

# Modern Order of Essenes

## Apprentice Manual

edited by John Michael Greer

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## About the Modern Order of Essenes

The Modern Order of Essenes was founded in 1948 by the Rev. Matthew William Shaw, a Universalist minister who at that time lived and taught in Pennsylvania. His studies of mysticism, spiritual healing, and Christian origins led him to the conviction that his church needed something like the ancient Essene order for those members who wanted to learn and practice spiritual healing. When he and two other ministers left the Universalist Church in 1952 to found a new church, the Universal Gnostic Church (UGC), the Modern Order of Essenes went with him and became the spiritual healing activity of the UGC. One of Rev. Shaw's students was John Gilbert, who introduced me to the Essene teachings and conferred the attunements upon me in 2004-2008.

The Essene teachings include practices of relaxation, breathing, meditation, and blessing, as well as two methods of spiritual healing. The first and most important method of healing taught by the Order is referred to in the teachings simply as "Essene healing." It is similar in some ways to Reiki, though it has its own very distinctive way of working; it directs a particular mode of spiritual healing energy through centers in the palms to bless, cleanse, and heal oneself or another person. I have not been able to find any version of this system dating from before the founding of the Modern Order of Essenes, and it seems likely that it was created by or revealed to Rev. Shaw. The three Essene attunements, which are described below, focus on this aspect of the Essene healing work.

The second method of spiritual healing is reflexology, also known as zone therapy. This is a system of gentle hand and foot massage that has healing benefits. It has been practiced since ancient times in Egypt, China, Japan, and India, but was introduced in a Western form in 1913 by two physicians, Dr. William Fitzgerald and Dr. Edwin Bowers. The reflexology teachings included in the Essene system are not intended to make you a professional reflexologist—that requires extensive training under a competent teacher, and includes a great deal of information not covered in this series of papers. The Essene reflexology methods are much simpler to learn and use than the techniques that are practiced by professional reflexologists. They are designed for the Essene healer to use on himself or herself, and to teach to others to use on themselves. Beyond their beneficial effects on health, they help to clear and balance the channels of spiritual energy through which Essene healing works.

These two methods, as well as the other practices discussed above, are taught through written lessons and personal practice. We also have audio files of John Gilbert offering instruction in the basic levels of training, and these will be made available to students for listening or download. The Essene healing practices can be performed by anyone, whether or not they receive the attunements, but receiving the attunements greatly accelerates the process of developing the ability to practice spiritual healing.

There are three attunements that are conferred on the student—the Essene Apprentice, Essene Healer, and Essene Master attunements. These attunements can be conferred in person or at a distance, just as the Essene healing method can be used both in the presence of the person to be healed or at a distance. All three attunements require specific preparatory work on the part of the person being attuned, and further work is necessary once the attunement has been received to stabilize and develop the effects of the attunement.

A student of the Essene work who has received all three attunements and has practiced the spiritual

healing methods regularly is eligible to become an Essene Master Teacher and receive full instructions on how to confer the attunements on students of his or her own. To become an Essene Master Teacher it is also necessary to complete the Gnostic Lessons, which confer the minor orders of the Universal Gnostic Church. It may be worth mentioning here that the UGC does not dictate which deity or deities a member, or indeed a clergyperson, must revere; central to UGC theology is the teaching that the Divine reveals itself to different people in different ways. John Gilbert was himself an esoteric Christian, but he welcomed into the UGC and the Modern Order of Essenes Druids, Heathens, Jews, Buddhists, Hindus, and followers of several Native American religious traditions, among others.

From its founding by Matthew Shaw until John Gilbert took it into dormancy in 2012, the Modern Order of Essenes was an organization with a chief official, whose title was Abbot. I have decided, however, to revive the Order as a tradition rather than an organization. In the future, each Essene Master Teacher will be free to teach and perform attunements as he or she wishes, in much the same way that Reiki teachers currently do.

# Candidate Papers

## Introductory Candidate Lecture

(The following lecture was used to introduce the Essene teachings to beginning students in John Gilbert's day. Though it was unsigned it is probably John's work.)

The Modern Order of Essenes is a healing and teaching order dedicated to teaching the ancient Essene healing techniques. We believe that these are approximately five thousand years old. We also believe that these were the healing techniques used by the Masters Jesus and Mary Magdalene, whom we believe were Essenes.

Our healing techniques are available to all who seek this assistance in healing themselves and others. The first healing technique we learn as Essenes is the Blessing Walk. Use this technique to help heal yourself and others.

The second technique we teach is the Essene Healing Breath. Daily practice with the Essene Healing Breath will help you heal yourself and others. More than that, it will help you find your spiritual path and commune with your spirit guides, teachers and the Divine.

There are a total of three attunements within our Order. Everybody starts as a Candidate to become an Apprentice Essene Healer. As a candidate you will learn two ancient and powerful healing techniques to help heal yourself and others. The mysteries behind how these two techniques work so powerfully, to help people heal and transform themselves into the person they want to be, are very ancient, and easier to master than most people would believe.

The Essene healing energy is feminine in nature. It's called the Sophia Energy or the Magdalene Energy. This energy heals in a feminine way by drawing the unconditional love of the Divine, which heals all things, into the person being healed. The unconditional love of the Divine does heal all things. The Essene healing techniques teach us how to use that energy to help other people heal themselves. The job of all Essene healers is to heal themselves and help other people to heal themselves.

The philosophy of the Modern Essenes is to focus on the good things in life and give thanks for them. Focusing on the good things in life uplifts us. Giving thanks for the good things in life also uplifts us. The more we uplift ourselves, the more we help other people uplift themselves. The Essene Blessing Walk teaches us how to become a center of positive influence in the world. Walk for your physical, mental, emotional and spiritual self. Walk for the benefit of all things.

Once you've learned the Essene Blessing Walk, it's time to start learning what we consider to be our fundamental healing technique, the Essene Healing Breath. We use this technique to heal ourselves, find and follow our own unique spiritual path, open communications with our guardian angel, spirit guides and teachers, and to empower our healing abilities to help others. By performing this meditation prior to taking an Essene Blessing Walk, you'll notice an increase in the energy that flows through you. You'll also notice your third eye starting to open more and more as you continue using these two techniques together.

We believe everybody has the ability to heal themselves and help others heal themselves using the Essene healing techniques. We use these healing techniques today to help anyone who asks for help healing themselves.

There are a total of five Essene grades.

## Essene Apprentice Manual

0° Essene Candidate

1° Essene Apprentice

2° Essene Healer

3° Essene Master

4° Essene Master Teacher

The Essene Blessing Walk and the Essene Healing Breath are the techniques assigned to Candidates. Once you learn them and proceed to the grade of Apprentice, you will learn more.



## On Spiritual Healing

The discussion of healing in this and later papers should always be interpreted in the light of the following strictly enforced rule:

**The Modern Order of Essenes teaches spiritual healing as part of a religious practice. It does not teach any medical modality. No initiate of the Order, except one who has earned the legal right to do so in some other context, is authorized to diagnose, treat, or prescribe for any medical condition.**

There are two reasons for this rule. The first is that the Essene training is in fact oriented toward spirituality rather than medicine. Learning how to diagnose diseases accurately and treat them effectively requires years of study under competent teachers. It cannot be learned from a relatively brief course such as this one. Spiritual healing is an entirely different matter, since it does not involve diagnosis or treatment of medical conditions; instead, it channels Divine healing energy toward a person in need, and the Divine, not the spiritual healer, directs that energy to benefit the person in question.

The second reason is that in many countries today, practicing medicine without a license is a criminal offense punishable by jail time, and any person who claims to be able to diagnose or treat medical conditions and does not have legally approved credentials can be arrested, tried, and sent to prison for doing this, whether or not it is done for pay. One may very reasonably object to such laws, but until and unless they are repealed they remain the law in many jurisdictions, and the Modern Order of Essenes does not and cannot recommend violating them.

The spiritual healing methods of the Modern Order of Essenes are designed to be used by lay practitioners without extensive medical training. They focus on directing the healing energy of the Divine to help individuals heal themselves. Their intention is to heal spiritual problems, not to provide medical treatment.

Can spiritual healing help bring about physical healing? Of course. Thousands of double-blind, controlled studies have explored the harmful effects of stress, tension, anxiety, and negative emotional states on physical health. Spiritual healing can help individuals resolve their stress, tension, anxiety, and negative emotional states, and thus foster physical healing. The placebo effect is also a potent source of healing; studies have shown that the placebo effect can yield better results in resolving some illnesses than treatment with pharmaceuticals. The science of psychoneuroimmunology, which explores the ways that mental and emotional states affect the immune system by altering hormone levels and influencing the autonomic nervous system, has also shown that spiritual practices can have significant effects on physical health.

None of this should ever be used in an attempt to claim that Essene healing, or anything else taught in this course, is a medical treatment. Nor does it ever permit you to claim that, as an Essene healer, you can diagnose, treat, or cure any medical condition. What you can do is provide spiritual support for a person in need, knowing that this support may assist them in overcoming physical illness in the ways mentioned above. In any situation that an ordinarily prudent person would tend on their own, without seeking professional medical care, you can provide spiritual care. In any situation that would cause an ordinarily prudent person to seek professional medical care, it is your legal responsibility to advise the person affected to seek help from a licensed medical provider, though

you can of course provide spiritual support to the person before, during, and after conventional treatment.

These points should be studied carefully and kept strictly in mind as you pursue your studies in the Modern Order of Essenes. Please be aware that if you violate the rule given above by claiming to diagnose, treat, or prescribe for a medical condition, and do not have the legally recognized right to do so by virtue of some other form of training or certification, your membership in the Order will not help you avoid legal prosecution.

The Modern Essene Fellowship is a healing and teaching order dedicated to teaching the ancient Essene Healing Techniques which we believe are approximately five thousand years old and which we are convinced were the healing techniques used by the Masters Jesus and Magdalene whom we believe were Essenes.

Our healing techniques are available to all who seek this assistance in healing themselves. The first healing technique we learn as Essenes is the Blessing Walk. Use this technique to help heal yourself and others.

The second technique we teach is the Essene Healing Breath. Daily practice with the Essene Healing Breath will help you heal yourself and others. More than that it will help you find your spiritual path and commune with your spirit guides, teachers and the Divine.

The healing techniques used by the Modern Essenes are believed to be ancient alternative medicine healing techniques used for centuries until the advent of modern medicine. These healing techniques can be used today to help people heal themselves.

There are a total of three attunements within our Fellowship. Everybody starts as a Candidate to become an Apprentice Essene Healer. As a candidate you will learn three more ancient and powerful healing techniques to help heal yourself and others. The mysteries behind how these three techniques work so powerfully to help people heal and transform themselves into the person they want to be are very ancient and easier to master than most people would believe.

The Essene Healing Energy is feminine in nature. It's called the Sophia Energy or the Magdalene Energy. This energy heals in a feminine way by drawing the unconditional love of the Divine, that heals all things, into the person being healed. The unconditional love of the Divine does heal all things. The Essene healing techniques teach us how to use that energy to help other people heal themselves.

The job of all Essene healers is to help other people heal themselves.

We recommend you explore several avenues of learning. There are many outstanding resources we recommend to all spiritual travelers.

## Essene Blessing Walk

This paper introduces the first of the basic Essene spiritual practices, the Blessing Walk. It will take you around six months of daily practice to pass through all the stages of learning the Blessing Walk. The next paper introduces the second basic Essene spiritual practice, the Healing Breath meditation. The Blessing Walk and the Healing Breath may be learned together.

The Essene Blessing Walk is a marvelous healing tool. We heal ourselves as we continue to practice this technique. And we send healing energy to others they can use to heal themselves.

We recommend you learn this technique step by step. Practice each step until it becomes a part of you and then proceed to the next step. Twenty-one days is the traditional period to take for each step, assuming that the Blessing Walk is performed once a day. This is a good period of time to spend on each step because in twenty-one days we build a positive habit and replace an old negative one that no longer serves us.

### The Blessing Walk - Step One

Dress comfortably. Choose a place where you'll see people as you walk. Choose a length of time for your walk from a few minutes to an hour or more. Be comfortable. Choose a time, go there and start walking at whatever pace you choose for yourself.

As you walk, pay attention to the people who come into your awareness. Smile. Send them a telepathic message, a blessing. Make up your own blessing. It doesn't matter what your blessing is. Just say it in your mind and feel it in your heart. Send that blessing to the person in your awareness at the time. For example, you could quietly say inside your mind, something like this:

1. I offer you my blessing.
2. May blessings be upon you.
3. May your life be easier.
4. May God bless you.
5. May abundance flow your way.
6. May joy and happiness be with you.
7. May Peace be with you.

Look at a person. Smile. Send them a heart-felt blessing telepathically. Use your own words. Smile. Continue walking and blessing those who come into your awareness. Do this as long as you want and as often as you want.

