

Modern Order of Essenes

Healer Manual

edited by John Michael Greer

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Welcome Essene Apprentice!

Congratulations on your progress. You have now reached the point in your studies where the practice of healing becomes your most important teacher. You will notice that this packet of lectures and instructional papers is considerably shorter than the one you studied to qualify for your Apprentice attunement; it is also shorter than the one you will study if you complete this work and proceed to the Essene Master lessons. This is because most of your learning will take place in the process of practicing what you already know, and expanding it through the lessons and techniques introduced here.

It is helpful to be attuned as an Essene Apprentice to learn and practice the techniques assigned to Healers in training, but it is not necessary. The Divine healing energy is everywhere and in all things. It is always present in you, whether or not you have received an attunement.

The following teachings are included in this book. If you intend to qualify as an Essene Healer and receive the Healer attunement, you will need to study and learn all of this material.

Essene Healer Lessons

The Law of Contagion

The Stress Cycle

The Emotional Complexes

Breaking the Cycle of Disease

The Law of Subconsciousness

Essene Healer Techniques

The Healing Breath of Acceptance

The Healing Breath of Forgiveness

The Advanced Essene Blessing Walk

Essene Hand Reflexology

The Law of Contagion

The mere selection of some definite aim, with determination to realize it, starts the operation of hidden activities that provide us with the necessary materials, and puts us in contact with those persons whom we need to meet in order to attain our goal. Understanding the nature of intention is necessary to understand the Law of Contagion upon which much of our spiritual healing depends.

Please read and re-read this lesson several times until the five laws discussed in this lesson become a part of you. Knowing and understanding them, and using them with wisdom is the primary responsibility of the Essene Healer. Please do not proceed with your other lessons until you master this first and primary lesson.

CONCERNING CONTAGION

Unconditional Love is Contagious. (Spirit)

So are hatefulness and apathy. Whatever expression of love we share with other people in our lives, the more they'll express that same emotion to others in their life. Whatever expression of love we share with groups of people, the more they'll express than same to others. We can express the emotion of love, hatefulness and apathy with our spoken and written words, our overt and hidden actions and expressions, and with the thoughts in our mind and heart.

Friendly and Hostile Attitudes are Contagious. (Air)

Our attitude is expressed in our written and spoken words, the way we speak and write and the way we act. Friendly and nurturing attitudes draw others of the same demeanor to us. They also change the attitudes of others around us in a positive manner. The same can be said for negative or hostile attitudes.

Positive and Negative Feelings are Contagious. (Water)

Whatever emotions we choose to convey, others will know what is truly in our hearts and reflect it back to us. They also emulate that emotion in their lives to some extent for good or ill. Whatever we feel does affect the feelings of others.

Constructive and Destructive Intentions are Contagious. (Fire)

The intentions of all living things becomes apparent to those who have eyes to see and ears to hear. They can also be determined by those who have hearts to feel and minds to evaluate. We see and hear things on many planes and our intentions are expressed on all of them. Others will be affected for good by our constructive intentions and for ill by our destructive ones. It doesn't matter if the other person agrees with us or not, our intention is contagious and it will affect them.

Good and Bad Health, Poverty and Abundance are all Contagious. (Earth)

If we enjoy good health, we encourage others to improve their health. If we experience abundance in our lives and share it with others, we inspire them to seek abundance in their lives. The opposite is also true. Our love, attitudes, feelings, intentions and quality of our lives are all contagious and we can affect others by them.

CONCERNING DECISIONS

The Two Negative and Positive Decisions of the Ancients:

1. Apathy and Hatred toward others - Unconditional love (Spirit)

We decide whom to love, whom to hate and whom to be apathetic toward. This is a decision we make and it's a decision we can change. Where we find we are expressing hatred and apathy, we can choose to express love. We can do this in steps by first accepting, then forgiving and finally loving the other person.

2. Hurtful thoughts and attitudes - Helpful thoughts and attitudes (Air)

We decide to have helpful, neutral or hurtful thoughts and ideas toward others. We also decide what attitude we'll have toward and about them. We make these decisions all the time. Most of the time we make them subconsciously based on previous experience with those people or with other people under similar circumstances. In other words, we didn't even know we made a decision.

