



SUPERHEROTRAINING

Magnificent Seven

Based Upon the Sevenfold Peace
Communions of the Ancient
Essenes

There are seven primary facets to our lives. Consciousness, soul, spirit, our true inner nature interfaces with our world through these seven aspects.

It is by bringing peace into every facet that we may experience complete peace in our lives

Peace with the Body

We recognize the body as a divine product, created by spiritual laws, and know that in the body are manifested all the laws of life and the cosmos. The Essenes learned the healthful foods, herbs, breathing techniques, etc. that were needed to have a vital physical body.

This communion nurtures the power of love and acceptance for our physical expression. It is through our spiritual relationship with our bodies that the ability to heal is mastered.

The internal state of health of the physical body has a dramatic effect on our peace of mind and emotional status. It is extremely challenging to experience deep levels of peace with a unhealthy, toxic body.

Peace with the Mind

The quintessential communion for Sevenfold Peace is through thought. Thought is considered to be a superior force – far greater than either feeling or action, because it is the creator of both. It is important to understand the power of the mind as a tool of manifestation. It is what empowers us to be co-creators with God. It is through the use of the mind that we direct the flow of energy – through the choices we make about our thoughts.

The mind has incredible depth and complexity and is the portal to success upon the inner planes. By bringing peace to the depths of the mind we can experience who we truly are. This requires developing focus, concentration, determination and certainty. This is a practice.

Peace with Family

This communion is a reflection of our love towards one another. It governs our relationships with those who are in our close environment and our spiritual families. Through this communion we learn how our families are mirrors in learning more about ourselves and our feeling bodies. The Essenes knew that the feeling body is a most powerful instrument for the production of good health, vitality and happiness. Peace with Family is about releasing that which manifests as in-harmony in the feeling body.

Feelings are the juice of life. Feeling truly alive, experiencing and demonstrating the highest feeling of love, this is the soul's purpose. Life is empty without the pure feelings of pure love. Everything we can do is enriched by the presence of love. From breathing to being, sharing and caring in every moment, without the presence of love we are little better than automatons. The purpose of life is to feel love, love is who we are. It is by practicing this attitude that we can bring the highest levels of peace to the depth of our souls.

Peace with Humanity

A powerful step in the path of the Sevenfold Peace, this communion refers to harmony between groups of people. The Essenes teach that each of us travels a unique path in serving human evolution, and it is only when we pursue our own unique contributions that joy and peace will reign in our societies.

This is all about service. Jesus said the greatest among us is the servant of all. Selfless service, being ever ready to share the gift of ourselves with all, allows the great currents of our eternal nature to flow through into the world. This is what it means to be truly alive. As we connect the circuit from the great energy of love within us to the world around us we live our true purpose. This may be achieved through the simple re-orientation of our awareness and attitude. Radiating blessings is the simplest form of service we can practice.

Peace with the Wisdom of the Ancients

In this communion we utilize the masterpieces of wisdom from all ages. The Essenes believed there were three pathways to discovering truth:

1. Through intuition- this path is followed by mystics and prophets.
2. Through nature- the way of the scientist.
3. Through the pathway of culture – exposure to the great masterpieces of literature and the arts. This communion opens the door to our spiritual ancestors, and their spiritual truths. Essenes consider it the duty of all to learn from cultural masterpieces, commune with the Ancients, and pass teachings down to the next generation as a way of contributing to the evolution of humankind.

There are vast resources available through the internet. It behooves us to find the most potent inspiration from the past and tap into the vast reservoir of power that exists as the gift of great souls who walked in ancient times. These gifts can be found in literature, music and art, architecture etc.

Peace with Earthly Mother

This communion nurtures how we live in harmony with the Earth and the physical domain. It is coming to terms with the knowledge that our health and wealth is dependent on how we interact with the physical planet. As we develop a loving relationship with the Earth, the planet nurtures our own spiritual beings.

This facet also includes our own personal environments. Attending to the details of our surroundings is essential in creating a supportive atmosphere for the unfolding of our greatness to occur naturally and effortlessly.

Peace with the Heavenly Father

It is with this step of the Sevenfold Peace that we experience one power and one presence in our lives and in the Universe. A doorway opens in our consciousness that accesses powerful, loving guidance and support from spiritual energies.

This communion also requires contemplation and consideration of the infinite cosmic possibility.

The Sevenfold Peace asks us to evaluate ourselves and the way we present ourselves in our world. With every thought, feeling and action we are creating and contributing to the world. The question is, are we contributing to peace or to more chaos? Am I building up or am I breaking down?

The Sevenfold Peace offers us an opportunity to become aware, awake and conscious. To live in peace is to actively create Heaven on Earth!