Remember that you are not forcing a blessing on the people you encounter. You are offering the blessing. They have the right to refuse it. There are people who do not want your blessing. There are people who do not want abundance, joy, happiness, or peace. You can see this in the way they avoid these things, and pursue courses of action that help them avoid these things. You do not have the right to force them to accept a blessing they do not want. Keep this in mind. The words "I offer" in the first example, or the word "May" in the others, is intended to convey this.

With practice, you develop a blessing aura around yourself and that blessing will radiate outwards to everyone you encounter who is willing to receive it.

## The Blessing Walk - Step Two

As you continue to walk comfortably, sending heart-felt telepathic blessings to those who come into your field of awareness, become aware of the animals and insects who also come into your awareness. These creatures are children of the Divine just as we are. They made a decision to come into this world at this time for reasons we may never understand.

But whatever the reason, we and they are all a part of the same Divine. The difference between us is that we have the power to stomp and destroy them. Whenever we do that we destroy a little part of ourselves. We are all brothers and sisters and the Divine loves each of us unconditionally. Ponder these things as you continue your Essene Blessing Walk.

Send the animals and insects a blessing too. They deserve to have an easier life with more love and consideration just as humans do. Smile at them and send them a heart-felt telepathic blessing too as you continue to send blessings to all humans you see.

With practice, you develop a blessing aura around yourself and send that blessing, that prayer, telepathically to the people and animals you see, hear or feel.

## The Blessing Walk - Step Three

As you continue to walk comfortably, blessing the people and animals you meet along the way, become aware of the plants, trees and flowers that come into your awareness.

These living things made a conscious decision to be here in this physical reality just as we did. And as our purpose is unknown to them, so theirs is unknown to us. And as chaos often disrupts our life, so are their lives also difficult at times.

Research has shown that prayer, and blessing is a form of prayer, helps people, animals and plants heal faster than without our prayers. So, as you become aware of flowers, plants and trees on your Blessing Walk, send them a heart-felt telepathic blessing too.

Then ponder this: Research has shown that people heal more completely, more quickly when they're in the presence of plants and animals. Is it possible all these plants and animals are sending us a blessing and praying for us? Is it possible these plants and animals know we're all brothers and sisters? That we're all here in this lifetime to help one another?

Ponder these things as you continue sending blessings to all plants, animals and humans that come within your presence on your Essene Blessing Walk. With practice, you develop a blessing aura around yourself and send that blessing, that prayer, telepathically to the people, plants and animals you see, hear or feel.

## The Blessing Walk - Step Four

As you continue to walk comfortably, blessing the people, plants and animals that come into your awareness, allow the awareness of rocks, dirt, buildings, roads and other things to come into your

awareness. All of these things are a part of the Divine just as much as you and I.

Things don't seem to have the emotional baggage plants, animals and humans have. Things don't seem to be affected by emotions but they do appear to store them. Our prayers and blessings don't appear to heal things like prayer helps plants, animals and humans heal themselves. But, we are wrong. Our prayers and blessings do help everything in the Creation heal themselves.

As you become aware of things in your life, send them a heart-felt telepathic blessing. Over the course of several days or weeks, observe how the feelings of that thing or that place change, how the vibration there is more inviting. It seems that by blessing the things in our life, those things return a blessing to us and others.

Check it out for yourself. With practice, you become a blessing-sending walking machine. You develop a blessing aura around yourself and send that blessing, that prayer, telepathically to everything and everybody you see, hear or feel.

## The Blessing Walk - Continued

There are three more steps to be mastered in the Essene Blessing Walk. We recommend you master the first four steps first. Practice them until they become a part of who you are. Then proceed to learn the next three steps.

Before you study these additional techniques to use with the Essene Blessing Walk, we recommend you master the first four steps first. When the first four steps become a part of who you are, these additional steps will be easy to master. If you make the first four steps a part of your daily life, the Essene techniques will be easier for you to learn and master.

When you know you're ready, please proceed.

## The Blessing Walk - Step Five

As you continue to smile and send a heart-felt telepathic blessing to the people, animals, plants and things that enter your awareness during your Blessing Walk, take a look inside yourself. Have these walks been a blessing to you? Are you happier? Do you feel better about yourself?

There's a fundamental Universal Law at work here. What you give away, you receive. Some people call it the Golden Rule. But by whatever name, the law works just the same. When you give blessings to everybody and everything, you will be blessed, your life will be easier, you will be happier and filled with joy more often.

That's the way it works.

One of the basic principles of the Universe is that there's a reason for everything. The Divine plan includes all things, all plants, all animals, all humans and everything in the Creation. There is a purpose for each and every one, for each and everything. We all have a purpose.

The Essenes generally believe our primary purpose is to learn to love more and more. The more we love, the more we are loved. The more we love, the closer we are with the all-loving Divine. The more we love, the easier our path becomes. The paths of those around us also becomes easier.

As you continue your Essene Blessing Walk, please ponder these things until you have a deep

understanding of how your life is changing and improving as you love more and more.

## The Blessing Walk - Step Six

As you continue to smile and send a heart-felt telepathic blessing to the people, animals, plants and things that enter your awareness during your Blessing Walk, change your way of thinking.

Instead of doing these things only during your Blessing Walk, do them anytime. You may smile and send a heart-felt telepathic blessing to anything and anybody at anytime. You can gradually change your way of thinking or you can just change.

This process of starting small and adding more and more things or expanding into more and more parts of your day is called “becoming established.” When the process becomes a part of you, a part of your daily routine, your day-to-day activities, you’re said to have become “established” in this practice. This same process is used to become established in prayer, contemplation or meditation.

## The Blessing Walk - Step Seven

As you continue to smile and send a heart-felt telepathic blessing to the people, animals, plants and things that enter your awareness during your Blessing Walk, change your way of behaving.

Instead of thinking about becoming established in blessing everyone and everything, just do it. Make it a habit. Don’t even think about it, just do it. Smile and telepathically send a blessing to everyone and everything all the time.

Instead of thinking about becoming established in prayer, contemplation or meditation, just do it. Make it a habit. Don’t even think about it, just do it. Communicate with the Divine about making life easier for everyone and everything (pray). Ponder the possibilities of your life, the qualities of the Divine and everything in this world (contemplate). Meditate all the time and go about your life at the same time.

\* \* \* \* \*

It takes a great deal of time and practice to finish the entire set of seven steps and become established in the Essene Blessing Walk. You do not need to complete the sequence in order to proceed to the next stage of your Essene training. Once you have made the Essene Blessing Walk a regular part of your life, and are beginning to work through the steps given above, you may proceed to the second Candidate technique, the Essene Healing Breath.

## Essene Healing Breath Meditation

This is the meditation practice taught by the Modern Order of Essenes. Students of the Essene lore should practice some form of meditation daily. John Gilbert did not insist on this form of meditation, though it was the method he practiced and he recommended it enthusiastically to anyone interested. Those students who already have an established meditation practice using some other method may continue that practice instead of this.

The instruction given below is unsigned but internal evidence suggests that it was written by John Gilbert.

### OVERVIEW OF THE ESSENE HEALING BREATH MEDITATION

The Essene Healing Breath Meditation is accomplished in three phases. In the first phase the student learns to completely relax his or her body. The depth of this relaxation so deep the student withdraws her or his consciousness from the body and becomes unaware of it. This phase is accomplished by steps one, two and three. When attained this phase is called the "State of Deep Relaxation."

Phase Two is the process of withdrawing consciousness from the mind by completely occupying the mind with trivial tasks. This phase is accomplished by steps four, five and six. When attained this phase is called the "State of Peaceful Mind." It's in this state of deep relaxation and peaceful mind that allows us to enter a higher state of consciousness through the process of meditation..

Phase Three is using and extending the periods of breathlessness between each inhalation and exhalation and between each exhalation and inhalation. It is these periods of breathlessness that are called the Window of Opportunity for it is during these periods the student accomplishes the purpose of his or her meditation. This purpose may include contact with spiritual guides, guardian angels, elementals, nature spirits, animal guides, other disincarnate beings or the Divine. It may also be healing of self or others, abundance for self or others, or mental, emotional, psychological, psychic, physical or spiritual advancement. It can be anything selected by the student.

Phase Four is to just meditate. Go with the flow and meditate. Enjoy the bliss, the happiness, the joy, the peace and the unconditional love of the Divine. Meditate.

### PREPARING TO DO AN ESSENE HEALING BREATH MEDITATION

The first thing we suggest you do is place yourself within a Sphere of Protection as a precaution. While you are meditating, contemplating, praying or healing yourself within this Sphere of Protection, no harm of any kind will come to you.

Most of the time nothing bad will happen anyway. But, as a precaution, we do suggest placing yourself within a Sphere of Protection any time you want to pray, meditate, contemplate or heal yourself.

Here's the Essene way of forming a Sphere of Protection:

1. Sit or stand comfortably and close your eyes. Relax and breathe deeply.
2. Bring your consciousness to your heart.
3. See a dot of white light shining in the center of your heart. This white light is the Light of the Divine. It is the Unconditional Love of the Universe. It is the protection against all things. See this dot of white light.
4. Each time you breathe out, see this dot of white light slowly expanding. Over the course of seven breaths, see it expand so that it forms a sphere completely surrounding you.
5. Each time you breathe in, feel the unconditional love of the universe filling you more and more. Then watch this sphere of white light expand as you breathe out.
6. Stand within this sphere of white light, this sphere of the unconditional love of the universe for three breaths and enjoy the peace, energy and love.
7. Give thanks to the Divine for protecting you and proceed with your purpose for forming this Sphere of Protection around you.

This is one way to create a Sphere of Protection to keep negative energy, power and entities away from you. There are several others. Choose one that suits you.

## INTRODUCTION TO THE ESSENE HEALING BREATH MEDITATION

This meditation technique is both easy to master and easy to dismiss without much effort. It's easy to master if you take a few minutes each day to do the weekly practices. It's easy to dismiss because it doesn't take much effort to master the technique. Here are my observations based on training several hundred students in this technique:

The optimal practice session is about fifteen to twenty minutes. Less than ten minutes per session will usually not produce any noticeable results; so ten minutes should probably be considered as the least amount of time to be spent in a practice session. After twenty minutes the session tends to level off and very little further progress is made; so twenty minutes should probably be considered a maximum amount of time to spend in any practice session..

The optimal number of practice sessions per day is between two and three. Fewer than two practice sessions a day nets very slow advancement while more than three doesn't seem to net further advancement.

As with all things, do the best you can do and you will obtain noticeable results.

The relaxation technique taught by the Order of Modern Essenes is commonly called "Progressive Relaxation." In the beginning it may take you fifteen to twenty minutes to work through your body from feet to head during Step One. After a few sessions you will be able to do this in a few minutes. After a several weeks, you'll be able to sit down and progressively relax your body in a few seconds. The secret is to take the time to painstakingly teach your muscles the process during the first few weeks.

As your muscles learn what's expected of them you will attain a state of complete relaxation more and more quickly. When your muscles have learned how to relax without first becoming quite tense, you may eliminate the tension part of the process. This is not necessary once your muscles become relaxed. Your goal is to be able to sit down quietly, close your eyes and in a few moments



completely relax your body into a very deep state of relaxation. It will take you several weeks to attain this state of relaxation.

The more relaxed your body is, the better. The deeper the state of your body relaxation, the deeper the state of meditation you can obtain. Take the time to learn how to relax your body completely using Step One.

## WITHDRAWING FROM YOUR MEDITATION

Withdraw from your meditation by first moving your toes. Then slowly work up your body by moving the legs, fingers, arms, shoulders, neck and head. Become aware of your surroundings. Relax and come alert. Touch your arms, shoulders and face. Open your eyes. Relish the energy and sense of well being that follows an Essene Healing Breath Meditation. Slowly stand up and move around.

### PHASE ONE: STEP ONE - RELAX

Sit comfortably. Relax. With each exhalation, tell yourself to relax more and more. Tense your toes and feet as tightly as you can clench them. Hold your breath while clenching your toes. Hold this tension for a few seconds until you need to breathe or can't take the tension. Then relax your toes and your feet, relax and breathe deeply.

Tense your calf and lower legs. Clench them as tightly as you can while holding your breath. Hold this tension and your breath for several seconds as before. When you let go, let go completely. Relax your lower legs and breathe deeply.

Tense your thighs, your upper legs. Clench them as tightly as you can while holding your breath. Hold this tension and your breath for several seconds as before. When you let go, let go completely. Relax your upper legs and breathe deeply. Feel the warmth in your legs as the blood flow increases in your legs as they relax.

Tense your abdomen. Clench your stomach muscles as tightly as you can while holding your breath. Hold this tension and your breath for several seconds as before. When you let go, let go completely. Relax your lower abs and breathe deeply.

Tense your back and chest. Clench these muscles as tightly as you can while holding your breath. Hold this tension and your breath for several seconds as before. When you let go, let go completely. Relax your back and chest and breathe deeply.

Feel the warmth in your body and legs as the blood flow increases in your body and legs as they relax.

Tense your hands and fingers as tightly as you can clench them. Hold your breath while clenching your hands and fingers. Hold this tension for a few seconds until you need to breathe or can't take the tension. Then relax your fingers and your hands, relax and breathe deeply.