But we can change our thinking and attitude. It's all a matter of identifying the presence of hurtful or harmful thoughts, ideas and attitudes, and making a decision to be helpful and supportive. It's a decision we can make.

CONCERNING EMOTIONS

The Three Negative and Positive Emotions of the Ancients:

1. Sadness - Happiness (Water)

We can make a decision to be happy or sad. We can change our emotional state by imagining we are happy when we're really sad. We can also decide to have a happy attitude in spite of our sorrow. By changing our thinking and our attitude we can influence our emotions. By imagining our sadness turning into happiness, we can change our emotions. Believe you are happy and you will become happy.

At the root of every sadness, some happiness can be found. If we can't find this happiness, we can imagine that we find it. By concentrating on these moments of real or imagined happiness, we can raise the vibration of our sadness into a state of happiness. It all starts with a decision and then finding the love within us to lift our sadness so we become happy.

2. Anger - Peace (Fire)

The same thing can be said for anger. We can find peace by changing our thinking, ideas or attitude about our anger. We can find peace by imagining that our anger is fading away and being replaced by peace. We can become peaceful and dissipate our anger. Believe you are filled with peace and you will be filled with peace.

We can also laugh at our anger. Laughter lifts up our vibration and we find it more and more difficult to be angry. So we let our anger go and we return to our natural state of peacefulness. Believe you are filled with courage and you will become courageous.

3. Fear - Courage (Earth)

Again, the same thing can be said of our fear. We can find courage within ourselves by changing our thoughts and ideas or our attitude. We can imagine our fear abating while our courage increases in intensity. We can also laugh at our fear and it will fade away, because laughter raises our vibration and gives us courage. Believe your fears are fading and they will fade. Believe your courage is increasing and it will.

Fear and courage are both influenced by the same things as anger, peace, sorrow and happiness. These things are our thoughts, ideas, attitude, beliefs and imaginings. Change any of these and we change our sorrow, fear and anger into happiness, courage and peace.

THE LAW OF CREATION

The Law of Creation says the Divine created us and all that exists. Then the Divine gave us the free will, power and ability to create our own lives according to our own desires. We are the result of our own creative efforts. To change who and what we are requires us to first change our intentions, beliefs and behavior.

THE LAW OF INTENTION

The Law of Intention (the Divine Father) is everything. It controls our:

1. Belief Systems (the Divine Mother)
2. Expression of Love (Spirit Above = Daughter of the Divine Father)
3. Expression of Power (Spirit Below = Son of the Divine Mother)
4. Receptive Mind (Spirit Within)
5. Intuition and Desires (Fire)
6. Intellect and Attitudes (Air)
7. Emotional Response and Emotions (Water)
8. Health and Wellness (Earth)

The Law of Intention is that whatever we intend to accomplish we will accomplish if our intention is resolute, our belief in ourselves and our intention is strong, and we do what needs to be done to manifest our intention.

We can do nothing unless we intend to do it on some level of our being. We cannot do anything we do not intend to do on some level of our being. We can only do what we consciously, subconsciously or unconsciously intend to do with conviction.

THE LAW OF BELIEF

The Law of Intention is the first law because without an intention nothing is ever created, nothing ever happens. But once we have an intention we set in motion the creative process, which will not end until we change our intention. Provided we believe we can do what we intend. The second law is the Law of Belief (the Divine Mother).

The Law of Belief says that whatever we believe to be true will be true in our lives regardless of whether or not that belief is a conscious, subconscious or unconscious belief.

THE LAW OF BEHAVIOR

The Law of Behavior says we behave in a manner consistent with our intentions and our beliefs. We must change our intentions and our beliefs in order for any change to manifest in our lives. No matter what we want to manifest, we must change our intentions, beliefs and behavior in order for us to make it manifest in our lives.

THE LAW OF ALL HEALING

The Law of healing says we can heal ourselves if that is our true intention and belief and if we change our behavior to manifest that healing in our lives. As co-creators with the Divine we have this ability if we truly want to heal ourselves. Nobody else can heal us, but we can heal ourselves.

CONCLUSION

The Laws of Creation, Intention, Belief, Behavior, Contagion and Healing are incontrovertible in that they always operate whether we want them to or not. These Divine Laws operate in our lives all the time. We can use them but we cannot change them. They always operate exactly the way they were created to operate. All we can change is our own intentions, beliefs, behavior and healing.

