GUIDE TO
HEALTH, LIFE AND WISDOM

Books by
Professor Dr. Edmond Bordeaux Szekely

I
Cosmotherapy and Cosmovitalism—The Essene Science of Life.
Food—Health—Hygiene—Gardening.
Biochemistry—Mineral Therapy—
Vitamin Therapy—Herb Therapy.
Textbook and Correspondence Course of General and Applied Dietetics.
Sexual Harmony—The New Eugenics.

II
Archaeological Reconstructions of Ancient Esoteric Cultures.
Great Teachings of Humanity—Essene Life and Teaching.
Modern Man’s Philosophy—The Method of Dialectics.

Published by the
ESSENE SCHOOL OF LIFE
P. O. Box 293
Tecate, California
1943
PROLOGUE

A "snapshot," however small, should be sufficiently clear and definite to stand enlargement. It will be found that any one of these "snapshots" will improve considerably by enlargement: a statement that can be easily verified by developing the subject on the wooden table of a well-lit reading room—or, better still, upon the grassy bank of a pleasant stream, beneath the boughs of a shady tree—and continuing the development process until even the minutest details are clearly shown.

Although the reader’s attention is not presumed upon for more than five minutes at a time, yet these "snapshots" are worthy of long and earnest perusal. Clues have been given, in the brief description of the books recommended for reading, to aid the search of those who wish to follow up any particular subject.
THE MODERN ESSENE RENAISSANCE.

Never before during any other age of universal history has Humanity been faced with such a great need to return to the ancient traditions of the Essenes to a natural, simple, healthy and creative life, than during the present world chaos.

The seven principal reasons that prove the great necessity for a Modern Essene Renaissance are:

1. The Essenes were the greatest agriculturists of Antiquity. They produced on comparatively poor soil (around the Dead Sea in Palestine) a surprisingly large variety of the best quality fruits, vegetables and cereals in a completely natural way. They did not use any artificial fertilizers or sprays as they knew the secrets of the best proportion of water, sunshine and the ingredients of the earth and atmosphere. We are greatly in need of renewing their natural and rational agriculture because today everything is grown on a poor, thoroughly exploited and impoverished soil filled with artificial chemical fertilizers and sprays, the result of which is that ninety percent of our vegetables and fruits are deficient in minerals which are vital to the body. This fact is one of the most important sources of contemporary diseases, for which the only remedy is to return to the natural, rational Essene agricultural system.

2. The Essenes of the Dead Sea in Palestine and the Therapeutae of Lake Mareotis in Egypt were the greatest healers of Antiquity. They evolved a perfect co-ordination between all the material and psychic forces resulting in wonderful dynamic synthesis of Health, Healing and Harmony. No better remedy can be found for the prevention and elimination of today's cauldron of diseases which is still suffering upon ninety percent of the human race.

3. The Essenes lived a simple, natural and creative life in their self-subsistent agricultural Brotherhoods, far from chaos of the big cities, and from all the destructive effects of violence, egoism and ignorance. They satisfied all needs with only four hours work, four days a week, reserving their free time for meditation, study and leisure. Their simplified, natural form of life even permitted them to distribute annually all their surplus products among the poor. This may be compared with our present world era of artificial city life, nervous tension, economical crises, wars and disharmony.

4. The Essenes created the greatest synthesis of religions, philosophies and sciences of human history on the basis of the organic unity of the Hebrew, Egyptian, Greek, Persian, Babylonian and Hindu Cultures. This harmonious synthesis inspires us to unify and reconcile all the values of universal culture in an optimal and omnilateral contemporary synthesis.

5. Modern scientific research has completely verified the scientific foundation of the ancient traditions of the Essene Science of Life, thus establishing the common basis of science, ancient and modern.

6. The basic Essene principle of creative love, taught by the Essene prophets and by the greatest Essenes, John the Baptist, Jesus the Christ and John the Beloved, is the eternal foundation of all religions and ethics.

7. It is our deep and sincere conviction that the renaissance of the original purity, simplicity and harmony of the free, creative life of the Essenes is the optimal solution for the present world chaos, violence, ignorance, misery and suffering.

Only upon this universal and eternal basis becomes possible the omnilateral realization of the best forms of individual and social life. Only thus can we obey the principle of practical altruism: to dispel evil not by attacking it but by maintaining and strengthening the good. To overcome ignorance with education, egoism with altruism, violence with constructive social activity, misery by the removal of its causes, disease by the strengthening of the organism's vitality and chaos by the organization of order.

