

The Essene Morning and Evening Communions CS-68 and the Noon Peace Contemplations

THE MORNING COMMUNIONS

Saturday Morning Communion with the Earthly Mother

"The Earthly Mother and I are one. She gives the food of Life to my whole body."

When you finish these words contemplate edible fruits, grains or plants and feel the currents of the Earthly Mother flowing in you and intensifying and directing the metabolism of your body.

Sunday Morning Communion with the Angel of the Earth

"Angel of Earth, enter my generative organs and regenerate my whole body."

Contemplate the life-generating soil and the growing grass, feeling the currents of the Angel of Earth transforming your sexual energy into regenerative forces.

Monday Morning Communion with the Angel of Life

"Angel of Life, enter my limbs and give strength to my whole body."

Contemplate trees as you feel yourself absorbing vital forces from trees and forests.

Tuesday Morning Communion with the Angel of Joy

"Angel of Joy, descend upon earth and give beauty to all beings."

Feel yourself absorbing vibrations of joy from the beauties of nature as you contemplate the colors of sunrise, of sunset, the song of a bird or the aroma of a flower.

Wednesday Morning Communion with the Angel of the Sun

"Angel of Sun, enter my Solar Center and give the fire of life to my whole body."

Contemplate the rising sun and feel and direct the accumulated solar forces radiating through your solar center, located at the solar plexus, sending them to all parts of your body.

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Thursday Morning Communion with the Angel of Water

"Angel of Water, enter my blood and give the water of Life to my whole body."

Contemplate the waters of the earth, in rain, river, lake, sea or anywhere, and feel the currents of the Angel of Water intensifying and directing the circulation of the blood.

Friday Morning Communion with the Angel of Air

"Angel of Air, enter my lungs and give the air of Life to my whole body."

Contemplate the atmosphere as you say this and breathe rhythmically.

THE EVENING COMMUNIONS

The Friday Evening Communion with the Heavenly Father

"The Heavenly Father and I are One."

This Communion in time brings union with the eternal and boundless cosmic ocean of all superior radiations from all planets, as cosmic consciousness is awakened and the individual is finally united with the Supreme Power.

The Saturday Evening Communion with the Angel of Eternal Life

"Angel of Eternal Life, descend upon me and give Eternal Life to my spirit."

As these words are said contemplate union with the currents of thought of the superior planets to gain power to overcome the sphere of gravitation of earthly currents of thought.

The Sunday Evening Communion with the Angel of Creative Work

"Angel of Creative Work, descend upon humanity and give abundance to all beings."

Contemplate upon bees at work and concentrate upon the creative work of humanity in all spheres of existence.

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The Monday Evening Communion with the Angel of Peace

"Peace, peace, peace, Angel of Peace, be always everywhere."

Contemplate the crescent moon and the moonlight, invoking and visualizing universal peace in all spheres of existence.

The Tuesday Evening Communion with the Angel of Power

"Angel of Power, descend upon my Acting Body and direct all my acts."

Contemplate the stars, their radiations, and the cosmic ocean of Life, and feel the Cosmo vital forces from the stars being absorbed by the nervous system of your Acting Body.

The Wednesday Evening Communion the Angel of Love

"Angel of Love, descend upon my Feeling Body and purify all my feelings."

While this is being said your Feeling Body both sends and attracts superior currents of feeling to and from all beings on earth and all those in the cosmic ocean of Love.

The Thursday Evening Communion with the Angel of Wisdom

"Angel of Wisdom, descend upon my Thinking Body and enlighten all my thoughts."

Superior currents of thought are sent and attracted by your Thinking Body while you contemplate all thought on earth and in the cosmic ocean of thought.

THE NOON PEACE CONTEMPLATIONS

The Noon Peace Contemplations, dedicated each day to a different one of the seven aspects of Peace, are addressed to the Heavenly Father, requesting him to send the Angel of Peace to all, and then to send a certain one of the angels to strengthen each aspect of the Sevenfold Peace.

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Saturday Noon (Peace With the Kingdom of The Heavenly Father): *Our Father who art in heaven, send to all Your Angel of Peace; to Your Kingdom, our Heavenly Father, Your Angel of Eternal Life.*

Sunday Noon (Peace with the Kingdom of The Earthly Mother): *Our Father who art in heaven, send to all Your Angel of Peace; to the Kingdom of our Earthly Mother, the Angel of joy.*

Monday Noon (Peace with Culture): *Our Father who art in heaven, send to all Your Angel of Peace; to our knowledge, the Angel of Wisdom.*

Tuesday Noon (Peace with Humanity): *Our Father who art in heaven, send to all Your Angel of Peace; to humanity the Angel of Work.*

Wednesday Noon: (Peace with the Family): *Our Father who are in heaven, send to all Your Angel of Peace; to our family and friends the Angel of Love.*

Thursday Noon (Peace with the Mind): *Our Father who art in heaven, send to all your Angel of Peace; to our mind the Angel of Power.*

Friday Noon (Peace with the Body): *Our Father who art in heaven, send to all your Angel of Peace; to our body the Angel of Life.*

These are the traditional words of the Communion with the Earthly Mother and the Heavenly Father and their Angels. The cumulative effect of the regular weekly repetition of each of these Communion enables the individual, sooner or later, according to his capacity, perseverance and the degree of his evolution, to absorb, utilize and direct these currents of energy in all manifestations of his consciousness, for his own higher evolution and that of mankind and the planet.