We create what we create because of these laws. If we want to change what we have created, all we need to do is change our intentions, beliefs and behavior. This change is always in cooperation with the Divine Laws of Creation, Intention, Belief, Contagion and Behavior whether for good or for ill.

The Stress Cycle

STRESS BIRTHS THREE BASIC EMOTIONS

1. Fear – Worry – Anxiety
2. Irritation – Anger – Rage
3. Regret – Sadness – Depression

THESE THREE EMOTIONS START THE CYCLE OF DISEASE

1. Fight/Flight Syndrome is triggered by one of these basic emotions
2. The syndrome causes the adrenal glands to release extra adrenalin
3. Adrenalin makes our blood vessels constrict
4. Therefore, your blood pressure rises
5. Elevated blood pressure causes our digestive processes to be inhibited
 1. Cell oxygenation is reduced
 2. Cell nutrition is reduced
 3. Cell excretion of wastes is reduced
 4. Brain orders more food intake
6. This causes the lymphatic system to become overloaded
 1. Lymph glands enlarge
 2. Lymph gels and becomes inactive
 3. Excretion of wastes is reduced
 4. Storage of fatty acids increases
7. An overloaded lymphatic system causes general congestion and fatigue
8. Exhaustion follows
9. Then organ function is impaired
10. Disease is the end of this cycle

Emotional Complexes

This discussion of emotional complexes will not address emotional disorders such as clinical depression, suicidal tendencies, panic or anxiety attacks. People being medicated for an emotional issue or emotional issues need to be fully advised that you are not a medical doctor or psychotherapist (unless you happen to be one) and by law you cannot advise them on their medical condition (unless you happen to have a license granting you this right).

There are seven basic emotional complexes listed below. Each complex is a range of emotions from the most positive to the most negative. Each of us decides where along each complex we will react to the events in our lives. This is often thought to be an unconscious decision. But we now know we consciously decide how we will react with each complex. The secret is to determine what we do in situations in our lives, how we react to the challenges life presents us, and then make a conscious decision to change our emotional reaction to the events in our lives. Here are the Seven Emotional Complexes and the range of emotions for each.

1. Unconditional Love – Apathy or Indifference and Hatred (Spirit Above)
 1. Love or Hatred is a decision
 2. Apathy or Indifference is a decision
 3. Spirit Above is equivalent to the Divine Father
 4. Practice the Blessing Walk and Healing Eyes of Love techniques
 5. Practice the Loving technique
2. Humility – Inferiority/Superiority or Shame (Spirit Within)
 1. Humility is a decision
 2. Inferiority/Superiority and Shame is a decision
 3. Spirit Within is equivalent to the Divine Mother Incarnate in me
 4. Practice the Healing Breath of Forgiveness techniques
 5. Practice the Loving Technique
3. Freedom – Lack of Freedom, Bondage and Guilt (Air)
 1. Freedom is a decision
 2. Bondage is a decision based on Blame, Shame and Guilt
 3. Guilt is a decision based on a judgment
 4. Freedom is our natural spiritual state
 5. Practice the Blessing Walk and Healing Breath of Forgiveness techniques
4. Happiness – Sadness and Depression (Water)
 1. Happiness is an emotion
 2. Sadness is an emotion ranging from depression to slightly sad

3. Happiness is removing sadness, anger, fear and practicing forgiveness
4. Practice the Healing Breath of Forgiveness and Loving techniques
5. Add the Blessing Walk and Healing Eyes of Love techniques later
5. Peace – Anger and rage (Fire)
 1. Peace is an emotion
 2. Anger is an emotion ranging from rage to mildly irritated
 3. Peace is removing anger, rage and practicing forgiveness
 4. Practice the Healing Breath of Forgiveness and Loving techniques
 5. Add the Blessing Walk and Healing Eyes of Love techniques later
6. Courage – Fear and anxiety or worry (Earth)
 1. Courage is an emotion
 2. Fear is an emotion ranging from concerned worry to chronic anxiety
 3. Courage is accepting life as it is and practicing forgiveness
 4. Practice the Breath of Forgiveness and Loving techniques
 5. Add the Blessing Walk and Healing Eyes of Love techniques later
7. Forgiveness – Resentment and Blame (Spirit Below)
 1. Forgiveness is a decision
 2. Resentment and Blame are decisions
 3. Spirit Below is equivalent to the Divine Creator
 4. Practice the Healing Breath of Forgiveness and Loving techniques
 5. Add the Blessing walk and Healing Eyes of Love techniques later