To create a better future, not by the destruction of the past,
but by the constructive and progressive amelioration of the future. To bring about a peaceful inner revolution, an individual rebirth in every altruistic, intelligent and active being, in order to ensure the unlimited progressive evolution of mankind.

Thus the basic principles of the modern Essene Renaissance are as follows:

1. Point of departure: As human beings, man is always and everywhere the measure of all things.
2. Man has a natural environment (nature, climate), a social environment (social system) and an inner environment (individuality, consciousness). Man is therefore natural, social and individual.
3. All three of these environments can operate as sources of harmony if man conforms to their several laws, but they can also operate as sources of misery and suffering if their laws are disregarded.
4. The Essene aim is to absorb every source of harmony in all three environments (nature, society, individuality) and avoid their disharmonies.
5. Its way of achieving this aim is to secure complete knowledge of all the three environments and the practice of such knowledge when secured.
6. This gives the principle of optimum in every department of life.
7. It also gives the principles of correlative knowledge, omnilateral dialectics.
8. The program of our movement is to secure the best and most complete evolution of nature, society and the individual.
9. This means taking full advantage of all existing preconditions of natural, social and individual evolution, and the creation of new, at present non-existent, preconditions of such evolution. In particular it involves the utilization of all the forces of nature for securing our health and longevity and the improvement of the earth's climate so as to make life on this planet as perfect as possible. It consists also in full enjoyment of all the advantages offered by social organization and avoidance of its present disadvantages, together with technical perfection of collective production which will enable human labour to be entirely replaced by machines in all mechanical and monotonous occupations which do not further the development of man. Social harmony will be secured on the basis of the satisfaction of the physiological and psychological needs of man, giving the individual full liberty to take advantage of all the values accumulated and created by the evolution of human societies (sciences, literature, arts, technique, sports, travel, etc.). In addition, man will be free to choose an activity in harmony with his natural inclinations and thus have the assurance of being able progressively to absorb every source of energy, harmony and knowledge, in nature, society and his own individuality, with unlimited possibilities of progressive individual development.

Among the greatest of the problems confronting humanity to-day is the prevention of diseases and maintenance of health. The Essene Science of Life, based on the laws of nature and corroborated by modern scientific discovery, provides the solution to this problem.

**COSMOTHERAPY, THE ESSENSE SCIENCE OF LIFE.**

Cosmotherapy is a system of medicine based on the best application of all the cosmic and natural forces to the human organism in health and sickness. It forms part of a wider system of therapeutics—panteuthereapy—which is the application of all the forces of nature and all the true cultural values of society in such a way as to harmonize all these healing factors with the whole structure and function of the individual.
It aims at creating the best possible environment for the patient during the period of cure from every viewpoint. It achieves this by controlling everything that enters the organism or consciousness of the individual undergoing treatment. And it keeps a careful watch on all the various manifestations, both physical and psychic, leaving the same organism during that period.

The purpose of this technique is to enable the patient to take advantage of every source of knowledge, energy and harmony available, and avoid all inharmonious and harmful influences. He is thus enabled to acquire individual harmony and retain it after the period of cure during the rest of his life. These sources of harmony consist of every manifestation of the natural forces (air, sun, water, food, etc.) and all the higher cultural values (masterpieces of universal literature, philosophy, music, etc.), based on the understanding and practice of the natural and cosmic laws as manifested in the individual and in society.

These various therapeutic agencies therefore lead the patient to a general reform of his life and enable him to achieve the best forms of individual and social life in harmony with his natural and cosmic environment.

Medicine thus becomes a new science, "pancubiotics," the science of "all-good-life." The principle is seeking the optimum in every field. The practitioner of the new medicine will have to possess simultaneous knowledge of the natural and social sciences, of literature, philosophy and the arts, so as to be able to put every source of harmony at the disposal of his patients in the course of their treatment.
The bones in the human organism represent the solid element in the same way that the lithosphere (earth) represents it in nature; besides, our bones are constructed with the inorganic minerals of the earth which enter our organism in organic combinations through the assimilation of fruits and vegetables.

The circulation of the blood in the human organism has the same role and function as the circulation of water in nature; it cleanses, dissolves, eliminates.

Respiration by the skin and lungs has the same role and function in the organism as the circulation of air in nature. It refreshes and everywhere distributes the oxygen necessary for life.

The nerves have the same role and function in the organism as the solar rays in nature; without the sun's rays terrestrial nature, and, without the nerve vibrations the human organism would be dead.

