



# Fellowship of the Modern Essenes

## **The Essene Healing Paradigm**

The healing philosophy of the Modern Essenes has been adopted as the healing paradigm of the Universal Gnostic Fellowship. 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.

**HEALING THE PHYSICAL** The cause of every physical ailment known to humanity is an emotional issue. Resolve that emotional issue and you heal the symptom of that emotional issue, you heal the physical disease, disorder or condition.

Typical emotional issues include the feelings of rage, anger, frustration, irritation, terror, panic, anxiety, worry and concern, depression, despondency, grief or sorrow, resentments, worthlessness, shame or guilt. These are the issues causing the symptoms we consider physical ailments, conditions, disorders or diseases. When we resolve these emotional issues, our physical symptoms go away.

**HEALING THE EMOTIONAL** The cause of every emotional issue known to humanity is a mental block. Resolve this issue of false thinking and you heal the emotional issue. Thoughts and ideas that raise us above another are examples of incorrect thinking.

Typical wrongful thinking includes denial, not accepting life, ourselves and others, not forgiving ourselves and others, blaming others for our misfortunes and not being lovingly kind to ourselves and others. Wrongful thinking also includes wishing harm for others, speaking hurtful words and thinking wrongful things. Whenever we

consider ourselves as being better than another, our thinking is in error. We also err anytime we think we are more spiritual, loving, charitable and kind than another. These are the issues causing the symptoms we feel as emotional pain and suffering. When we resolve our wrongful thinking our emotional issues disappear.

**HEALING THE MENTAL** The cause of 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. Those who subdue their intuitive mind cause themselves great mental anguish.

Young children express their intuitive, imaginative and creative minds openly and wonderfully. Over time they learn not to express these things. This is a curse of society and not a normal thing. When we listen to and act upon our own intuitive insights, our erroneous thinking is replaced by an imaginative and creative world of wonder. When we pay attention to our intuitive insights, our mental blocks dissolve.

**HEALING THE PSYCHOLOGICAL** The cause of every intuitive error known to humanity is a spiritual disconnection from the Divine. Resolve this spiritual disconnection and you heal your 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 of a spiritual disconnection from the Divine.

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. 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.

Nobody can heal us. But, when we reconnect to the Divine we heal ourselves. When we do not heal ourselves this is a symptom of our disconnection from the Divine. Reconnect to the Divine and we heal ourselves on every level of our being.

Rule One: The Law of Earth - If you want to heal yourself, pay attention to your body and take better care of your body which is your personal Temple for the Divine.

Rule Two: The Law of Water - If you want to heal yourself, pay attention to your emotions and resolve all of your emotional issues so you can heal your body.

Rule Three: The Law of Air - If you want to heal yourself, pay attention to your mind and change all of your erroneous thinking so you can heal your emotions.

Rule Four: The Law of Fire - If you want to heal yourself, pay attention to your intuition and believe your own intuitive insights so you can heal your mind.

Rule Five: The Law of Spirit - If you want to heal yourself, pay attention to your relationship with the Divine and reconnect to the Divine so you can heal your spirit.