Breaking the Cycle of Disease

The Cycle of Disease has been very well known since the beginning of civilization as we know it. All disease is caused by stress, There are several kinds of stress:

1. Stress caused by poor nutrition
2. Stress caused by physical injury (or insult) to the body
3. Stress caused by parasites, viruses, bacteria, mold and funguses
4. Stress caused by psychological trauma (psychological issues)
5. Stress caused by emotional trauma
6. Stress caused by mental trauma
7. Stress caused by spiritual trauma

The cycle itself is a very predictable pattern once any physical organism suffers stress caused by any of these factors. This is the cycle in its simplest form:

1. Something bad happens to the organism
2. The organism experiences stress
3. Stress reduces the effectiveness of the immune system
4. Disease follows

RULES FOR BREAKING THE DISEASE CYCLE

1. The cycle can be aborted at any point along the path
2. The cycle can be reversed at any point along the path
3. There are no exceptions to these rules as long as life persists
4. Find the stress causing the immune system breakdown and the disease
5. Remove this stress
6. Find the cause of this stress
7. Remove this cause

The Law of Subconsciousness

1. Subconsciousness cures every disease.
2. Subconsciousness cures every emotional and nervous condition.
3. Subconsciousness cures every organic ailment.
4. Subconsciousness cures every mental disorder.
5. Subconsciousness is the root of our intuition.
6. Subconsciousness is the root of our instincts.
7. Change the pattern in your life and you change your world.

In order to change your subconscious programming, you must:

1. Dare to do it
2. Act on your aim
3. Continue acting on your aim until it becomes second nature

State your purpose as an affirmation like the following:

“I will apply all my powers to achieve the following aim:” then state the aim.

THE TRUTH ABOUT SUBCONSCIOUSNESS

Subconsciousness:

1. Is always amenable to suggestion
2. Is always easy to manage
3. Never resists our efforts to control it
4. Cannot direct itself
5. Is submissive to self-consciousness
6. Responds more readily to what is implied
7. Responds to hints at the desired response
8. Responds to what we think and do all day long
9. But deeds speak louder than words – it is the predominant suggestion

GENERAL RULES FOR CHANGING OUR SUBCONSCIOUS PROGRAMMING

We must:

1. Give our subconscious mind directions
2. Give it a clear, distinct image of the result you desire
3. Turn over that image to subconsciousness
4. Then let it go and let our subconscious do it.

Healing Breath of Acceptance Technique

The Breath of Acceptance is the first step toward healing yourself of emotional pain and suffering caused by physical, psychological, emotional, psychic, mental or spiritual trauma. It is only by accepting ourselves that we can fully forgive and love ourselves. It is only by accepting others as they are that we can fully forgive and love them regardless of who and what they truly are and what they did to us. The first key to spiritual growth is the Key of Acceptance.

Here's the process of using the Essene Breath of Acceptance Technique:

1. Set your intention to accept something about yourself or another person
2. Become centered
3. Establish your Healing Hands of Love
4. Breathe deeply and rhythmically
5. Breathe in the Unconditional Love of the Universe
6. Hold your in-breath momentarily and fill yourself with this Love
7. Breathe out Acceptance on the flow of Unconditional Love
8. Hold your out-breath momentarily and clear yourself of all negative energy
9. Continue until catharsis occurs (usually 2-3 minutes)

Catharsis occurs when you have an emotional release and you know you have accepted yourself or the other person to the best of your ability at this time. You may revisit this particular exercise time after time until you have accepted yourself or the other individual unconditionally. This may take several years or even lifetimes for you to fully accept serious emotional trauma. We all do the best we can at the time and move on to the next thing.

Do the best you can for now and move on.