The muscles in the organism unite the bones, blood, skin, lungs, and nerves just as the vegetation in nature unites the earth, water, air, and sunshine.

Movement has the same role in the human organism as in nature. It creates changes and connects every part in dynamic unity.

The cell is the last unity in the human organism just as the atom is in nature; they both have the same function—they sustain the reciprocal transformation of the various energies.

There is a single disease—inharmony, whose symptoms are variously manifested, depending on the extent and mode in which natural law has been violated. This is the law of disease.

There is a single health—harmony, which is manifested in permanent evolution towards perfection, in proportion as we are able to create and utilize the preconditions of existence in harmony with the laws of nature.

Illnesses are produced by struggle between the natural vitality of the human organism and inferior, degenerating processes.

The symptoms of disease are without exception the result of this battle going on in our organism.

Man is a microcosm in the macrocosm. He lives in a field of permanently varying forces; his health is harmony with the surrounding cosmic and natural forces—his disease, physical or mental, is disharmony with them. Cosmotherapy is the science of re-establishing the disturbed harmony between man and the natural and cosmic forces. It is at once the most ancient and most modern system of healing, practised by the greatest Masters of all ages: Sumerians—Zoroaster—Buddha—Yoga Systems—Kung-Fu-Tse—Lao-Tse—The Egyptian and Greek Therapeutaie—The Pythagoreans—Hippocrates—The Essenes—Medieval and Modern Natural Therapeutics—etc., constantly verified by modern natural research and discovery.

It is with the purpose of spreading the knowledge of the Essene Teaching in general, and Cosmotherapy in particular that, the Essene School of Life presents this list of its publications, as a contribution to the Essene ideal of omni-lateral realization of the optimal forms of Life.

Edmond Bordeaux Szekely,
President, Essene School of Life.
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Information may be obtained from the Secretary of the Essene School of Life, P.O. Box 293, Tecate, Calif., U. S. A.
MEMBERSHIP RULES

I. Membership shall be open to all persons, of any race, creed or nation, who uphold the Essene ideals of the Fatherhood of God, the Motherhood of Nature and the Brotherhood of Man, based on creative altruism and scientific knowledge of the Natural and Cosmic Forces.

II. Members shall have free access to the School’s educational service (lectures, correspondence courses, etc.) and Professor Szekely’s personal guidance in their chosen studies. Members shall receive information periodically from the School’s Secretary regarding its activities and functions.

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IV. By arrangement with the First Christians’ (Essene) Church (an incorporated, non-profit, religious, educational body), members shall have access to the Church’s “Hygiene-Nutritional Service”, under the direction of Professor Edmond Bordeaux Szekely.

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VI. The membership fee shall be one dollar ($1.00) per month, payable in advance, monthly, quarterly, semi-annually or annually.

VII. The School shall always be free to maintain Essene principles by giving its services without charge to any person, member or non-member, whenever it considers such action necessary.

NOTICE TO MEMBERS

1. All correspondence in connection with publication and educational matters must be addressed to the Secretary, Essene School of Life, P. O. Box 293, Tecate, California, U. S. A.

2. All correspondence in connection with the First Christians’ (Essene) Church’s “Hygiene-Nutritional Service” must be addressed to P. O. Box 11, Tecate, Baja California, Mexico.
BOOKS BY PROFESSOR
DR. EDMOND BORDEAUX SZEKELY.

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3. Devote one half-day a week to alternate sunbaths and waterbaths (swimming where possible.)
4. Go for 30-60 minutes walk in the fresh air after lunch and supper every day breathing deeply and rhythmically.
5. Do some simple physical culture exercises for 10-15 minutes every morning on rising.
6. Always sleep in a cool, airy and quiet place.
7. Follow the middle path of moderation and naturalness in all things, particularly in food, rest, work, recreation and sleep.
8. Beware of psychic poisons (inharmolinous thoughts and feelings) even more than of chemical poisons. Be an optimist and have confidence in yourself, in human progress and in the forces of nature.
9. Be a sincere altruist, love and help others. Appreciate people's good qualities and forgive their bad ones.
10. Enjoy the beauties of nature and the masterpieces of literature, the arts and philosophy.
11. Study and observe the natural and cosmic laws and live in complete harmony with the natural and cosmic forces.
12. Do everything possible to propagate cosmetery, and spread the knowledge of the contents of this booklet in order to lessen the suffering and chaos around you.