Tense your lower arms. Clench them as tightly as you can while holding your breath. Hold this tension and your breath for several seconds as before. When you let go, let go completely. Relax your lower arms and breathe deeply.

Tense your upper arms. Clench them as tightly as you can while holding your breath. Hold this

tension and your breath for several seconds as before. When you let go, let go completely. Relax your upper arms and breathe deeply. Feel the warmth in your arms as the blood flow increases in your body, arms and legs as they relax.

Tense your shoulders and the muscles of your neck and face. Clench these muscles as tightly as you can while holding your breath. Hold this tension and your breath for several seconds as before. When you let go, let go completely. Relax your shoulders, neck and face and breathe deeply.

Feel the warmth in your whole body, your legs, stomach, chest, arms, shoulders, neck and face as your whole body relaxes and the blood flow improves. Feel the calmness of this relaxation. Sit back and enjoy it for the rest of your twenty-minute session. During this time mentally scan your body. Where you feel pain, will it to go away. Where you feel tightness or tension, will it to relax. When you feel discomfort of any kind, let it go and enjoy Stage One. Continue this practice until you can completely relax your body in a couple minutes.

## PHASE ONE: STEP TWO - BREATHE DEEPLY & RHYTHMICALLY

Become centered and breathe deeply and rhythmically. Continue to relax with each exhalation. Calm your mind. Continue to relax more and more as you breathe deeply, slowly and rhythmically.

Breathe in Divine Unconditional Love. This is the Healing Power of the Universe. As we fill ourselves with this energy we heal ourselves. As we set up the flow of this energy for the benefit of others we provide them with the raw material to heal themselves.

Breathe out all the toxins of your body. Emotional, psychological, mental and spiritual toxins can be released right along with the toxins of the body. Let your breath flow easily and smoothly. Let it cleanse you as it flows.

Breathing deeply is best accomplished by relaxing completely and letting your abdomen rise during each inhalation and descend during each exhalation. When you're completely relaxed this will happen automatically. Simply be aware that your diaphragm moves down when you inhale and up when you exhale. As your diaphragm moves down during an inhalation, your stomach area moves outward to make room for your diaphragm. As you diaphragm moves up toward your lungs during each exhalation, your stomach area moves inward to occupy the vacated space.

This is called abdominal breathing and it's the healthiest form of breathing we can do. We do it automatically when we relax completely.

Breathe deeply and continue to relax deeper and deeper.

## PHASE ONE: STEP THREE - EXTEND YOUR BREATHING

As you continue to relax and breathe deeply, slightly pull in your abdomen toward the end of each exhalation, or slightly push out your abdomen at the end of each inhalation. Optionally you can do both. It's very important to do this without any effort whatsoever. Just naturally and easily pull in your abdomen at the end of an exhalation or naturally and easily extend your abdomen at the end of an inhalation. You may also opt to both extend and pull in your abdomen at the appropriate times. Continue to relax, breathe deeply and extend your breathing.

This completes Phase One of the Essene Healing Breath Meditation. Continue to practice the three steps outlined here until you reach a state where you are completely unaware of your body. Then proceed to Phase Two, Steps Four through Six. These technically belong to the higher grades of the Essene training but they can be learned and practiced by anyone at any time.

## PHASE TWO: OVERVIEW

Once you've attained the ability to become completely unaware of your body using the Phase One techniques, you may spend less and less time in Phase One. Eventually, with practice over several weeks, you will be able to complete Phase One in a couple of minutes.

Phase One becomes a process of relaxing and breathing deeply. As you breath in, scan your body from the tips of your feet to the top of your head. Scan your body for any tension, tightness, hardness, discomfort or pain. As you breathe out, release any tension, relax any tightness, soften any hardness, make any discomfort comfortable and let any pain go. Let it go, become comfortable, relax, release and soften your muscles.

Practice this shortened form of Phase One for several weeks as you proceed to learn the techniques for Phase Two. Practice each step of Phase Two for a few days before moving on to the next step. Continue to breathe deeply, extend your breathing, scan your body and relax as you move step by step through Phase Two.

## PHASE TWO: STEP FOUR - WATCH YOUR BREATHING

Continue to relax, breathe deeply and extend your breathing. Then watch your breath as you inhale and exhale. Watching your breath as you breathe in and out is an excellent way to keep your mind occupied so it doesn't go off on one tangent after another. Should you find yourself thinking about something, withdraw your consciousness from those thoughts and calmly return to watching your breath flow.

Continue to relax, breathe deeply, extend your breathing and watch your breath.

## PHASE TWO: STEP FIVE - WATCH AND LISTEN TO YOUR BREATHING

Continue to relax, breathe deeply, extend your breathing and watch your breath. As you become accustomed to watching your breath during this Essene Healing Meditation, listen to your breathing as well. You now have your mind occupied with watching and listening to your breath as you inhale and exhale. Your mind is also occupied in accepting the Unconditional Love of the Universe as you inhale and releasing all your toxins as you exhale. Additionally, your mind is occupied by keeping you relaxed, comfortable and calm while you pull your abdomen in toward the end of your exhalation and extend it toward the end of your inhalation.

Should your mind wander for any reason at any time, calmly bring it back to watching and listening to your breath. Let all other thoughts go. Stay relaxed, calm and peaceful.

Continue to relax, breathe deeply, extend your breathing, watch your breath and listen to the sound of your breathing.

## PHASE TWO: STEP SIX - WATCH, LISTEN TO AND FEEL YOUR BREATHING

Continue to relax, breathe deeply, extend your breathing, watch your breath and listen to the sound of your breathing. Once you've mastered the art of watching and listening to your breath while remaining comfortable and relaxed, it's time to keep your mind occupied with yet another task, the task of feeling your breath as it enters and exits your body. Feel the air enter your nasal passages and lungs as you inhale. Feel the air leave your lungs and nasal passages as you exhale. Feel your breath as you continue to watch and listen to it. Feel the Unconditional Love of the Universe as it clears away and neutralizes all the toxins in your body.

Continue to relax, breathe deeply and extend your breathing while you watch your breathing, listen to your breathing and feel your breathing. Pull your abdomen in just a little bit at the end of each exhalation and extend it outwards during each inhalation. Stay relaxed and calmly bring your mind back to these tasks anytime you become aware your mind is doing something else. Don't force it, just calmly bring your mind back to feeling the Unconditional Love of the Universe, watching, feeling and listening to your breath, and remaining calm and peaceful.

Continue to relax, breathe deeply, extend your breathing, watch your breath, listen to the sound of your breathing and feel your breath.

Steps four, five and six constitute Phase Two of the Essene Healing Breath Meditation. As you master Phase Two your mind will become calmer and calmer, more and more engrossed in its assigned tasks of relaxing your body, breathing deeply, extending your breath, and watching, listening to and feeling each breath as it enters and leaves your body. As this happens you enter the state of "No Mind" and "No Body."

When you can easily enter this state of "No Mind and No Body," you're ready to proceed to Phase Three Step Seven of your Essene Healing Breath Meditation.

## PHASE THREE: OVERVIEW

By the time you're ready to start Phase Three, you'll undoubtedly be able to complete Phase One within a few seconds. Your goal now is to be able to complete Phase Two within a few minutes as you continue to work your way through the steps of Phase Three.

The Window of Opportunity is a period of time during which you experience breathlessness. These periods of breathlessness occur at the end of an inhalation and at the end of an exhalation. These periods of breathlessness do not always last equal lengths of time. Due to individual differences, some people find one period lasts longer for them than the other. With practice, the length of time spent in each period of breathlessness does grow longer.

Some people still find it easier to utilize breathlessness at the end of an exhalation better than the breathlessness at the end of an inhalation. Others find it easier the other way around. Most people find it gets easier to utilize both periods of breathless with practice. Most people also find the length of time in the breathless state becomes easier to extend with practice. Finally, most people find the lengths of time of the breathless states become more equal with practice.

Continue to breathe deeply, extend your breathing, scan your body and relax as you watch your breath, listen to your breath, feel your breath and become aware of your periods of breathlessness,

your windows of opportunity.

### STAGE THREE: STEP SEVEN –

#### ESTABLISH YOUR WINDOW OF OPPORTUNITY

As you breathe in, you momentarily stop breathing before you exhale. This momentary state of breathlessness deepens your meditation and it is what is called your "Window of Opportunity." You continue to relax, breathe deeply, extend your breathing and watch, listen to and feel your in-breath, pause comfortably during this breathless state, and then watch, listen to and feel your exhalation. As you breathe out, you momentarily stop breathing before you inhale. This is your second Window of Opportunity during each breath cycle.

Once you become aware of and use your "Window of Opportunity" it will stay open while you continue to relax, breathe rhythmically, extend your breathing, watch, listen to and feel your breath. Your higher state of consciousness will close off all other intrusions once you establish a

connection. You will become aware that your body and mind are in a state of suspended animation (asleep) but your higher mind is fully awake. This is the meditative state which was our goal to establish when we started with Phase One, Step One of the Essene Healing Breath Meditation

Continue to scan your body, relax, breathe deeply, extend your breathing, watch your breath, listen to the sound of your breath, feel your breath and become aware of your Window of Opportunity.

### PHASE THREE: STEP EIGHT –

#### EXTENDING YOUR WINDOW OF OPPORTUNITY

As you practice with your Essene Healing Breath, you'll notice your state of breathlessness naturally and effortlessly expands. Remain calm and allow this to happen. Each Window of Opportunity is a short period of meditation.

As your mind becomes more and more occupied with paying attention to relaxing, breathing deeply, extending your breathing, watching, listening to, and feeling your breath, your mind becomes less and less active. This means you remember less and less about what's happened in

your life, imagine fewer and fewer future possibilities and think about life and things less and less during your window of opportunity. In this state your body becomes more and more relaxed and your mind actually becomes more and more alert. You reach a state of peace that deepens into a state of bliss.

This state is intoxicating and we want to experience more of it. Thus the Window of Opportunity expands into our periods of inhalation and exhalation. If you allow this to happen you'll eventually reach a state where your Window of Opportunity is continuously open. Yogis call this state a state of bliss. In the West we call this state the peace that passeth all understanding. This is Phase Three which is known as the State of No Mind.

### PHASE THREE: STEP NINE –

#### MOVE YOUR CONSCIOUSNESS INTO YOUR WINDOW OF OPPORTUNITY

As you become more and more relaxed, as you become less and less aware of your mind and as your window of opportunity widens, allow your consciousness to enter this window in order to accomplish the things you want to accomplish during your meditation.

By allowing your mind to go blank during the Window of Opportunity you attain a state known as Samadhi or Zen. In this state the mind is temporarily inactive as wave after wave of intense bliss wash over your being. In the West we call this state Communion with the Divine. As the Unconditional Love of the Universe permeates your being you become more than you were. You know how to resolve all situations in your life, how to do what needs to be done, how to become who and what you are to become in this lifetime, and the negativity in your life melts away. This is the highest state of meditation and with practice it deepens until you're in perfect communion with the Divine.

By concentrating on something you want to resolve or accomplish in your life, you enter into a state of deep contemplation. In this state you are able to accomplish miracles in your life, gain new skills and knowledge, wash away old pains, become more intuitive (psychic) and more in tune with life on all levels.

By setting your intention to do something before starting your meditation you can speak with your Guardian Angel, other angels, spirit guides, animal guides, plant or mineral spirits, elementals, or the spirits of departed friends and relatives. You can also astral travel, soul travel, visit your akashic records or commune with the Divine.

The Window of Opportunity provides you with the opportunity to accomplish your heart's desire, to become the person you want to become, to heal yourself and others, to speak with spirits, angels, elementals and divine beings as well as animals, plants and minerals. It's your opportunity to do and become whatever you desire.

### PHASE FOUR: STEP TEN - JUST MEDITATE

Allow your meditation to flow and go with the flow. This is the final step and the goal of meditation. In this state you can heal yourself and others on any level. Time and space can become immaterial as you enter the state of ascended masters. This doesn't make you an ascended master, but it gives you a glimpse of what you can attain.

## Apprentice Papers

## Introductory Apprentice Lecture

The material in the following papers will prepare you to receive the first Essene attunement and become an Essene Apprentice. You've already learned the Essene Blessing Walk and the Essene Healing Breath. (If you haven't, please stop here, go back to the previous papers, and do that before you go on.) Once you know and use these two important techniques, please take the time to understand the Essene healing philosophy and the Essene healing paradigm. This is our understanding of how the Universe works to help people heal themselves.

### Essene Healing Hands

While you're learning and practicing the Essene Blessing Walk and the Essene Healing Breath, we encourage you to learn and practice the Essene Healing Hands technique. This is a way of using healing centers in the palms to direct spiritual healing energy toward yourself or other people. As noted in an earlier paper, it is the central healing practice of the Modern Order of Essenes and should be practiced daily.

The technique is different from several other energy healing techniques in that once the healing energy starts flowing, we remove ourselves from the equation. The healing energy continues to flow where we sent it and we go about our life. By combining this technique with our daily Essene Blessing Walk and Healing Breath or other meditative practice, we're able to heal ourselves and help others heal themselves.