IMPLEMENTATION OF THE BREATH OF ACCEPTANCE

1. Visualize someone you resent or someone who has hurt you
 1. Visualize that person face-to-face
 2. See that individual eyeball to eyeball
 3. Use the Breathing Acceptance Technique
 4. Forgive that person unconditionally
2. Visualize some situation you resent or find painful
 1. Visualize that situation up close and personal
 2. See every facet of that situation

3. Use the Breathing Acceptance Technique
4. Forgive that event unconditionally
3. Visualize some previous event that still causes you pain
 1. Visualize that situation up close and personal
 2. See every facet of that situation as it was then
 3. Use the Breathing Acceptance Technique
 4. Re-script the outcome into more favorable terms
4. Visualize some event that causes you to feel guilty
 1. Visualize that situation up close and personal
 2. See exactly what makes you feel guilt
 3. Use the Breathing Acceptance Technique
 4. Forgive yourself unconditionally
5. Visualize some person whom you've hurt or harmed
 1. Visualize that person face-to-face
 2. See that individual eyeball to eyeball
 3. Use the Breathing Acceptance Technique
 4. Forgive yourself unconditionally
6. If you need additional help
 1. Seek competent professional assistance
 2. Join a Spiritual Alchemy organization such as the Order of Spiritual Alchemy

Healing Breath of Forgiveness Technique

The Breath of Forgiveness follows the Breath of Acceptance for we must first accept before we can forgive. We forgive as an intermediary step toward loving unconditionally. This being the case, one would expect the Breath of Forgiveness to mirror the Breath of Acceptance and this is the case. To master the first is to go a long way toward mastering the second. As a consequence, one must master the Breath of Acceptance before moving on to the Breath of Forgiveness. Here is the process for using the Breath of Forgiveness:

1. Set your intention
2. Become centered
3. Establish your Healing Hands of Love
4. Breathe deeply and rhythmically
5. Breathe in the Unconditional Love of the Universe
6. Hold your in-breath and fill yourself with this Love
7. Breathe out Forgiveness on the flow of Unconditional Love
8. Hold your out-breath and clear yourself of all negative energy
9. Continue until catharsis occurs (usually 2-3 minutes)

IMPLEMENTATION OF THE BREATH OF FORGIVENESS

1. Visualize someone you resent or someone who has hurt you
 1. Visualize that person face-to-face
 2. See that individual eyeball to eyeball
 3. Use the Breathing Forgiveness Technique
 4. Forgive that person unconditionally
2. Visualize some situation you resent or find painful
 1. Visualize that situation up close and personal
 2. See every facet of that situation
 3. Use the Breathing Forgiveness Technique
 4. Forgive that event unconditionally
3. Visualize some previous event that still causes you pain
 1. Visualize that situation up close and personal
 2. See every facet of that situation as it was then
 3. Use the Breathing Forgiveness Technique

4. Re-script the outcome into more favorable terms
4. Visualize some event that causes you to feel guilty
 1. Visualize that situation up close and personal
 2. See exactly what makes you feel guilt
 3. Use the Breathing Forgiveness Technique
 4. Forgive yourself unconditionally
5. Visualize some person whom you've hurt or harmed
 1. Visualize that person face-to-face
 2. See that individual eyeball to eyeball
 3. Use the Breathing Forgiveness Technique
 4. Forgive yourself unconditionally
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Advanced Blessing Walk Technique

Activating The Healing Crystals in Your Feet

Having practiced your Healing Hands of Love for several weeks, you have become established in your Essene Healing Hands. This means you are able to activate them by an act of will and by visualizing the symbols in your mind. If this has not yet happened to you, please continue practicing activating your Essene Healing Hands each morning and using them throughout the day.

Once you can activate your healing hands through an act of will or visualization, you will notice the healing crystals in your feet are also activating. This is a necessary step to becoming an Essene Healer. It makes no sense to practice the Blessing Walk until your feet spontaneously become activated. It is this spontaneous awakening of the healing crystals in your feet that is a sign you're ready to become an Essene Healer.

The healing crystals in your feet are located in the hollow in about the middle of the ball of your foot. This area will become empowered as you become established in your healing hands. It will tingle and sometimes pulse, vibrate, turn hot or cold, or become tender to your touch. In a short period of time, they will begin to vibrate in harmony with your healing hands. At this point we say you have activated your healing feet.

Your Essene Healing Feet are an integral part of the Blessing Walk Technique. It is from the healing crystals in your feet that your astral footprints are left behind each step[you take. It's these astral footprints that blossom into blessing steps like a flower with a diameter of two feet. These two-foot flowers offer a blessing to all who pass through them during the next twenty-four hours.

