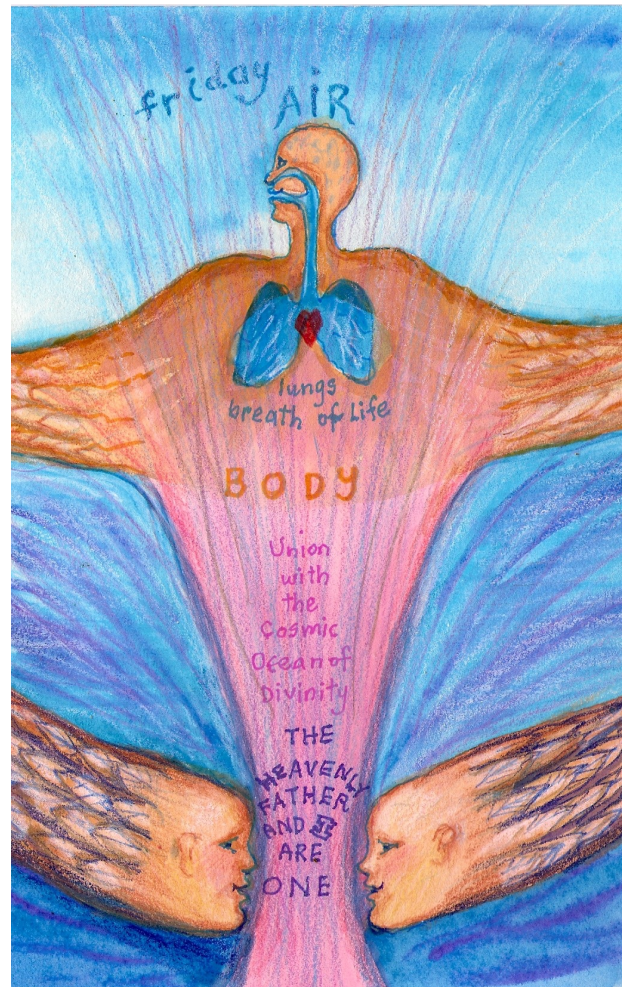
The acting body is there for the purpose of a conscious use of its terrestrial and spiritual energies. This is within right relationship to all other beings which are also evolving and affecting one another.

The Essenes were taught:

- \* how to adapt to the constantly changing field of life.

- \* the effect of different foods and different natural forces of earth, sun, air and water.

- \* the vitalizing power of working in fields, orchards and gardens.



- \* that disease is caused by deviations from the Law of Life.

- \* the qualities and curative powers of different herbs and plants, of heliotherapy and hydrotherapy and of the proper diet for every ailment.

- \* right breathing.

- \* the power which thought holds over the acting body.

- \* the material and spiritual value of moderation in all things.

- \* the regenerative value of fasting which also develops the will and

increases spiritual power.

The care of the acting body was in order to keep it in good health as an instrument through which acts of wisdom and love for fellow humans could be done. Thus the person became a co-creator with the Law of Life and with God.

*Friday Evening. The Creator,. Source.*

The Communion with the Creator, the Source, the Light, was the central communion, dedicated to the totality of Cosmic Laws and to the role of humans in continuing the ongoing process of Co-Creation here on earth.

A person could become more receptive to the powers of the eternal and boundless cosmic ocean, the superior radiations from all the planets and to unity with the cosmic currents.

Creative abilities could thus be developed to the utmost and used in their life and surroundings on the journey toward union with the Creator, the Source, the Light.

