

# The Simple Blessing Process

## By Joey Korn

In my dowsing & space clearing work over the past thirty+ years, I find that the most powerful way to keep the energies around you, in your home or in your 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 imbalances in our Human Energy Patterns, caused by our negative or inappropriate reactions to our stresses and strains of life. I’ve devised a very simple blessing format to help keep your energies balanced. You can also use it to bless others, food & water, objects you wear, or just about anything you can think of.

If you will include these five components to a blessing, and do it often, it will help to keep your energy pattern balanced and beneficial, as well as the energies around you. This is easy 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 “negative blessings.” Turn your negative blessings into positive, purposeful blessings. *It’s important to say your blessings with feeling and envision the process*; 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 and/or filled with energy. (*Then envision light or energy filling your being and lighting you up for a moment.*)
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 me and fill me with energy (Envision being lit up with God’s Light.)  
To bring healing and balance to my complete being,  
Physically...Emotionally...Mentally...and Spiritually,  
\*(see below)  
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 that’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.