How to implement the Blessing Walk Technique:

1. Prepare yourself by using the Essene Healing Breath (or other mode of meditation)
2. Prepare yourself by activating your Healing Hands
3. Prepare yourself by allowing Your Healing Feet to activate
4. Walk at any pace and visualize each step leaving astral footprints
5. Visualize each astral footstep as expanding into a blessing flower
6. Know these blessings will remain there for twenty-four hours
7. Know these blessings will bless all who accept them

Essene Hand Reflexology

Essene Hand Reflexology is a zone reflexology technique similar to the Essene foot reflexology. The hand is divided into four zones. The right hand represents the right side of the body and the left hand the left. The small finger side of the hand represents the respective side of the body farther from the spine. The thumb and pointer finger side of the hand represents the area just to the side of the spine.

The basic technique the Essene Healer teaches their clients to help cure their own aches, pains, diseases and injuries is:

1. Massage the back of your hand using light pressure
2. Massage the fingers and palm by squeezing them lightly
3. Rub the palm pad, palm and heel pad
4. Go through the four zones on each hand starting with the fingers

As you work your way through the four zones of your hand, use your thumb and fingers to locate areas of tenderness or pain. Put pressure on these tender areas until the tenderness or pain resides. Repeat the same process a second and third time with a little more pressure each time. Continue working your way through you right and left hands.

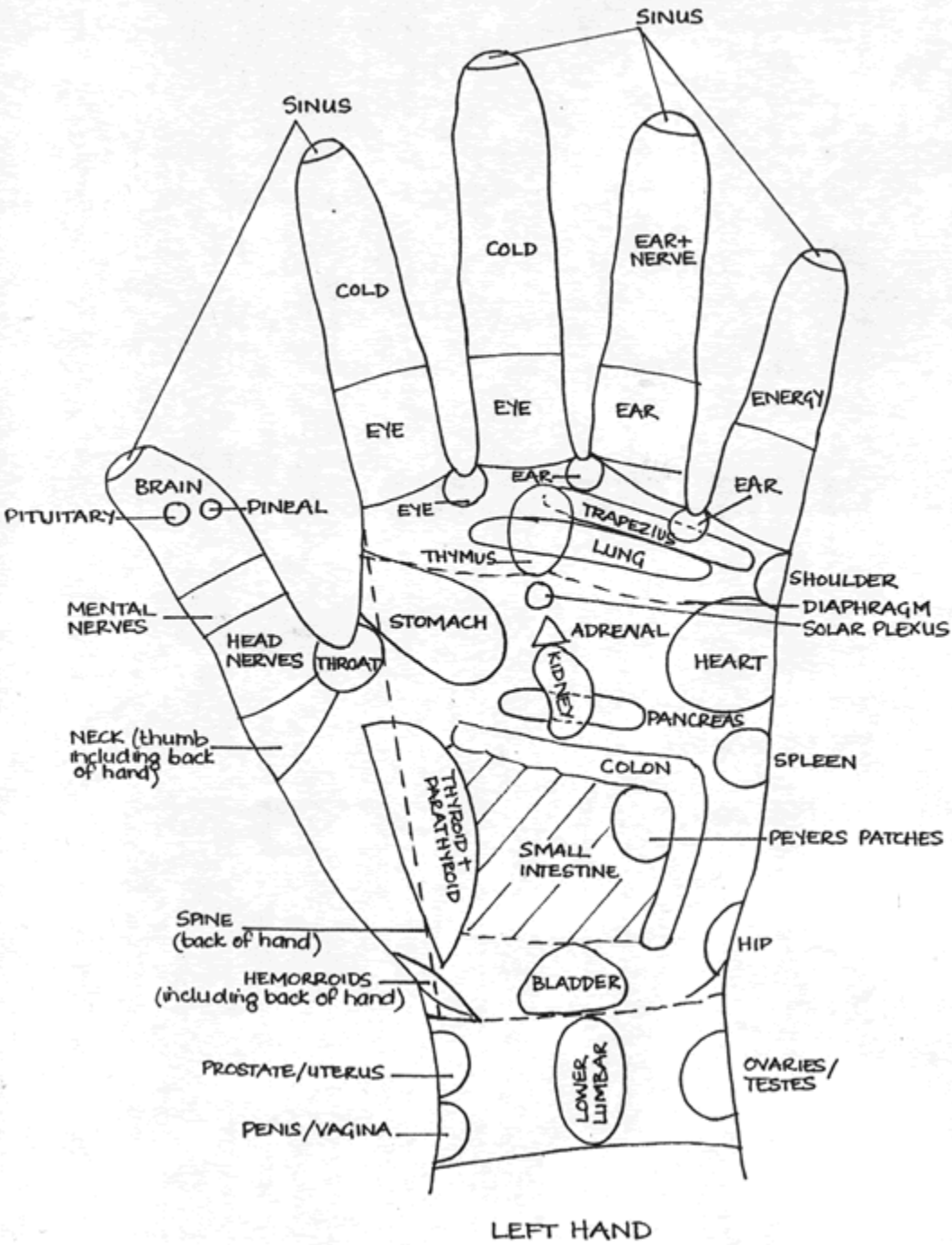
When you find areas of tenderness and pain in your hand, take your consciousness into the tenderness and pain and feel the emotion residing there. This emotion will be one of the Seven Emotional Complexes. Identify the emotion associated with the tender or sore area. Try to identify the stress residing beneath this emotion and release this stress.