### Essene Foot Reflexology

Another healing technique taught by the Order is called Essene foot reflexology. Reflexology is an alternative healing art that has become very widely used around the world, both on its own and as an adjunct to other healing methods, including medical modalities. Certified professional reflexologists can be found in many communities, and qualifying for this certificate takes a great deal of study and practice under the supervision of qualified teachers. However, there are also many books, websites, and classes available to laypeople teaching them how to use reflexology to help themselves deal with minor conditions and maintain good health.

Essene foot reflexology belongs to this second category. It is a simple process, performed daily, that uses reflexology principles to clear blockages of spiritual energy from the feet and the body. It is easy to perform and easy to teach to other people so that they can use it for their own benefit. While it does not replace treatment by a professional reflexologist, it can supplement such treatments and it can also be used on its own for ordinary ailments, of the kind that most people treat with over-the-counter medicines.

### Essene Applied Kinesiology

Applied kinesiology is a method of divination that allows you to access information from your own subconscious mind.



The Essenes believed that different methods worked for different people. The Modern Essenes believe we can accommodate individual differences by providing a number of applied kinesiology techniques to allow each person find a technique that works for them.

## Preparation for Attunement

As a Candidate to become an Apprentice Essene Healer your first task will be to activate your Healing Hands every morning. We suggest doing this as a ritual. We suggest performing a Sphere of Protection ritual of some kind first, before activating your Healing Hands, to protect yourself from both astral and psychic attacks as well as protecting yourself from the diseases, illnesses, emotional and psychological issues of your clients.

Your second task is to perform some form of meditation daily. The Essene Healing Breath meditation is recommended for members of the Modern Order of Essenes, but any form of meditation will qualify. You will need to meditate daily for at least a month before you will be prepared for your attunement.

Your third task is to perform Essene Foot Reflexology on yourself every day. This takes only a few minutes and will begin the process of clearing away spiritual blockages from your subtle bodies so that you can experience spiritual healing yourself and also provide the same help for other people.

Note that these three tasks are easy to combine into a single morning practice. If you choose to do this, perform a Sphere of Protection ritual, then meditate, then awaken your Healing Hands, then perform Essene Foot Reflexology. This makes a fine daily practice and will provide great benefits for your spiritual life as well as your capacity to heal.

Your fourth task is to prepare yourself for your attunement. To do that, you'll need to study the following lectures:

1. Introductory Apprentice Lecture
2. Essene Healing Hands Lecture
3. Essene Foot Reflexology Lecture
4. Essene Applied Kinesiology Lecture

Once you understand the material covered in these lectures and you feel confident in your ability to do the following, you will be ready for your attunement. You should be able to do all the following things without having to look up the details before attunement.

1. Protect yourself inside a Sphere of Protection
2. Activate your Healing Hands
3. Perform and describe the Essene Healing Breath
4. Demonstrate and explain Essene Foot Reflexology
5. Perform and demonstrate an Essene Blessing Walk
6. Perform and demonstrate one form of Essene Kinesiology
7. Explain what you understand from the Introductory Apprentice Lecture

When you're ready for your attunement, please contact an Essene Master Teacher. Attunement can

be performed in person or at a distance.

One point is worth bringing up here: ***you do not have to receive an Essene attunement in order to practice any of the healing methods given in this or future grades.*** The Essene attunements make it easier for you to make conscious contact with the Divine healing energy, but that energy is everywhere and in all things. You are filled with it right now. If you are unable to receive the Essene attunements you may still practice Essene spiritual healing. On the other hand, if you have the opportunity to receive the attunements, you will find that your abilities at spiritual healing will be significantly improved.

## Healing Philosophy of the Modern Essenes

The healing philosophy of the Modern Essenes has been adopted as the healing paradigm of the Universal Gnostic Church. This philosophy can be summed up in one simple statement: All healing is spiritual healing.

In our experience, **all healing is spiritual healing**. In our intuitive insights, all healing is spiritual healing. In our hearts, all healing is spiritual healing. In our belief, all healing is spiritual healing. In our opinion, all healing is spiritual healing. Everything we can imagine that can be wrong with a human being appears to be healed by Divine intervention; and without this Divine intervention it appears nothing is ever healed.

**Underlying every physical ailment** known to humanity is an emotional issue. Resolve the emotional issue and you heal the physical ailment. Typical emotional issues include anger, anxiety, grief or sorrow, resentments, blame, shame or guilt.

**Underlying every emotional issue** known to humanity is a mental block. Resolve this mental block and you heal the emotional issue. This mental block is usually associated with denial and not accepting life, self and others, not forgiving self and others, and not being lovingly kind to self and others.

**Underlying every mental block** known to humanity is an intuitive (psychological) error. Resolve this intuitive error and you heal the mental block. Most intuitive errors have to do with ignoring our intuitive insights or doing the opposite. .

**Underlying every intuitive error** known to humanity is a spiritual disconnection. Resolve this spiritual disconnection and you heal the intuitive error. Spiritual disconnections happen when we separate ourselves from the Divine. All spiritual disconnections are real. Everything else is a symptom. Physical ailments, emotional issues, mental blocks and intuitive or psychological errors are all symptoms. These symptoms tell us we are distancing ourselves from the Divine. We are separating ourselves from the Divine. The teachings of the Modern Essenes are designed to help us reconnect with the Divine.

**All healing is spiritual healing**. When we distance ourselves from the Divine, we cut ourselves off from the spiritual energy we need to survive as vibrantly healthy, mentally alert, emotionally stable, psychologically sound, intuitive human beings. This lack of spiritual energy is the cause of all our psychological (intuitive), mental, emotional and physical ills. Once we restore our connection to the Divine and start replenishing our spiritual energy, we heal. We heal on every level of our being. This healing is called spiritual healing. The end product of all spiritual healing is spiritual health. Abundant spiritual health is our goal.

## The Essene Healing Paradigm

**Rule One: The Law of Earth** - Underlying and supporting every physical ailment is an emotional issue. Find and resolve this emotional issue and the physical ailment is healed.

Emotional issues include all forms of anger, anxiety or fear, sorrow or depression, resentments, blaming others, seeking revenge, guilt, shame and any other obstructive emotion.

**Rule Two: The Law of Water** - Underlying and supporting every emotional issue is a mental block. Find and remove this mental block and the emotional issue is healed.

Mental blocks are generally hidden because we deny them. Denial is a way of avoiding our issues and the reality of our life. We think that if we don't see it or pay attention to it, we don't have a problem. The problem is we don't see it and we don't pay attention to it.

**Rule Three: The Law of Air** - Underlying and supporting every mental block is an intuitive error. Find and reverse this intuitive error and the mental block is healed.

We are all intuitive all the time. When we don't listen to our intuitive insights or pay any attention to them, we are committing an intuitive error. When we do any thing contrary to our intuitive insights, we are making an intuitive error.

**Rule Four: The Law of Fire** - Underlying and supporting every intuitive error is a spiritual disconnection. When you find this conflict and connect once again to the Divine, the whole person is healed on every level of being.

Anytime we're not in communion with the Divine, we are disconnected from the Divine. This is our choice and we can return to Divine any time. The choice is ours and ours alone.

**Rule Five: The Law of Spirit** - All healing of every kind is spiritual healing.

We are spiritual beings and we can heal ourselves anyway we decide. But no matter what we decide, all healing is spiritual healing. We can choose to heal ourselves on any level, or any group of levels, of our being. What we choose is what will be healed.

## Essene Gnostic Beliefs

What follows is an outline of the ideas traditionally taught by the Modern Order of Essenes. You are not required to believe these ideas in order to proceed through the Essene training, but you are expected to understand them and reflect on them.

### 1. The Divine is Everything

The Divine is everything. There is no thought, no thought form, no holographic projection, no illusion that is not a part of the Divine. We are a part of the Divine. We exist in the Divine Mind just as everything in existence does. There is nothing that is not a part of the Divine, contained within the Divine Mind.

The Divine is all matter and all forms created from matter. The Divine is all energy and all expressions of force created by matter and energy. The Divine is Light and this light is a symbol of knowledge. The Divine is Sound, Vibration, Light, Energy and Matter because all these things are mind stuff. The Divine is Love because love is a decision and the Divine chooses to love just as the Divine chooses to create. The creation itself is an expression of love.

The problem is that to choose to love means there is something opposite to love that can also be chosen. The Divine created love just as it created to opposite to love. The Divine created all emotions and the opposite to each and every one. It is because of this duality the Divine has the ability to choose. It is because of this duality that everything in the creation has the ability to choose.

## **2. The Divine Created All That Exists**

The Divine conceived everything that is. There is nothing that is not conceived by the Divine. That means everything is created by the Divine. Love and hatred, abundance and poverty, health and illness, light and darkness, knowledge and ignorance, freedom and bondage are all part of the creation. So are you and I.

We were created by the Divine and we were empowered by the Divine to choose how we would live our own lives. This freedom of choice is the same freedom expressed by the Divine. This right to choose is a part of the creation because the Divine thought the creation into existence in this way. It could have been different, but it is exactly as the Divine created it to be.

## **3. We Create Our Own Lives**

As Children of the Divine we all have the right to create our own lives according to our own will. The problem is we're a very complex creation and we live in a world of complex creatures all doing what they want to do. Sometimes what they want to do impacts us for good or ill. So we create and recreate our own lives many times each lifetime.

We also have to heal ourselves when other people impact us for ill, when others cause us injury of some kind. We heal ourselves spiritually, mentally, emotionally, psychologically and physically to the best of our ability all the time. As we mature spiritually we heal ourselves better and better. This is how we create ourselves over and over, how we create our own lives.

## **4. Healing is Creation**

If we become aware something needs to be healed, intend to heal it and believe we can heal it, we will manifest healing in our life. This is the basis of all spiritual healing. All healing starts with the awareness something that is currently wrong and that can be made right. Once we intend to heal it and believe it can be healed, healing will become manifest in whatever requires healing.

All of Creation is a matter of first an intention, secondly a belief and finally the manifestation of this intention and belief.

## THE ESSENCE OF DEITY

All healing depends upon the essence of Deity. The essence of Deity is unconditional love. This unconditional love is the key to how we create our own lives and how we heal ourselves. Unconditional love is expressed as acceptance, forgiveness and love. The creative and healing power of the universe is the essence of Deity.

The Divine is unconditionally loving, all-accepting and all-forgiving. Divine Acceptance allows us to accept ourselves and others. Divine Forgiveness allows us to forgive ourselves and others. Thus we learn how to love in our own lives.

Learning to love ourselves and others is a natural consequence of accepting and forgiving ourselves and others. Loving ourselves and others is the key to all spiritual healing, because the Divine is unconditional love and the Divine heals all things. We become an instrument for the Divine Love of the Divine when we help other people heal themselves.

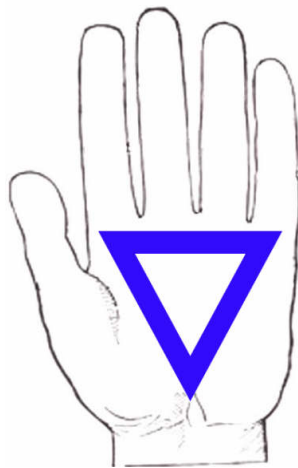
## Lecture One: Essene Healing Hands

This is the core healing method of the Modern Order of Essenes, a system of spiritual healing that directs divine healing energy toward yourself or another person. Please review the notes on spiritual healing in the first Candidate lecture before learning this, and again before using the Healing Hands for the first time. Remember that this is a way of spiritual healing, not a medical modality, and it does not treat or cure any medical condition. Central to the Essene teaching is a simple but crucial concept: only the Divine can heal.

### Empowering Your Healing Hands, Step One

The best time to empower your Healing Hands is the first thing in the morning. It can be done either preceding or following your daily devotions or Essene Healing Breath. The best recommendation of the Master Essene Healers as a group is to first place yourself in a Sphere of Protection. This can be done by using any technique you prefer.

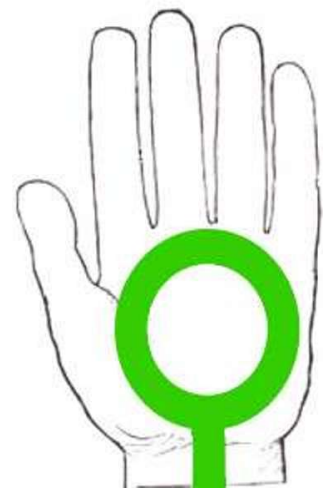
The second recommendation of the Master Essene Healers as a group is to do your daily devotions inside this Sphere of Protection followed by your Essene Healing Breath. Then empower your Healing Hands.



