

A Simple Blessing Process

By Joey Korn

In my research over the past twelve years, I find that the most powerful way to keep the energies around you, in your home or office, balanced and beneficial is to keep your own energies balanced and beneficial, as well as those who share the space with you. This includes the Earth energies associated with what many call “geopathic stress”, because we make the Earth energies detrimental with our negative thoughts and emotions, with our own issues in life. I’ve devised a very simple blessing formula to help keep your energies balanced. You can also use it to bless others, food, objects you wear, or just about anything you can think of. Blessed objects, such as jewelry, will hold the energy you bless them with and will continue to help you if you wear them.

If you will include these five components to a blessing, and do it often, you or whoever you bless will stay balanced, as will most of the energies around you. This is simple enough to memorize or learn and integrate into your throughout-each-day life. Try to let your negative thoughts and emotions remind you to say this blessing. Negative thoughts and emotions are what I call “anti-blessings.” Turn your anti-blessings into blessings. *It’s also important to say it with feeling*; don’t just recite the words.

The five components of this Simple Blessing Process are:

1. Address the Divine in some way.
2. Ask to be blessed or charged with energy.
3. Make a statement of what you want to accomplish.
4. Express gratitude.
5. Close the blessing in some way.

Each component is important. The first three are to make it work; the next two are for you. It is important to feel and express gratitude and to turn our blessings over to a Higher Power.

So here's a simple blessing with options to tailor your blessing for your purpose;

Dear God (or however you address the Divine)
Please bless (or charge) me (or someone else, a substance, an object) with energy
To bring healing and balance to my/his/her complete being,
Physically, emotionally, mentally and spiritually,

*

Thank you
Amen

Feel free to share this with others.

* This is where you could add a statement requesting help with something specific that you want to bring into your life, but it’s not necessary. Just state what you want help with in your own words, if you like. Remember that the blessing is complete within itself, as it is above.