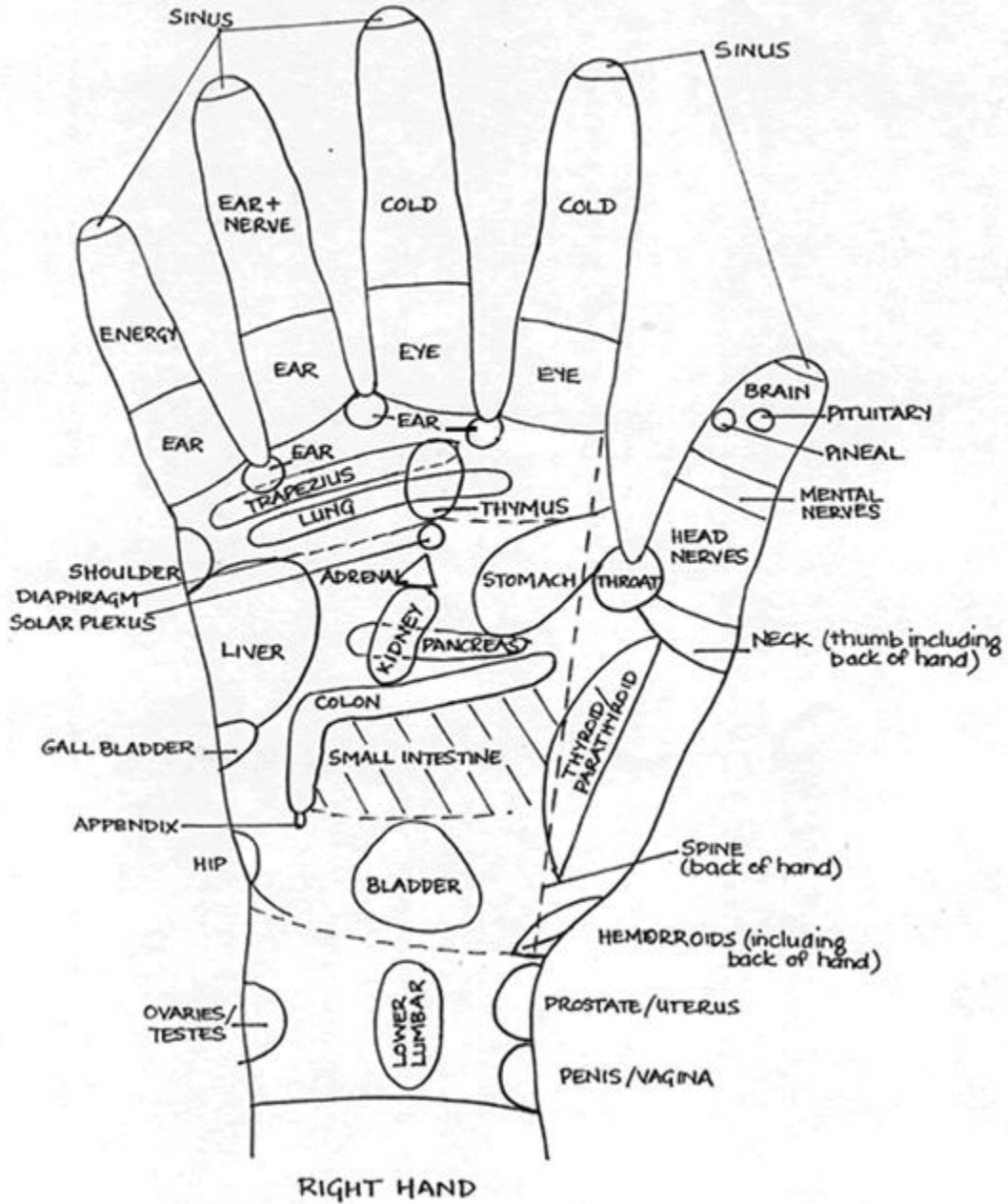
HEAD ZONE – The Fingers

1. The fingertips represent the forehead and crown
2. The middle section represents the eyes, nose and ears
3. The bottom portion represents the mouth and jaws
4. The joint between palm and fingers represents the neck and shoulder tops
5. Resentments are usually stored in the throat, neck and jaw
6. Blame is usually stored in the Nasal and Sinus areas

SHOULDER AND CHEST ZONE - The Pad Beneath the Fingers

1. The finger-side of the top palm-pad represents the shoulders
2. The top palm-pad represents the chest and upper back
3. Anger is usually stored in the shoulders
4. Fear is usually stored in the chest and upper back





(These two diagrams were included in the papers I received from John Gilbert during my training. They differ from the written descriptions in important ways; John advised his students to try both and draw their own conclusions.)

ABDOMINAL ZONE – The Concave Portion (Middle) of the Palm

1. The Solar Plexus is at the top of the Middle Palm
2. The Genitals are at the bottom of the Middle Palm
3. Sadness is stored in the area below the Heart
4. Shame is usually stored in the area of the Solar Plexus
5. Guilt is usually stored in the abdominal region

LEG ZONE – The Pad Beneath the Middle Palm and Above the Wrist

1. The Genitals are at the top of the Lower Palm Pad
2. The feet are at the joint between the hand and the wrist
3. Excess Anger is usually stored in the Upper Legs
4. Excess Fear is usually stored in the area of the Knees
5. Excess Sadness is usually stored in the Lower Legs

THE HANDS REFLECT THE ILLNESSES OF THE EMOTIONAL BODY

The illnesses of the emotional body are discussed in the Seven Emotional Complexes.

Here is an outline of those seven emotional complexes:

1. Love—Apathy, Indifference and Hatred
2. Humility—Inferiority/Superiority and Shame
3. Freedom—Bondage, Lack of Freedom and Guilt
4. Happiness—Sadness
5. Peacefulness—Anger
6. Joy—Fear
7. Forgiveness—Resentment and Blame

Preparation for Attunement as an Essene Healer