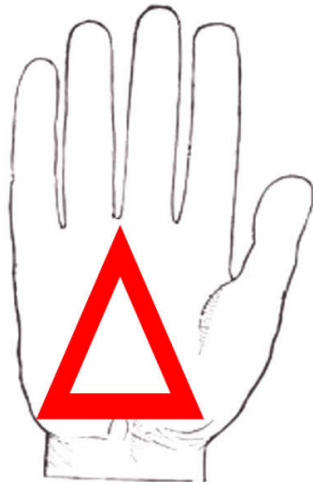
You empower your Healing Hands by tracing an inverted triangle on the palm of your left hand with your right index finger. Start the triangle at the base of your left palm not more than one inch above the wrist-lines below your palm. Trace the triangle from there to the base of our left index finger, across to the base of your left little finger, and back to the point of beginning. Visualize this triangle as being blue in color - not just the lines of the triangle, but the whole triangle. This blue triangle is a symbol for the feminine Element of Water.

Continue on the palm of your left hand by drawing a circle around your left palm with your right index finger. When you reach the point of origination, draw a straight line from there up your wrist about as long as your palm is tall. Bring your right index finger back to the point of origination for both symbols and visualize the circle and tail as being green in color - not just the lines, but the whole symbol. This green circle and tail is a symbol for the feminine Element of Earth.

These symbols are drawn on the left palm because the left hand is the feminine hand. The left hand is connected to the left side of the body and the left leg. The symbols are drawn by the index finger of the masculine hand. The downward pointing blue triangle is an ancient symbol for the Element of Water. The green circle with a downward-pointing tail is an ancient symbol for the Element of Earth. The colors of blue for the Element of Water and green for the Element of Earth are assignments made by the Golden Dawn, one of the sources of Universal Gnostic Church tradition, based on ancient teachings of the Qabalah.



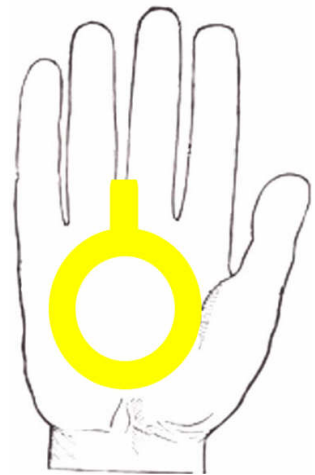
## Empowering Your Healing Hands, Step Two



You continue empowering your Healing Hands by tracing an upright triangle on the palm of your right hand with your left index finger. Start the triangle at a point just below the gap between your ring and middle fingers. Trace the triangle down to the base of your thumb, straight across to the outside edge of your palm, and back to the point of beginning. Visualize this triangle as being red in color - not just the lines of the triangle, but the whole triangle. This red triangle is a symbol for the masculine Element of Fire.

Continue on the palm of your right hand by drawing a circle around your right palm with your left index finger. When you reach the point of origination, draw a straight line from there up between and to the tips of your second and third fingers. Bring your right index finger

back to your right hand Healing Jewel and visualize the circle and tail as being yellow in color - not just the lines, but the whole symbol. This yellow circle and tail is a symbol for the masculine Element of Air.



These symbols are drawn on the right palm because the right hand is the masculine hand. The right hand is connected to the right side of the body and the right leg. The symbols are drawn by the index finger of the feminine hand. The upward pointing red triangle is an ancient symbol for the Element of Fire. The yellow circle with an upward-pointing tail is an ancient symbol for the Element of Air. The colors of red for the Element of Fire and yellow for the Element of Air are assignments made by the Golden Dawn based on ancient teachings of the Qabalah.

A very deep esoteric teaching is hidden in the empowering methods of the Modern Essenes. The right hand (masculine) is used to empower the left (feminine), and the left hand (feminine) is used to empower the right (masculine). Once empowered the flow of energy is from the right (masculine) to the left (feminine). The masculine and feminine empower each other and both are required for the Divine Healing Energy to flow through us and our clients.

The right hand (masculine) transmits this energy outward while the left hand (feminine) collects the energy. The energy flows through us as a healer and our client. This is in keeping with the ancient teachings of the Qabalah. This energy is called the Divine Healing Energy when it is used for healing but it is also called the Unconditional Love of the Universe.

## Empowering Your Healing Hands, Step Three

The point of beginning for the symbols for the feminine Elements at the middle of the base of your left palm is called the Essene Healing Jewel. You have an Essene Healing Jewel in a similar position on your right hand. Empowering and activating your Essene Healing Hands is accomplished by first drawing the appropriate symbols on both your right and left hands, then bringing the Essene Healing Jewels together and allowing the energy to flow.



Your hands are brought together in the following way. Your right hand is held with the palm to the left and the fingers pointing up, and the left hand is held with the palm to the right and the fingers pointing forward, away from your body. The two Healing Jewels are brought into direct contact with each other, so that energy can pass from one to the other freely.

The energy flows from your right shoulder down through your right hand into your left hand and up your left arm to your left shoulder and then across your body to your right shoulder. The Essene healing energy always flows out from your right hand and into your left hand. Once the energy is felt as flowing strongly and freely your hands have been empowered. This same technique will be used to activate your Healing Hands any time during the day. The procedure is to empower your Healing Hands first thing in the morning and then activate them, using the same method, whenever you need to use your Healing Hands.

## Activating Your Healing Hands

The same techniques used to empower your hands are used to activate your Healing Hands prior to using them for a healing session. As you become proficient with this technique, your hands will already be activated as you prepare for a healing session. When you reach this point, you can activate your Healing Hands by bringing your Essene Healing Jewels together and allowing the energy to flow.

It's important for beginners to both empower their hands first thing in the morning and to go through the entire process again to activate their Healing Hands for a healing session. It's important for beginners to find a way to do at least two healing sessions a day. These can be face-to-face healing, distance healing, or self-healing sessions. The length of these sessions is unimportant. Doing them is more important. A good time is during meal or coffee breaks.

## Using Your Healing Hands

In a face-to-face healing session, first activate your healing hands. Then explain to your client the things they need to know about the healing session. Your clients will feel the healing energy coming into them, moving to the place where healing is needed, and then moving out of them. The energy flows through them during the session and will continue to flow through them for the rest of the day. Explain this to your client. Begin the session by placing your hands comfortably in front of you and letting the energy flow according to your intentions. It will go where you intend it to flow and it will accomplish what you intend it to accomplish.

You will feel the energy hitting a wall of resistance as it flows from your right hand. It feels like you are pushing against something that won't budge. At the same time, you can feel energy flowing into your left hand but not from your client. That energy is coming from the inexhaustible universal supply. Keep it flowing.

Within a few seconds you'll feel the energy flowing through your client. You may now lower your hands and the healing energy will continue to flow through your client until sleep interrupts the flow. Having opened the circuit you are no longer needed. The Essene Healing Energy will continue to flow from the Universe, through your client and back to the Universe. As it flows, this healing energy will bring the Unconditional Love of the Divine to your client, and it will remove illness from your client according to the healing intentions stated by you and your client.

Once the Essene Healing Energy is flowing freely, it will continue to flow without any intervention from you. Drop your hands. The healing session is finished.

Your client does not need to be in your presence. Distance healing works just as well and almost as instantaneously as face-to-face healing. The time delay to send the Essene Healing Energy to the other side of the world is less than two seconds. Distance healing can be done at any time during the day. Sessions take a few minutes just as face-to-face sessions. You'll feel the same "back-pressure" until your client allows the energy to flow. Once the energy is flowing you'll know your part of the session has been completed.

Self-healing is done in the same manner. You direct the Essene Healing Energy to the place where you want to heal yourself. When the energy is flowing you may withdraw and allow it to continue flowing through you. Surprisingly, you'll feel the same "back-pressure" as your body resists the flow of the healing energy. As with clients, it only takes a few seconds for your body to cease resisting and allowing the energy to flow.

### Deactivating Your Healing Hands

At the end of a healing session, after the healing energy is flowing without any further intervention by you, the Master Essene Healers suggest you deactivate your Healing Hands. You can do this by simply bringing your Essene Healing Jewels together for a few seconds and thanking the Divine for allowing you to be the Healing Hands of the Divine. You can also clap your hands quickly and firmly to accomplish the same thing.

As an Apprentice Essene Healer you empower your Healing Hands early each day. When you prepare for a healing session you activate your healing hands. A healing session may include one or more clients in a given block of time. When you're done with your healing sessions, deactivate your Healing Hands. You may reactivate them anytime during the remainder of the day.

When you empower your Healing Hands in the morning you start the energy flowing through you and it will continue to flow through you until you are overtaken by sleep. This energy will serve you by preventing the onset of illness and building up your own immune system. When you later activate your Healing Hands you build a surplus of energy that can be used for healing purposes. When you're done with your healing session, you deactivate your Healing Hands because you no longer need this "surplus" healing energy.

### The Ethics of Using Your Healing Hands

Never use the Healing Hands technique on anyone without their permission. This is an essential rule to follow. Do not assume that everyone wants to be healed! If you observe the people around you, you will find that some desire healing from whatever problems they may face but others do not. Some people cling to their illnesses and their other problems, and they have as much right to do this as people who want to be healed have to seek healing.

The ethics of treating animals, children too young to give consent, and people who are unconscious or otherwise unable to give consent are more complex. Generally speaking, if you have the legal right to consent to have medical treatment done for a being or person in this situation, you have the ethical right to perform spiritual healing for them, or to consent that someone else do so. If you are

asked by a parent to perform spiritual healing for their child, by a family member to perform spiritual healing for someone who is unconscious or unable to give consent for some other reason, or by the owner of a pet or a livestock animal to perform spiritual healing for the animal, you are generally justified in doing so. In such a situation, however, always pray to the Divine before the healing session, asking that the child, person, or animal only receive spiritual healing if he, she, or it wishes to be healed.

One last caveat: The Essene Healing Hands technique is not a way of hands-on healing—that is to say, you do not touch the client while performing the healing. Partly this is a matter of practical efficacy, since the Healing Hands technique is spiritual rather than physical in nature and is most effective when your contact with the client is similarly spiritual rather than physical. Partly, however, it has to do with legal requirements. In many jurisdictions you are not permitted to touch a client in any healing context, even spiritual healing, unless you are a licensed massage therapist or have some other professional qualification which gives you the legal right to do this. Here again, one may very reasonably object to such laws, but until and unless they are repealed they remain the law in many jurisdictions, and the Modern Order of Essenes does not and cannot recommend violating them.

## ESSENE HEALING HANDS TECHNIQUE

The following outline, which was included in the papers I received during my training, is a useful and detailed description of the Healing Hands technique. A copy should be kept handy while practicing the technique until you have the details by heart.

### A. Empower your Essene Healing Hands (first thing in the morning)

#### 1. Draw the blue Triangle of Water on the palm of your left hand

How to draw the blue Triangle of Water on your left hand:

a. Start with your right pointer finger touching the point where the pads of your hand form a natural indentation in your palm about an inch above your wrist.

b. With your right pointer finger, draw a line up to the base of your left pointer finger. Think of this line as being blue in color and feminine in nature.

c. Continue drawing the Triangle of Water by tracing your right pointer finger along the base of your fingers to the base of your little finger. Think of this line as being blue in color and feminine in nature.

d. Continue drawing this blue, feminine line from the base of your little finger back to the point of beginning. Think of this line as being blue in color and feminine in nature.

e. With your right pointer finger still at this point of beginning, close your eyes and visualize this blue Triangle of Water empowering you with the feminine energy of Water. Feel this energy in your left hand.

Practice drawing the blue Triangle of Water several times a day until it becomes second nature to you. Note that the point of beginning for the blue Triangle of Water is called the Essene Healing Center. It is from this center that the healing energy of the Divine flows

into your left hand.

2. Draw the green Circle of Earth on the palm of your left hand

How to draw the green Circle of Earth on your left hand:

a. Start with your right pointer finger touching the point where the pads of your hand form a natural indentation in your palm about an inch above your wrist. This is the same point of beginning used for the Blue Triangle of Water.

b. With your right pointer finger, draw a circular arc clockwise around the outside of the palm of your left hand. Think of this circular arc as being green in color and feminine in nature.

c. Continue drawing the Circle of Earth by tracing your right pointer finger around the palm of your left hand back to the point of beginning. Think of this circular arc as being green in color and feminine in nature.

d. From this point of beginning, draw a line straight down the middle of your arm until this line is 3 - 4 inches long. Think of this line as being green and feminine in nature.

e. Return your right pointer finger to the point of beginning. With your right pointer finger at this point of beginning, close your eyes and visualize this green Circle of Earth empowering you with the feminine energy of Earth. Feel this energy in your left hand.

Practice drawing the green Circle of Earth several times a day until it becomes second nature to you. Note that the point of beginning for the green Circle of Earth and the blue Triangle of Water is called the Essene Healing Center. It is from this center that the healing energy of the Divine flows into your left hand.

3. Draw the red Triangle of Fire on the palm of your right hand

How to draw the red Triangle of Fire on your left hand:

1. Start with your left pointer finger touching the point below the junction of your middle and ring fingers where there's a natural indentation in the palm of your hand a little bit below that junction.

2. With your left pointer finger, draw a line down to the base of your right thumb. Think of this line as being red in color and masculine in nature.

