

25. Essene Communions **Tuesdays**

Tuesday morning. Joy

All forms of Beauty were joyously contemplated and the joy circulated within. The ability to absorb joy from beauty was one way to attain inner harmony and serenity.

Tuesday Noon. Peace with Humanity.

The Essenes regarded both riches and poverty to be deviations from the Law of Life. Both states create unrest, war and chaos. Great wealth is in the hands of a few because of exploitation of people or of Nature. Poverty arises from habits of thinking, feeling and acting. Working only to make money is a kind of slavery as one can not feed and support one's life by one's own effort.

A higher understanding of the Law of Life can be brought about gradually through teaching, inspiration and example based on Nature's Law and Cosmic Law.

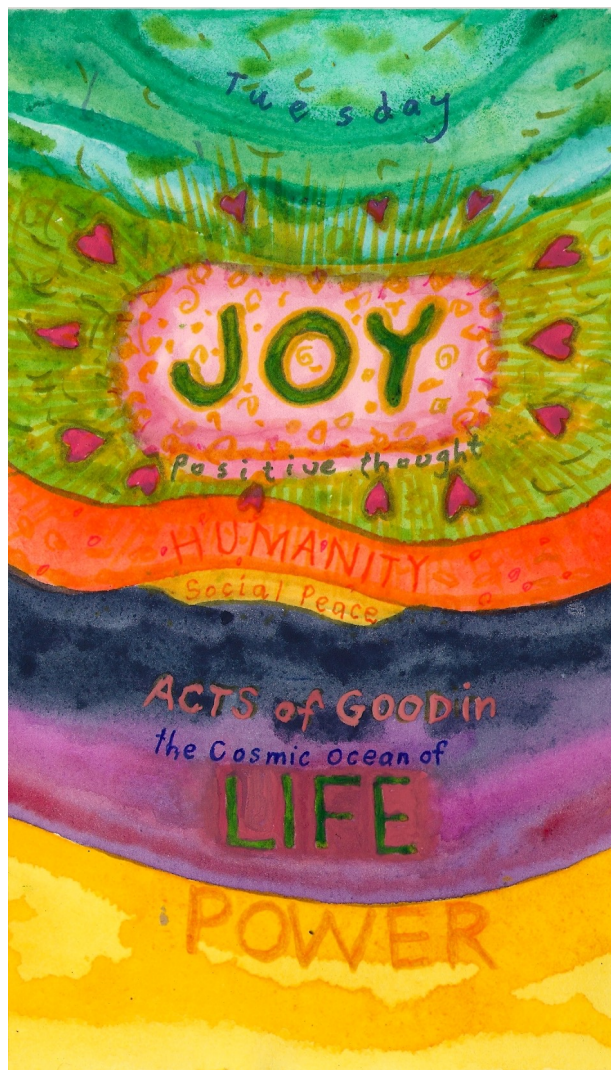
The Essenes demonstrated that food and material needs can be acquired with ease, through the knowledge of the Law of Life. Order, efficiency and individual freedom co-existed. Each person had their own small house and a garden and also took part in communal activities.

The Essenes received many teachings of Universal Wisdom and were aware that this wisdom was for **a future humanity.**

This **teaching of the Light** was given during ceremonies, song, movements, work in the gardens and through

individual attunement and the solitude of one's personal temple.

Songs, sounds, words, dances and movements done with great inner purity and attunement produced particular effects



within oneself and within the soul of the earth. Certain kinds of human-shaped waves were used to vivify, purify and improve the quality of a place.

In this way, very pure spiritual beings who live inside the soul of humankind could be awakened, nourished and strengthened in the will of the Heavenly Father. Solitude was respected. Silence and discernment was a prerequisite to receiving teachings.

Joy and laughter circulated abundantly.

Tuesday Evening. **Power.**



The Essenes conceived of the whole universe as a cosmic ocean of life in which the currents of cosmic power are continually connecting and uniting all forms of life on all planets.

This Communion made one conscious of being surrounded, both within and without, with cosmo-vital forces and to be able to absorb and use these currents through the nervous system.