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BASIC YOGA



TREE POSE (Vrikshasana)

The main benefits of this pose are building balance and concentrating the mind. It strengthens the legs, opens the hips, spreads the chest, and opens the shoulders. It also helps with osteoporosis by building strength in the balancing leg. Place the foot on ankle or knee if necessary. ☺

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THE Enigmatic Essenes

BY CAROLYN GREER DALY

Several years ago a psychic told me that two friends and I had once lived together as Essenes, an ancient Middle Eastern esoteric group. On the screen of my mind, a picture began to come into focus; I saw love expressing itself in words of wisdom, knowledge and history, words that must be preserved lest the generations to come be ignorant of the sacred secrets given to us by our Creator. Was this picturing a creation of my imagination, a half-forgotten memory of a life lived in another time, another place, or was it a combination of both?

When the idea of really getting to know and understanding the Essenes came into my thoughts, I felt it was my mission, an obligation to myself, to fit together the pieces of the puzzle until the many conflicting accounts describing the life, customs, and belief systems of these mysterious people made sense.

Often when one hears the word Essene, the first image that comes to mind is of celibate men living in a commune near Jerusalem, in an other-colored desert, set between a wall of caves and the banks of the Dead Sea, in a village known as Qumran. The word Essene translated from Greek means "holy ones."

As described by Philo (20 BCE–50 CE), Pliny the Elder (24–79 CE), and Josephus (37–100 CE), not only was this community void of women, but women were declared unclean. Have scholars been too limited in their definition of Essenes due to the writings of

examined... one was... are es... of B... works... Guilb... "The Isaiah... or the re... of... psychic, Edgar Cayce... the description... of the... Qumran as espoused by... writers mentioned above.

According to these modern works, both research and psychic readings, early Essenes came into existence not far in time and space from what is known as the Garden of Eden and were called the Children of Light. This would mean the Essenes existed long before Noah and the great flood. In fact, Enoch was Noah's grandfather, so this was long before the Pharaohs ruled Egypt, long before Moses climbed Mt. Sinai to receive the Ten Commandments and led the Children of Israel to the Promised Land, and, certainly, long before Essenes established a settlement called Qumran. According to Enoch, Raphael, and Manitarra, and also in passages found in the Dead Sea Scrolls of Qumran, the Essenes, which included women, migrated throughout the world sowing seeds of ancient wisdom that would one day grow and blossom into the countless religions that exist in the world today. Manitarra states that almost all of the principal founders of what would later be called Christianity were Essenes including St. Ann, Joseph and Mary, John the Baptist, John the Evangelist, Mary Magdalene, and Jesus.

In Cayce's Reading 254-1, May 1941, "Cayce on Mary, the Mother of Jesus & Essene Preparation," Cayce states, "This was the beginning of the period where women were considered as equals with the men in their activities, in their abilities to formulate, to live, to be channels." Cayce provides



The word Essene translated from Greek means "holy one."

insight into how holy women were chosen and trained by the Essenes and includes specific details. For example, when asked how old Mary was when she was chosen, Cayce answers, "Four; and, as I would call, between twelve and thirteen when designated as the one chosen by the angel on the stair."

If we accept the work of Raphael and Manitarra and the words of Edgar Cayce, this group of Essenes had to live somewhere in the vicinity of Jerusalem at the time of Jesus. So, why were they not mentioned by Philo, Pliny the Elder and Josephus? And, if Jesus was an Essene, why, according to my "Popular Concordance" (an index of the Christian Bible) were the Essenes never mentioned in the Christian Bible? I later discovered in Braden's "The Isaiah Effect" that there were several sects of Essenes during the time of Jesus that included Ebionites and Nazarenes. Perhaps when the Bible mentions Jesus of Nazareth, they are not referring to a town, as I had understood, but a sect of the Essenes.

From my often contradictory and confusing research, I have arrived at conclusions that resonate with me. I believe the discrepancies reported by different historians

of their day, were due, not so much to deliberate fabrication, but to a difference in timeframe, location, sect and dogmatic doctrine of their day ingrained in their perspectives.

There is, however, some agreement as to the beliefs and customs of the Essenes. For example, they were a nonviolent people who believed that peace was their path to God. They made no weapons, but carried them when outside the complex for protection. They were agrarian and vegetarians; accumulated no individual wealth and shared everything, including clothing. They bathed daily and considered the human body a holy temple where God resides. Women were honored, highly regarded, educated, and treated as equals. Embedded in their writing is encoded, esoteric scientific knowledge that we are only now beginning to understand as quantum physics.

Describing the spiritual beliefs and customs of the Essenes and describing the belief system and customs of the Cathars, a peace-loving community in southern

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