3. Continue drawing the Triangle of Fire by tracing your left pointer finger along the base of your palm to the outside edge of your palm across from your thumb. The red line forming the base of the Triangle of Fire will cross the Essene Healing Center near the base of the palm. Think of this line as being red in color and masculine in nature.

4. Continue drawing this red, masculine line from the edge of your palm back to the point of beginning. Think of this line as being red in color and masculine in nature.

5. Move your left pointer finger to the Essene Healing Center of your right hand.

6. Close your eyes and visualize this red Triangle of Water empowering you with the masculine energy of Fire. Feel this energy in your right hand.

Practice drawing the red Triangle of Fire several times a day until it becomes second nature to you. Note that the Essene Healing Center on the right hand is at the base of the palm like

the left hand. On the left hand the Essene Healing Center is also the point of beginning. But on the right hand it is not. However, it is from the Essene Healing Center that the healing energy of the Divine flows out of the right hand.

4. Draw the yellow Circle of Air on the palm of your right hand

How to draw the yellow Circle of Air on your right hand:

1. Start with your left pointer finger touching the point below the junction of your middle and ring fingers where there's a natural indentation in the palm of your hand a little bit below that junction.

2. With your left pointer finger, draw a circular arc clockwise around the outside of your palm and down to the Essene Healing Center of your right hand. Think of this line as being yellow in color and masculine in nature.

3. Continue drawing the Circle of Air by tracing your left pointer finger in a circular arc clockwise around the palm of your hand to the point of beginning. Think of this line as being yellow in color and masculine in nature.

4. Holding the middle and ring fingers together, continue drawing this yellow, masculine line up the crack between those two fingers to the tips of the fingers. Think of this line as being yellow in color and masculine in nature.

5. Move your left pointer finger to the Essene Healing Center of your right hand.

6. Close your eyes and visualize this yellow Circle of Air empowering you with the masculine energy of Air. Feel this energy in your right hand.

Practice drawing the yellow Circle of Air several times a day until it becomes second nature to you. Note that the Essene Healing Center on the right hand is at the base of the palm like the left hand. On the left hand the Essene Healing Center is also the point of beginning. But on the right hand it is not. However, it is from the Essene Healing Center that the healing energy of the Divine flows out of the right hand.

5. Bring the healing centers of your hands together

6. Feel the energy build in the healing centers of your hands

B. Activate your Healing Hands (anytime prior to healing)

1. Draw the Triangle of Water and Circle of Earth on your left hand

2. Draw the Triangle of Fire and Circle of Air on your right hand

3. Bring your healing centers together

4. Feel the energy build in the healing centers of your hands

C. Deactivate your Healing Hands (anytime following healing)

1. Bring your healing centers together at their healing centers

2. Give thanks to Deity

3. Clap your hands once, quickly and firmly (without pain)

## Explanation of the Healing Hands Technique

1. The Healing Centers of your Hand are located at the bottom of the palm where the thumb pad and the heel-of-the-hand come together about an inch above the wrist.
2. Empowering your Healing Hands prior to daily meditation is helpful
  1. It can also be done prior to, with or following your daily devotions
  2. Or with, during or following your daily rituals for spiritual advancement
  3. Or with or following your daily meditation
  4. Or with a simple prayer
3. Our Healing Hands can be activated anytime during the day
4. When not using your Healing Hands, it's recommended to deactivate them
  1. You can deplete your own energy
  2. In which case, place your healing centers together and empower yourself
5. Never use your Healing Hands without the permission of the recipient
6. Permission is implied anytime you send energy for their highest good
7. Permission is implied for any former or present (friendly) clients
8. Permission is implied whenever recipient is incapable of asking
9. Yes, you may ask plants, animals and minerals for permission
10. Once the energy starts to flow it will continue to flow without you
11. This is not a hands-on technique
  1. Your hands should be a minimum of six inches from your client
  2. Your hands can be half-a-world apart from your client
12. It can be used as a hands-on technique but this is not recommended

### **The effectiveness of this technique depends upon:**

1. Your client's intention (60%), attitude (10%) and belief (10%) = 80% total
2. Being attuned as an Apprentice Essene Healer = 20% total

As you can quickly see, your client's intention, attitude and belief is 80% of the equation and you account for only 20%. Don't let that fool you. Your client's intention, attitude and belief is very much dependant upon how you work with your client. The more they believe in you, the more willing they are to believe in themselves. Most Master Essene Healers believe about 80% of their client's intentions, attitudes and beliefs about healing themselves are a mirror of the Master's own intentions, attitudes and beliefs.

## Lecture Two: Essene Foot Reflexology

Foot reflexology as an art and science has been around for centuries. Healers in ancient Egypt, India, China, and Japan practiced reflexology on hands and feet, and the latter three countries all still have a rich tradition of specialized point massage of hands and feet for healing purposes. The modern Western art of reflexology, however, originated in the United States at the beginning of the 20th century, when Dr. William Fitzgerald discovered a set of ten zones running lengthwise along the outside of the human body, ending in the ten toes; branches of these zones also pass down the arms to end in the ten fingers.

Fitzgerald found that massage and pressure in these zones, especially on the hands and feet, had significant effects on tension and ill health focused in the same zones elsewhere on the body. With another physician, Dr. Edwin Bowers, he published a book in 1913 titled *Zone Therapy* discussing his discoveries, and many other medical practitioners adopted the method. It was one of these, physiotherapist Eunice D. Ingham, who developed the zone therapy of Fitzgerald into reflexology as it is now practiced.

Reflexology today is a well developed alternative healing modality with its own periodicals, institutes, and certification organizations, as well as a substantial literature for professionals and ordinary people and a growing body of peer-reviewed studies upholding its central claims. The methods of reflexology taught by the Modern Order of Essenes, dating as they do from the 1940s, are much simpler than the modern version of the art, and they are designed to be used by individuals practicing on themselves, rather than by professionals practicing on clients.

**Learning the Order's material will not qualify you as a professional reflexologist.** If you find that you want to practice reflexology professionally, there are plenty of schools that can give you the necessary training and experience, and we recommend that you consider applying to one of them so that you can get the education you will need. If you simply find that you want to know more about reflexology than these lectures teach, we recommend that you read several of the many good books currently in print and take classes if those are available in your area. We also recommend that you consider getting a reflexology treatment from a qualified reflexologist, for your own education as well as for the benefits it provides.

The point of the Essene system of foot reflexology is simply to help you release tension and stress from your body so that you will be better able to practice spiritual healing. You can also teach these methods to other people so they can release tension and stress from their bodies. By clearing away tension and stress, you and those you teach become better able to align yourselves with the spiritual realm, and thus better able to practice and receive spiritual healing.

### The Zones

Fitzgerald's original zone therapy, as noted above, worked with zones that extend vertically along the outside of the body. Each foot is divided into five lengthwise zones, which run from each toe down to the corresponding part of the heel, and each of these zones relates to part of the body, as follows:

## The Ten Vertical Zones

### **Zone of the foot**

left little toe to outside heel zone  
left 4th toe to heel zone  
left middle toe to middle of heel zone  
left 2nd toe to heel zone  
left big toe to inside heel zone  
right big toe to inside heel zone  
right 2nd toe to heel zone  
right middle toe to middle of heel zone  
right 4th toe to heel zone  
right little toe to outside heel zone

### **Zone of the body**

left side of body from head to toe  
area between left and middle left side  
middle portion of the left side including left eye  
area between left of center and middle of left side  
just to the left of the middle of the body  
just to the right of the middle of the body  
area between right of center and middle of right side  
middle portion of right side including right eye  
area between the right and middle of the right side  
right side of body from head to toe

The left side of the left foot, including the outside edge of the foot, corresponds to the outside of left side of the head, shoulders and arms, body, hip and the left leg. The right side of the right foot, including the outside edge of the foot, corresponds to the outside of the right side of the head, shoulders and arms, body, hip and right leg.

The middle of the left foot including the middle toe corresponds to the middle of the left side of the head, the left eye, the left side of the neck, the middle of the left side of the body and the middle of the left leg. The middle of the right foot including the middle toe corresponds to the middle of the right side of the head, the right eye, the right side of the neck, the middle of the right side of the body and the middle of the right leg.

The right side of the left foot, including the inside edge of the foot, corresponds to the left side of the spinal column and skull and the inside of the left leg. The left side of the right foot, including the inside edge of the foot, corresponds to the right side of the spinal column and skull and the inside of the right leg.

There are also four horizontal zones, which were discovered by Dr. Shelby Riley and brought into standard use by Eunice Ingham. These are much simpler to learn and use. Combined with the ten horizontal zones, however, they produce a matrix that allows specific problems anywhere on the body to be identified through their reflex points on hands and feet.

## The Four Horizontal Zones

### **Part of Foot**

Toes  
Ball of Foot  
Arch  
Heel

### **Part of Body**

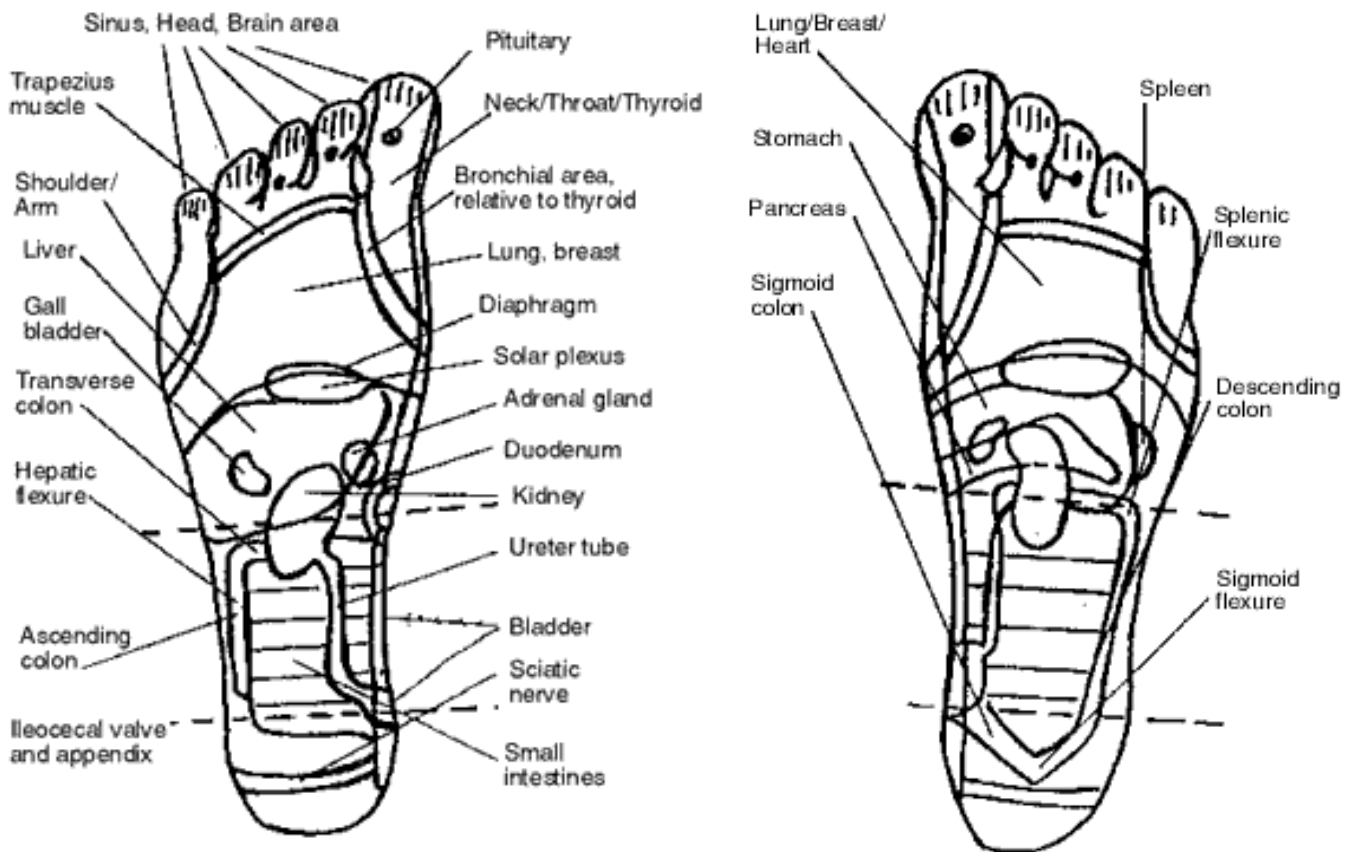
Head  
Chest & Upper Back  
Abdomen and Lower Back  
Hips, Legs and Feet



Unless you are a licensed medical care provider, using this information to diagnose illness, injury or disease is fraught with the danger of being convicted of practicing medicine without a license. Using this information to confirm a diagnosis is almost as risky. The purpose of this technique is to help yourself heal yourself spiritually, or to help other people heal themselves spiritually. Always keep this in mind.

