

WHO WERE THE ANCIENT ESSENES? by Rabbi Gabriel Cousens, MD



The Essenes were prophetic, shamanic, mystical, spiritual warriors of the desert. The Torah and the Kabbalistic teachings that evolved from the Torah intimately guided their lives. One of the most famous Essenes was the liberated being, Jesus.



The Modern Essenes are a seed for the potential fulfillment of the prophecy that the B'nai Israel (Jewish) and B'nai Noach (Non-Jewish) will work as the pious ones of all traditions to help usher in the Messianic times.

Gabriel's books: *The Sevenfold Path of Peace* and *Creating Peace by Being Peace*, derived from the ancient Essene teachings, offers a strong foundation in essential lifestyle philosophies and practices in the art of conscious living.



A consciousness based on the core vision of the unity of all life, and a passionate commitment to the noblest aspirations of humankind this life-style model supports and empowers the individual in a balanced, happy life in accordance with the laws of Nature.

The teaching appears in the Zend Avesta of Zoroaster, who translated it into a way of life that was followed for thousands of years. It contains the fundamental concepts of Brahmanism, the Vedas and the Upanishads; and the Yoga systems of India sprang from the same source. Buddha later gave forth essentially the same basic ideas and his sacred Bodhi tree is correlated with the Essene Tree of Life. In Tibet the teaching once more found expression in the Tibetan Wheel of Life.

The Essenes lived on the shores of lakes and rivers, away from cities and towns, and practiced a communal way of life, sharing equally in everything. They were mainly agriculturists and arboriculturists, having a vast knowledge of crops, soil and climatic conditions which enabled them to grow a great variety of fruits and vegetables in comparatively desert areas and with a minimum of labor.

They had no servants or slaves and were said to have been the first people to condemn slavery both in theory and practice. There were no rich and no poor amongst them, both conditions being considered by them as deviations from the Law. They established their own economic system, based wholly on the Law, and showed that all man's food and material needs can be attained without struggle, through knowledge of the Law.

They were great scholars who studied man's relation in the universe. They considered that we had three roles: one of individual evolution; second, a function in regard to the planet on which we live; and the third, a divine purpose as a unit of the evolving and expanding universe.

All three of these acting bodies are related to each other and affect each other. Bodily health and well-being is consequently of the utmost importance both to the individual and to all other beings on Earth. They were taught how to adapt to the rhythms and cycles of nature and the changing fields of energy which surround each person.

Through study and keen observation they mastered the art of knowing how the elemental forces of wind, sun, rain and nutrients in the soil affect different foods and how these foods will affect the individual- body, mind and emotions.

They did daily morning and evening practices using the Elements to purify their bodies such as cold water bathes and exposing the skin each day to the rays of the sun. Much of what they learned was through experience by being in their organic herb and vegetable gardens and fruit orchards.

The word Essene means healer or 'therapeutie' which they were well known for. They healed many people. They knew that disease is created when one deviates from the natural law of nature. By living in harmony with the Elemental forces and the cycles of nature, health and happiness return.

Weekly, monthly and quarterly fasting and cleansing practices were used to regenerate and rejuvenate the body, and to develop the will to increase and move the energy to a higher spiritual level. They sent out healers and teachers from the brotherhoods, amongst whom were Elijah, John the Baptist, John the Beloved and the great Essene Master, Jesus.

The Essenes are described as charitable, devout, totally honest, and trustworthy. They based their decisions on majority consent, pooled their wealth and possessions together, made no wars, were peace-loving and were frugal. The results of this approach to life were extraordinary.

In contrast to the short life span of the surrounding peoples, historians of the time have recorded that it was common for the Essenes to live to an average age of 120.

They walked gently upon the Earth learning from nature and observing the natural cycles. They planted trees, tended to their gardens, vineyards and orchards and lived a peaceful community life. It is known that the Essenes, with their pacifist tendencies, ate no animal flesh, honoring all life as sacred. There is much evidence, in the recently found Dead Sea Scrolls that indicates that Jesus was raised and educated in the Essene community.

“From its antiquity, its persistence through the ages, it is evident the teaching could not have been the concept of any individual or any people, but is the interpretation, by a succession of great Teachers, of the Law of the universe, the basic Law, eternal and unchanging as the stars in their courses, the same now as two or ten thousand years ago, and as applicable today as then.” -*Edmond Bordeaux Szekely*

In his book, *The Sevenfold Peace*, Rabbi Gabriel Cousens says: "There were no rich or poor among them because of the alignment of their economics, life-style, and society with Divine Law. The Essenes considered Divine Law to be the sum total of all the laws governing all manifestations of the forces of nature and the cosmos. This Divine Law is perhaps best summarized as the Living Law of Love and harmony With All Creation.

Although the Essenes lived in the harsh conditions of the desert, each person's material need, food, and shelter were easily and abundantly met because of that person's alignment with the essential harmony of the universe. The Essenes were vegetarians; they avoided any form of alcohol; and they daily fed their bodies, minds, and souls with contemplation of the earthly and cosmic forces that they poetically called angels.

In the morning they contemplated the forces (angels) of Mother nature. In the evening they contemplated the cosmic forces of the Heavenly Father. At noontime, they contemplated one aspect of the Sevenfold Peace each day. Through this weekly cycle, the balance and practice of peace would be reviewed each week."

WHO ARE THE MODERN ESSENES?

The Modern Essene Way is a general path that resonates with the historical life and core truths of the ancient Essenes. It connects to the particular spiritual life and core truths of the prophetic, Kabbalistic mystics of the desert, known as the Essenes.

It is a complete path and lineage of liberation that goes back 5,000 to 6,000 years, probably to the time of Adam, and more specifically was activated by Enoch, the seventh generation from Adam. The subtle essence of the Essene teachings can be found in the Seven Beatitudes of Jesus' Sermon on the Mount.

The Modern Living Essene Way, with its foundation in the perennial liberation wisdom teachings going back to Enoch, and perhaps even Adam, is not a religion. One can live as a Modern Essene no matter what one's religious preference. The Modern Essene Way is a way of liberation that goes beyond egocentric or ethnocentric to a world- and cosmic-centric view.

The Modern Essenes represent a universal archetypical consciousness that can be lived in any context and not necessarily joined. It is grounded by ancient and basic principles that can guide us to creating the Sevenfold Path of Peace in our lives, and on the living planet.

If enough people choose to live this way, we can create an ever-widening circle of light and love amount the cultures and religions of this world that would bring world peace.

To call oneself a Modern Essene requires spiritual warrior activism and an alignment with the core essence lineage of the Essene Way as it has been lived from the beginning of time, appropriate to our twenty-first century lives.

The Modern Living Essene Way revelation is about inspiration; it is not about trying to live exactly as we imagined they lived in the past, but about a basic alignment with the Essene teachings.

IT is about inspiring ourselves and others to live in the highest degree of peace and harmony with ourselves, others, animal and plant life, the planetary ecology, and the will of God in the Twenty-first century.

Learn more about the Essenes by taking the [Essene Workshops](#) offered annually at the Tree of Life Rejuvenation Center.