

## 26 Essene Communions Wednesday

### *Wednesday Morning. The Sun.*

The Essenes meditated on the sun as a great living force, an ever-present source of energy without which there would be no life on earth. They bathed the body and the nervous system in the radiation of the Sun through the solar plexus, to establish unity between the self and the sun and to distribute its power throughout the body.

### *Wednesday Noon. Peace with the Family.*

The family includes relatives, friends and associates in daily life. Peace is harmony in the emotions. The natural expression of the feeling-emotional body is love. Life in all its spheres, aspects and manifestations is the demonstration of creative love. The feeling bodies create a planetary feeling atmosphere, invisible and imponderable and having an enormous influence and power.

Because feeling has functioned for a longer time than thinking, it tends to dominate even after the child has grown. Most of humankind is ruled by the feeling body of the child. This results in a tremendous imbalance in their acting body. When actions are controlled by emotion and feeling, as in infancy, a person's powers are out of rhythm, out of harmony. Their deeds and actions remain self-centered and egoistic, deviating from the Law of Life.

Humans can reach a far higher

degree of evolution through thinking and through **developing their inner guidance**. When you continue to let your feeling body dominate your actions you retard your own evolution as well as the evolution of the planet.



The Essenes showed that the feeling body can be the most powerful instrument for health, vitality and happiness. Through love we can co-create the kingdom of heaven in and around ourselves and within the whole human family. Peace with the family is the Great Law of Love toward one another.

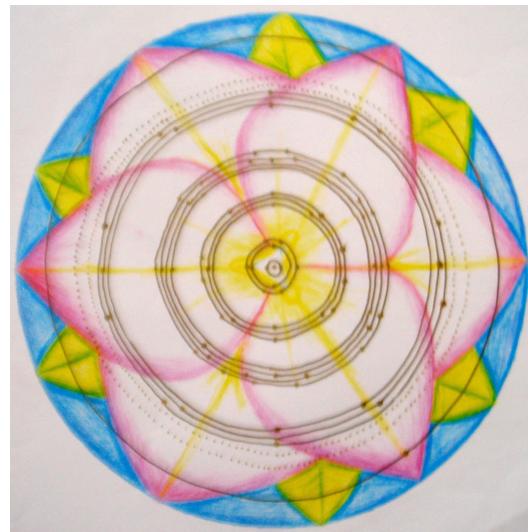
### *Wednesday Evening. Love.*

Love was considered to be the highest creative feeling. The Essenes held that a cosmic ocean of love exists everywhere uniting all forms of life, and that life itself is an expression of love.

The purpose of the Communion was to acknowledge and receive the superior currents of feeling within oneself and the surrounding place, as a wonderful source of energy and power which may be concentrated and directed.

The Essenes expressed strong feelings of love for all humankind near and far and for all forms of life on earth and in infinite space. They expressed their love invisibly and through gifts of food, healing and teaching.

To attract and send forth superior currents of feeling was one of their great mystical accomplishments.



Embody Love vibration Life Path Mandala.