The diagrams shown here are from the original papers, and are much less detailed than they might be; they can be supplemented with other reflexology diagrams showing the feet. Keep these general rules in mind as you study:

1. The tip of the toes are referenced to the top of the head.
2. The root of the toes are referenced to the neck.
3. The base of the toes are referenced to the shoulders.
4. The ball of the foot is referenced to the chest area.
5. The arch of the foot is referenced to the abdominal area.
6. The heel is referenced to the groin and legs.
7. The sides of the foot are referenced to the sides of the body.



(These two diagrams were included in the papers I received while I studied with John Gilbert. They are very rudimentary. More detailed and exact reflexology diagrams can be found in books or websites on the subject.)

## Daily Foot Reflexology Treatment

The basic technique that Essene healers practice daily, and teach their clients to help them release tension and stress and receive spiritual healing from the Divine, is as follows.

1. Take off your shoes (taking off your socks is optional).
2. Lift one of your feet to a position where you can work on it easily.
3. Rub the upper surface of the foot using light pressure.
4. Massage the toes and ball of the foot by squeezing them lightly.
5. Rub the ball, arch and heel of the foot.
6. Perform a lymphatic pump with your toes.
7. Perform a lymphatic pump with your feet.
8. Go through the four zones on the foot starting with the toes, using pressure to release painful points as explained below.
9. Do the same thing with the other foot.

### THE LYMPHATIC PUMP - The Toes

Grab your toes with your opposite hand. Use a pumping motion to move your toes toward you and away from you in a smooth and easy motion. Another way of saying this is you're going to push your toes down and below and then raise them up and above the normal straight line your toes form with your foot.

This action moves the lymph out of the forward part of your foot. By reflex action, it also moves lymph from your shoulder and upper chest area. Wherever lymph pools, toxins build up causing tension and stress. The lymphatic pump motion applied to your toes loosens the lymph and starts it moving throughout your body. The lymph carries the toxins to your spleen, liver and kidney where the toxins will be processed and excreted.

### THE LYMPHATIC PUMP - The Feet

While still holding your toes as before, now move your whole foot up and down, bending the entire foot with as much flexibility as possible in a pumping motion. Do this without causing yourself any pain or discomfort. This action loosens and moves the lymph throughout your feet and, by reflex action, through your entire body. This releases toxins throughout your body and moves them through your lymphatic system where they will eventually reach one of your excretory organs.

### ZONE ONE - The Toes

The Toes are referenced to the head and neck, with the big toe referenced to the middle of the head in the same side of the body. As you work your way through the toes, stop and apply pressure anywhere where there is any tenderness, tension or pain. Hold this pressure until the tenderness, tension or pain goes away. Press a little harder and hold that pressure until the tenderness, tension or pain goes away again. Repeat this process one more time and then continue with the session.

### ZONE TWO - The Ball of the Foot

The place where the toes connect to the ball of the foot references to the shoulders. The outside of

the little toe references to the lower outside shoulder on the same side of the body. The outside of the big toe references to the lower neck at the place where the neck joins the trunk.

The ball of the foot proper references to the chest, ribs, upper back and everything in between, including the heart and lungs. As you work your way through the ball of each foot, stop and apply pressure any place where there is tension or pain. Hold this pressure until the tension or pain goes away. Press a little harder and hold that pressure until the tension or pain goes away. Repeat this process one more time and then continue with the session.

#### ZONE THREE - The Arch of the Foot

The arch of the foot, between the ball and heel of each foot references to the abdomen, lower back and everything between them including the stomach, liver, gall bladder, kidneys and intestines. As you work your way through the arch of each foot, stop and apply pressure anyplace where there is tension or pain. Hold this pressure until the tension or pain goes away. Press a little harder and hold that pressure until the tension or pain goes away. Repeat this process one more time and then continue with the session.

#### ZONE FOUR - The Heel of the Foot

The place where the arch and heel meet references to the hips and the bulk of the heel references to the legs. The back of the heels, above the usual heel calluses, references to the feet and toes. This is a small area on the heel and it's usually very tender for people with foot problems.

As you work your way through the heel of each foot, stop and apply pressure anyplace where there is tension or pain. Hold this pressure until the tension or pain goes away. Press a little harder and hold that pressure until the tension or pain go away. Repeat this process one more time and then continue with the session.

If you do this daily, you'll find that it takes just a few minutes to go through the whole sequence. If you do it less often, it will take more time.

### Using Essene Foot Reflexology for Others

If you're helping another person using Essene foot reflexology, the basic process is the same but a few of the details differ.

Start your foot reflexology session by massaging both feet and all ten toes. Give both feet and ankles and all ten toes a gentle stretch. Rub both feet briskly to encourage blood flow and help relax the feet. Squeeze both feet gently and roll them between your hands.

Start with the big toe of one foot. Lightly squeeze the tip of this toe between the side of your first finger and thumb. Work your way up this toe to the ball of the foot. Repeat this process with the other four toes on this foot. Where you feel tension or discomfort, use the three-phase application of pressure as taught in the description of Essene foot reflexology.

When you've completed the work with the toes, pay special attention to the joints between the toes and the ball of the foot. This area corresponds to the shoulders where angry feelings are often stored as tension. This tension restricts the blood flow and this lack of blood causes pain. Where you feel tension or discomfort use the three-phase application of pressure.

Work your way through the ball of the foot, arch and heel in a similar manner and then repeat this

process with the other foot. Pay attention to areas of tension or discomfort not to ascertain the cause but to release this tension and pain.

Essene foot reflexology works on animals as well as humans. The toes always refer to the head. The area between the toes and pad refer to the shoulders and front legs. The pad refers to the chest (near the toes) and abdomen (near the heel of the foot) and to the upper and lower back. The heel refers to the hind legs and feet. With these differences in mind, you can use Essene foot reflexology on pets. Press gently—they'll let you know in no uncertain terms if you're pressing too hard!

## Lecture Three: Essene Applied Kinesiology

One important Essene healing technique is applied kinesiology, which is also called muscle testing. It is a way of communicating with your subconscious, in order to access the deeper knowledge the subconscious has available. What comes through is usually a surprise to us, but it normally turns out to be true.

Muscle testing works because the physical body and the subconscious are very closely attuned—more closely than either one is to the conscious mind. When an intention of the conscious mind is in harmony with what the subconscious knows to be true, the body's muscles are stronger than when the conscious intention conflicts with the knowledge of the unconscious. Testing the strength of a chosen muscle while holding an intention in mind gives the subconscious a way to pass on its knowledge to the conscious mind.

Essene kinesiology or Essene muscle testing can be used to determine if any item is helpful or not for the person being tested. Individuals may test themselves, you may help them test themselves, or you may test them yourself.

There are five muscle testing techniques which Essenes use for this purpose. These techniques are known as:

1. Looped fingers technique
2. Rubbing fingers technique
3. Hand clasp technique
4. Stiff arm technique
5. Flexed thigh technique

Individuals may use the looped fingers, rubbing fingers, hand clasp, and flexed thigh techniques by themselves. A second party is usually required to use the stiff arm technique.

All five of these techniques work by allowing the conscious mind to become so interested in what you're doing that you allow your subconscious to take control of a specific muscle in your fingers, hands, arm, or leg—whichever is being used. We reorient the conscious mind by concentrating on our question and not the answer to the question.

We ask simple yes-no questions. We concentrate on the question while we apply the technique. Then we observe the answer our subconscious mind is giving us. The more we keep our our thoughts and ideas out of the process, the more reliable the answer to our question will be.

### Looped Fingers Technique

The Modern Essene Fellowship recommends you learn this technique first whether you plan to use it or not. The teaching for this technique applies to all of the other Essene kinesiology techniques to be discussed. If you're not going to use this technique, please read through it anyway as everything discussed also applies to the other techniques.

This technique may be used by the individual or healer. We'll explain how you may use this

technique for yourself or another person. You may then teach another person how to use the same technique. First become centered. Close your eyes and become very calm. Tune into the Divine and commune with the Divine. This is not something to skim over lightly; take your time in this preparation. Your results will be much better if you do.

Secondly, set your intention for this kinesiology session. Let the Divine, your own True Self, your conscious and subconscious minds know exactly why you are going to use the Looped Finger technique. Commune with the Divine until you know that every part of your being is tuned into the Divine and ready to proceed.

Make a circular loop of your left index finger and thumb. (Note: Any other finger may be used and, if necessary, the pad of the palm of your left hand may be used in place of the thumb.) Place the index finger and thumb of your right hand into this circle making intertwining circles. Each circle created by a thumb and finger is within the other.

The process now is to resist from allowing the fingers to easily break these intertwined circles. At the same time, try to pull them apart with your normal strength. Do not forcibly hold your fingers together, and do not forcible try to break them apart. This is not a test of strength. What it is in reality is a communication system between your conscious mind and your subconscious. Hopefully while you're doing this testing your subconscious is in communion with your own True Self or the Divine. If it is, your results will always be correct.

Resist breaking these intertwined fingers apart. If the finger and thumb of the left hand remain together and the links stay unbroken, the muscles are strong and the answer is "Yes." If the fingers of the right hand pop easily through the join between the left finger and thumb, allowing the hands to break apart, the muscles are weak and the answer is "No."

It can help in this situation to tell yourself, silently or aloud, that "Yes" means the circles will not break apart, and "No" means they will. Sometimes our subconscious mind needs a little direction. Don't be afraid to tell your subconscious how the conscious mind

Once you know everybody's on the same page (conscious mind, subconscious, and True Self), use the technique to check to see if some foods, supplements, drinks, or remedies are good for you or not. You may be surprised and you may not agree with some of the results. Don't become alarmed, you're in the learning stage right now. Keep practicing.

Later you may discover you got a few false positives (system says "yes" but later says "no") or false negatives (system says "no" but you find out later is should have been "yes"). This happens in the beginning. So don't be alarmed if everything isn't perfect from the start. Keep practicing.

Within a few days, you'll have the system down pat and it will always work for you. Here's the process:

1. Set your intention for what you want to test
2. Prepare your intertwined fingers
3. Resist
4. Attempt to pull your fingers apart
5. Record the result

## Rubbing Fingers Technique

The Rubbing Fingers technique can be used anywhere where you really don't want people to know what you're doing. Strictly speaking, it's not muscle testing, but it uses a related method to allow the subconscious to communicate with the conscious mind. It's very effective and the answers one receives are just as valid as for a muscle-testing method. It's an unobtrusive, non-invasive, easy to use and easy to hide technique.

This technique may be used by the individual or healer. First become centered. Close your eyes and become very calm. Tune into the Divine and commune with the Divine.

Secondly, set your intention for this kinesiology session. Let the Divine, your own True Self, your conscious mind and your subconscious know exactly why you are going to use the Rubbing Finger technique. Commune with the Divine until you know that every part of your being is tuned into the Divine and ready to proceed,

Hold the pads of your thumb and first finger lightly together. To better understand this instruction, pick up a piece of paper between your thumb and first finger. Pull out the paper and your thumb and forefinger are in the proper position. You may use your right hand, left hand or both.

The process is to concentrate on your yes-no question and rub your thumb and first finger together. If in rubbing your thumb and forefinger together the two slide smoothly over each other, the answer is "yes." If they stick together, the answer is "no." If your conscious mind is occupied with your question, your subconscious is in control of what you experience as you rub your thumb and first finger together. Hopefully while you're doing this testing your subconscious mind is in communion with your own True Self or the Divine. If it is, your results will always be correct.

Practice this technique with questions you know are "yes" or "no." If you obtain the same result with "yes" or "no" questions, keep experimenting a few minutes a day for several days after your daily meditation and devotions. Once your subconscious mind and True Self realize you're serious about using this technique, you'll soon have a definite pattern of smooth sliding for "yes" and sticking together for "no."

Once you know your conscious mind, your subconscious, and your True Self are all on the same page, use the technique to check to see if some foods, supplements, drinks, or remedies are good for you or not. You may be surprised and you may not agree with some of the results. Don't become alarmed, you're in the learning stage right now. Keep practicing.

Later you may discover you got a few false positives (system says "yes" but later says "no") or false negatives (system says "no" but you find out later it should have been "yes"). This happens in the beginning. So don't be alarmed if everything isn't perfect from the start. Keep practicing.

Within a few days, you'll have the system down pat and it will always work for you. Here's the process:

1. Set your intention for what you want to test
2. Bring your thumb and forefinger lightly together
3. Concentrate on your question (not the answer)
4. Rub gently
5. Record the result

## Clasped Hand Technique

The Clasped Hand technique as used by the Modern Essene Fellowship is very similar to the Looped Finger technique. The teaching materials for the Looped Finger technique should be read and practiced first, as the same procedure applies to the Clasped Hand technique.

The Clasped Hand technique is very similar to the Looped Finger technique. The procedure is to clasp your hands together one of three different ways. Choose the method most comfortable for you:

1. Intertwine your fingers at their base so the tips of the fingers on one hand touch the knuckles of the other hand
2. Grab one hand with the other and clasp your palms together
3. Hook the fingers of one hand into the cupped fingers of the other.

