

# THE SEVENFOLD PEACE

As the Essene communions with the Angels of Mother God access the power of the physical domain, and the communions with the Angels of Father God open the door to powerful spiritual forces, the height of the Essene teachings is accessing our unique Christ expressions using the path of the Sevenfold Peace. The Sevenfold Peace is a spiritual discipline which nourishes the expression of our unique Godhood within ourselves, our families, humankind and ultimately all physical and spiritual reality. This path proves to be a powerful and effective spiritual blueprint for harmonious living, in a peaceful world where we can express our Divine potential.

The ancient Essenes knew that the experience of peace is a personal one. If we ever hope to have a collective experience of peace, *we must first as individuals heal that which hinders our experience of peace.*

One of the communions of the Sevenfold Peace is honored daily at noontime. Another one of the communions is honored weekly on the Sabbath, so that all aspects of the Sevenfold Peace are honored every seven weeks. The following are the seven aspects of contemplation for The Sevenfold Peace used by both ancient and contemporary Essenes.

## PEACE WITH THE BODY

*Our Father, who art in heaven, bring to the Children of God your Angel of Peace and bring to our bodies your Angel of Life, that it may reside there forever.*

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.

## PEACE WITH THE MIND

*Our Father, who art in heaven, bring to the Children of God your Angel of Peace and bring to our minds your Angel of Power, that our thoughts may be stronger than death.*

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.

## PEACE WITH FAMILY

*Our Father, who art in heaven, bring to the Children of God your Angel of Peace and bring to our families your Angel of Love, that we may see ourselves reflected in their eyes.*

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 disharmony in the feeling body.

## PEACE WITH HUMANITY

*Our Father, who art in heaven, bring to the Children of God your Angel of Peace and bring to humankind your Angel of Healing, that we may each know the blessings of our unique contribution.*

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.

## PEACE WITH THE WISDOM OF THE ANCIENTS

*Our Father, who art in heaven, bring to the Children of God your Angel of Peace and bring to our knowledge your Angel of Wisdom, that we may follow the pathways 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.

## PEACE WITH EARTHLY MOTHER

*Our Father, who art in heaven, bring to the Children of God your Angel of Peace and bring to the Earthly Mother your Angel of Joy, that we may experience the full blessings of this earthly domain.*

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.

# PEACE WITH THE HEAVENLY FATHER

*Our Father, who art in heaven, bring to the Children of God your Angel of Peace and bring to the kingdom of the Heavenly Father your Angel of Eternal Life, that we may be with you forever.*

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.

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.

*~Amen~*