The attunement for an Essene Healer is done on two levels, the physical and the emotional. While there is only one attunement, it does evolve in us in two distinct stages.

The physical healing portion of the Essene Healer attunement matures within the first seven days. During this time you will feel the Unconditional Love of the Divine, which we call the Essene Healing Energy, moving through you and activating both your hands and your feet. You will experience tingling in both your hands and feet and may be aware of the energy flowing through you at various times during the day and night. Do not be frightened. This is normal and you can take it as a good sign your attunement is maturing.

The emotional healing portion matures in us as soon as we're ready to face our own emotional issues. This can take anywhere from a couple of weeks to several months. It all depends upon us.

If you feel emotionally blocked, drained or unaffected by past trauma, you may want to consider psychotherapy or Spiritual Alchemy. Spiritual Alchemy is a process of learning how to accept, forgive and love both ourselves and others. It's also a process of learning how to allow emotions flow through us without becoming attached to them. The Order of Spiritual Alchemy is among the organizations that teach this process.

When you feel ready to take your second attunement, please set aside fifteen minutes to read through the attunement materials and then contact an Essene Master Teacher to arrange for a time to become attuned.

Instructions for the Healer Attunement

To receive attunement as an Essene Healer, you will need to have learned and practiced all the Candidate, Apprentice, and Healer 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 Heart of (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 Heart 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 Heart.

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

This will help you establish the Pillar of Love to support your Healing Heart.

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

In the name of (name of the Divine), I proclaim you Essene Healer (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.