**Method 1:** Intertwining your hands is the way children intertwine their hands for saying grace. You don't want to grasp so tightly you cut off the circulation of blood in your fingers. You also don't want to grasp so lightly you can't resist the effort to break the grasp apart.

**Method 2:** Grabbing one hand with the other is similar to shaking hands with yourself. Just close the fingers of each hand over the back of the other. Hold, and resist your own efforts to separate your hands.

**Method 3:** Lift your elbows while grabbing the wrist of each hand with the other hand. Now slide each hand down until you hook all four fingers of each hand together with the four fingers of the other. Place the thumb of each hand on the knuckles of the other. Hold, and resist your own efforts to separate your hands.

The object in all three cases, is to resist breaking the grip apart while attempting to break it at the same time. As with Finger Loops this is not a test of strength. It is a communication system so your subconscious mind can communicate with your conscious mind. If you have any questions about this, please review the Looped Fingers technique.

With a few days of practice, you'll have the system down pat and it will always work for you. Here's the process:

1. Set your intention for what you want to test
2. Prepare your clasped hands
3. Resist
4. Attempt to pull your hands apart
5. Record the result

## Stiff Arm Technique

The Stiff Arm technique of Essene kinesiology is most commonly used by an Essene healer on another person. The technique is used with people who are not confident in their own ability to perform either the Clasped Hands or Looped Finger technique for themselves. As with the other



techniques, another body part that can be held rigid may be used.

The Stiff Arm technique requires one person who is the subject being tested and the other who performs the testing technique. You should always be the person performing the testing technique, unless you are intentionally being the subject.

Explain the process to the client. When the answer to a statement is “yes” they will remain strong and their arm will remain very rigid. But, when the answer to a statement is “no” their strength will diminish and their arm can easily be pushed down.

Instruct the subject being tested to hold either his or her right or left arm straight out to the side and hold it there. Tell them their name is exactly what you know it to be. Then say the word “resist” to them. Push down lightly on their outstretched arm. Tell them to relax. The strength of their arm tells you how they will react to a “yes” or truthful answer.

Instruct the subject being tested to hold either his or her right or left arm straight out to the side and hold it there. Tell them their name is some name (of the opposite gender is best) you know to be false. Then say the word “resist” to them. Push down lightly on their outstretched arm. The lack of strength in their arm tells you how they will react to a “no” or false answer.

In the event you did not see much of a difference between the “true” and “false” test results, the reason is either you or your subject does not understand the instructions at some level. This could be either the conscious or subconscious level or both. Our suggestion is to try again and then one more time with the same subject. If after three attempts things are still the same, you are best advised to try another approach.

Some people will not allow their subconscious minds to communicate through this method. Don't force the issue. Use another technique like a pendulum. Alternatively, you can test for another person using either the Looped Finger or Clasped Hand technique yourself. This takes some practice, but within a few days, you'll have the system down pat and it will always work for you. Here's the process:

1. Set your intention for what you want to test on behalf of another
2. Prepare your intertwined fingers or clasped hands
3. Resist
4. Attempt to pull your fingers or hands apart
5. Record the result

## Flexed Thigh Technique

The Flexed Thigh technique can be used by the individual or healer. Its convenience is that it both allows you to perform the test easily on yourself and to test the large quadriceps muscle of the thigh, which does not fatigue as easily as the deltoid muscle of the shoulder. It can be performed while standing, sitting, or lying on your back.

When the answer to a statement is "yes" you will remain strong and your thigh will remain lifted. But, when the answer to a statement is "no" your strength will diminish and your thigh can easily be pushed down.

Lift either your right or left leg from the hip with your knee bent and relaxed. When standing, lift your thigh until it is perpendicular to the rest of your body and hold it there, parallel to the floor. (For balance, you can hold onto a doorframe or a piece of furniture with the hand that is not doing the testing.) When lying down, lift your thigh until it is perpendicular to the rest of your body as well as the floor and hold it there; in this position your calf will be parallel to the floor. When seated, lift your leg until your foot comes off the floor with your thigh raised just above the chair seat and hold it there.

Ask the yes-or-no question you want an answer to. Try to keep your thigh elevated as you push down lightly with either hand on your lifted thigh just above your knee. Once the test is complete, relax your leg back into its neutral position of standing, sitting, or lying down, in order to prevent muscle fatigue. Alternating which leg you use to test with is also recommended to prevent fatigue.

Once you know your conscious mind, your subconscious, and your True Self are all on the same page, use the technique to check to see if some foods, supplements, drinks, or remedies are good for you or not. You may be surprised and you may not agree with some of the results. Don't become alarmed, you're in the learning stage right now. Keep practicing.

Later you may discover you got a few false positives (system says "yes" but later says "no") or false negatives (system says "no" but you find out later it should have been "yes"). This happens in the beginning. So don't be alarmed if everything isn't perfect from the start. Keep practicing.

Within a few days, you'll have the system down pat and it will always work for you. Here's the process:

1. Set your intention for what you want to test
2. Lift your thigh
3. Concentrate on your question (not the answer)
4. Push down gently
5. Record the result

## The Pendulum in Essene Healing

Pendulums are made to freely swing from a point. They may be made of any object or substance. Paper pendulums are just as effective as heavy metal, crystal or rock pendulums. The heavy portion of the pendulum free to move is called the bob or the plumb. The bob or plumb hangs down and is suspended from a thread made of cloth, leather, metal or plastic wire, string or rope. The material used to make the pendulum is up to the individual. The thread is held in the hand by the fingers in such a manner as to allow the pendulum to swing freely.

Pendulums can be made to swing vertically, horizontally, diagonally up to the right, diagonally up to the left, or in a clockwise or counter-clockwise direction. The direction of the swing may be controlled consciously by the person holding the thread. It may also be controlled by that person's subconscious mind. Therein lies the problem.

People holding the pendulum, if not properly trained, may consciously or unconsciously control the movement of the pendulum. This defeats the purpose. The purpose of using a pendulum is to obtain answers from the subconscious mind while the subconscious mind is in contact with our

own True Self or the Divine. Unfortunately, those observing us while we're using a pendulum don't know if we're in contact with our subconscious mind, imagination, conscious mind or unconscious mind.

For that reason, the Modern Essene Fellowship recommends using pendulums to confirm the response received from some other source such as Essene Kinesiology, spirit guides, guardian angels and our own Higher Self.

To use the pendulum, first train yourself and your pendulum. Do this for each pendulum you use. It's also a good idea to confirm this before each pendulum session. Suspend the pendulum comfortably in front of you where it can move unobstructed and you can observe its movement. Ask the pendulum to say yes. Wait for it to move and observe its movement. Make a note of how the pendulum moved to indicate a "yes" response.

For most people this is a vertical movement away and toward the person holding the pendulum. For some people it may be a horizontal movement back and forth in front of the person. Occasionally, it may be either a clockwise or counter-clockwise movement. Seldom, it turns out to be a diagonal movement, either up to the right or up to the left. Whatever sign the pendulum uses, make a note of it.

Once you know what the pendulum does for a "yes" response, ask it to say no and note the response. These are the only two messages used by most pendulum practitioners. However, you may also use create and use other commands such as maybe yes, maybe no, undecided, undetermined or any other nuance of yes and no the operator desires.

Once you know the movements and responses used by this pendulum, use it. You use a pendulum by asking a question with a yes or no response. The pendulum will respond.

If you want to receive accurate messages and keep both your imagination and conscious mind out of the process, you need to prepare yourself for a pendulum session through meditation, contemplation, attunement activation followed by prayer, or deep devotion. The Essene Healing Breath is an excellent preparation for a pendulum session anytime during the day. Activating your Essene Healing Hands or your Essene Healing Eyes is also recommended for this purpose. Intentional Prayer is also recommended.

The use of a pendulum in any Essene Healing session is optional and never required.

## False Positives And Negatives

False positives do occur. We obtain a "yes" answer and learn later the answer really should have been "no." False negatives also occur. We obtain a "no" answer and learn later the correct answer was "yes."

False positives and negatives usually stem from either the conscious mind taking over from the subconscious, inserting its preferred answer, or else one's understanding of the question changing. That would almost always be one's conscious understanding, although, after a sufficiently life-altering experience, the soul itself can learn some new lesson that leaves it with a new understanding of that question.

The subconscious, which is what applied kinesiology allows us to communicate with, is completely true to its understanding of the words used, reason for asking the question, etc., which can turn out

to be very different from what the conscious mind thinks they are. While the conscious mind may not be aware of an increase in blood pressure or sweating palms as it formulates a question, the body will always catch those clues and use them to get a fuller understanding of what is really being asked or intended.

Much can be learned from noticing exactly how your subconscious interprets what your conscious mind just thoughtlessly rattled off. Identifying that kind of subtle divergence between parts of the self requires asking lots of qualifying and alternate questions in order to catch a glimpse of where your body gives opposing answers to questions your conscious thought were identical (or vice versa.) Once glimpsed, you can ask more questions to figure out why your body interpreted those questions so differently than your conscious mind did.

In some cases, another factor can be involved in false positives and negatives. To check for this, look first to see if you learned anything about yourself or others. If you did, you received the correct answer for you at that time because you had a lesson to learn.

Secondly, look to see if somebody or something else learned something or if their needs were met because of you. If that happened, you received the correct answer for you at that time because you had to rectify some previous wrong or help a person in need.

## Instructions for the Apprentice Attunement

To receive attunement as an Essene Apprentice, you will need to have learned and practiced all the Candidate and Apprentice lessons, as discussed in an earlier paper.

You will also need to choose some name of the Divine to invoke in your attunement. This may be a personal or an impersonal name. If you have a relationship with a deity, you may choose to use the name of that deity. If not, you may use an impersonal term such as “the Divine” or “the Universe” in the relevant place.

If you have a religious or spiritual name distinct from your ordinary name, you may use this in the ritual, and a specific place for you to reference this in the attunement. If you intend to use your ordinary name, say your full name instead.

Approximately ten minutes before the attunement:

Dress comfortably, leaving the top of your head uncovered. Sit in a comfortable position, with room for a person to stand behind as well as in front of you. Activate your palm centers as you have already learned to do. Then enter into meditation, using whatever method you have practiced.

At the time of the attunement:

Become aware of the initiator standing behind you. Hear the following questions being asked, and give the answers out loud.

Question: *What is your intention?*

Answer: *To become the Healing Hands for (name of the Divine)*

Question: *By what name do you wish to be initiated?*

Answer: *(States religious or spiritual name, magical motto, or ordinary name)*

The initiator then says:

*(Name) become now the Healing Hands of (name of the Divine).*

The initiator traces a secret sign on the crown of your head, and then says:

*(Name) receive now the Breath of (name of the Divine) to activate your Healing Hands.*

The initiator breathes on the crown of your head, and traces two more secret signs, then says:

*This will help you establish and support your Healing Hands.*

The initiator moves around you to stand in front of you and says:

*(Name) give me your left hand to receive the Triangle of Water and the Circle of Earth.*

The initiator traces two more secret signs on your left hand, and then says:

*(Name) give me your right hand to receive the Triangle of Fire and the Circle of Air.*

The initiator traces the same two secret signs on your right hand, and then says:

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*In the name of (name of the Divine), I proclaim you Apprentice (Name).*

This completes the attunement.

### After the attunement:

Remain in meditation for a few more minutes to allow the attunement process to complete itself. For the weeks that follow, it is helpful to keep track of any new experiences you may have and to write down any unusual dreams you may recall.

\* \* \* \* \*

The following paper was given to newly initiated Essene apprentices.

## Congratulations, Essene Apprentice!

Congratulations indeed in completing your attunement as an Apprentice. Please review the previous lessons and continue your practices while you mature your first attunement. You can begin studying the Healer work at any time after you have received your Apprentice attunement.

You will experience several phenomenon as a result of your attunement. Many of these will be personal and affect only you. Some will be universal and are experienced by all Apprentice Essene Healers.

As you continue your daily practices with the Healing Breath you will begin to remember your dreams in more detail and you will find it beneficial to keep a dream journal as your dreams become more and more spiritual in nature.

As you continue your daily practice with the Healing Breath your Third Eye will awaken more and more and you will begin to experience psychic phenomenon in different ways. Your hands will start to activate on their own without any conscious effort on your part and this is a sign you need to send somebody or something healing energy. As you do reflexology with your own feet on a weekly basis, you'll begin to get some insights into the health and nutrition needs of your own body and you will find it helpful to act on these insights. As you do foot reflexology with others you'll receive intuitive insights they will find helpful if you share your insights with them.

As you continue these practices you'll begin to feel them operate on a deeper and deeper level within yourself.

As you activate your hands on a daily basis, you'll find it easier and easier to activate them more and more quickly, with less and less conscious effort. In a few weeks you will be able to activate your hands by thinking the symbols in your mind. A few weeks later you will be able to activate your hands by an act of will without even thinking about the symbols. Your hands will automatically activate during the day to alert you to the need for healing needed by another life-form (mineral, plant, animal or human on any plane) or by a situation in which you find yourself.

The more you work with the Essene teachings, the more of the healing energy of the Divine will flow through you.