



# Jeshua: The Personal Christ Vol. 5

## Chapter 1 The New Essenes

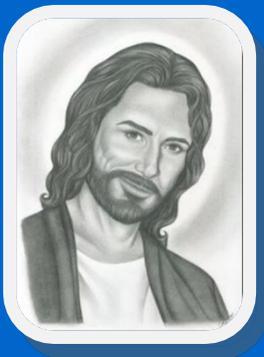
### Study Guide

October 10, 2018

Volume 5, Chapter 1

**“You are the new Essenes.**

You have reincarnated many times to keep alive the message not only of the Essenes, but the message of Atlantis and the mysteries of Life, the truth of Life, and the principle of Life itself.” Jeshua



## Introduction

The book begins with quite a dramatic revelation, that the Essenes came from Atlantis and brought with them very ancient teachings that are part of our “spiritual ancestry”. They had a legacy to transmit to the rest of the world, ***“the mysteries of Light and Energy, of long life in their prime, the underlying message of Life principle, the underlying message of the Christ incarnate.”***

The most empowering idea is that “you are the new Essenes” and that we are the ones who are “keeping alive the tradition of the Essenes”. The other positive idea is that the ancient mysteries, that were written down were not all destroyed over the centuries, but are still secreted away in “earthen jars sealed air-tight so that they were not lost”. The time is coming for them to be found. But even now, Jeshua is telling us those messages, if we have our hearts and minds open to them. This book will take us on this journey of opening.

## Discussion Questions

- What passage in this chapter touches your heart? Your mind? Your imagination?
- Have you ever identified with the feeling of having been an Essene or living in an ancient culture that knew the belief systems that expressed Christ consciousness? If so what do you remember?
- “The teaching of honoring the divinity in all things was passed down in every household of the Essenes to some degree.”

### Affirmation for the Week:

*"I and the Father are One.*

*I am Love itself."*

Imagine how your life would be different if you knew this to be true from childhood. How does it affect you now?

- How is the philosophy of honoring of the divinity in all things at odds with the culture that we live in? Do you think we would treat our environment any differently if we saw it as divine? Would we treat other human beings with more respect and compassion?
- What do you think of Jeshua's references to the many initiations that we have to come through in our modern lifetimes? I wonder how different the initiations were of the ancient Essenes? Ideas? Remembrances?

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## Assignments

1. There is some interesting material from the group known as the Law of One on The Lost Teachings of Atlantis and they write about being Atlantean descendants. There is mention of the Essenes. (There is a book and YouTube videos as well.) You are welcome to explore this material further and see how their messages now compare to Jeshua's teachings. There is one of the writings on our class website at: <https://oakbridgeuniversity.org/Classes/BookStudies/> Please be prepared to share with us during our meeting.
2. Take five minutes every day to breathe deeply in the early morning and bless and honor the angel of the sun, of the wind, of the rain, of all the angels that you are so touched by in this reality on our Holy Mother the Earth. This is an active meditation that the Essenes practiced (standing on ground). Do it until you feel the Peace, healing and expansion that comes into your body and mind as you make that connection with the Spirit that breathes us all. Let it become part of your spiritual practice.
3. Use the affirmation daily "I and the Father are One. I am Love itself."