

The Shekinah Blessing for the Home

Although there are many processes for this Blessing, we will be using this version because it serves our purposes best. These are the instructions as the Angel Michael has given them to me.

We will be doing this on Saturday after sundown in keeping with Hebrew tradition. This blessing is used to bring good fortune, health, as well as adding an extra 10 years to one's lifespan. Our purpose in using this is to prepare ourselves by raising our vibration with the Blessing of the Shekinah in our homes. Michael and I understand that doing this every Saturday may be a problem for some. If so, then do it twice a month. If that is too much, then do it at least once a month between now and the time we meet at the next Conference.

These are the things you will need.

[You can find these items on the website store here](#)

A charcoal burner with self-lighting charcoal and a 2ml bottle of the I Am oil.

An ancient lamp candle and one votive candle. *To stick candles may be substituted.*

One Shekinah flame and one Metatron flame.

The Shekinah fork and the Metatron fork

One 2ml Shekinah oil.

One white hand towel or cloth large enough to place on your head and cover your eyes.

Two loaves of bread, olive oil or butter and some grated Parmesan cheese. *French or Italian bread is suggested; however for smaller groups the loaves of bread as you would use to make hero sandwiches will work. In my case I live alone, so I will use 2 dinner rolls. God and Shekinah are very understanding.*

Let's get started.

You will need to set a table with the things I have mentioned.

Clear off a table and place the incense burner to the right of the table. Take a small piece of the self-lighting charcoal and put a drop of the IAM oil on it.

Say the Seven Names of God as you light the charcoal. This will clear and clean the space.

Sri Rom, Elohim, Buddha, Yahweh, Ahura Mazda, Allah, El Shaddai

Set the oil lamp and 2 votive candles on the table. This represents the masculine and feminine and aspects of God.

In the center of the two candles, place the Shekinah violet flame and ring the Shekinah fork. (If you have one.)

Place the Metatron flame about 8 inches in front of the Shekinah flame away from you and ring the Metatron fork.

Place the bread and olive oil or butter to the left of the table.

Place a drop of Shekinah oil on your crown and on others participating in the process with you. As you place the oil say "Yad Hey Shekinah."

The candles are to be lit by the woman of the household. The tradition is that she covers her head with a scarf first. If a woman is not available to do the lighting, a man with his head uncovered will be fine.

After lighting, she waves both her hands over the candles symbolically pulling the light and the smoke in towards her face, welcoming in the Sabbath. Then she covers her eyes, so as not to see the candles before reciting the blessing, and recites the blessing below.

May the Shekinah bless and keep us enfolded in her compassion and unconditional love for all time. Om Shekinah Om, Om Shekinah Om. Amen.

The hands are then removed from the eyes, and she looks at the candles, completing the ritual of lighting the candles.

Then she will say:

***Dear Heavenly Father,
Blessed and praised are you Shekinah,
The Queen of all of the Heavens
And of all of the Earth.
You who sanctified us by the holy words of God,
And you who commanded us to light the Sabbath lights.
All praise and glory only unto you,
The only Holy One.
Amen and Amen***

The Sabbath table should be set with at least two candles, representing the dual Commandments to remember. In observation of the Sabbath, at least two loaves of any uncut bread, like a French bread are used. This bread, called challah loaves are warmed and then sliced to enjoy during the evening. The bread slices are dipped in a type of a marinade, a combination of Parmesan cheese mixed with olive oil. Pour out a small pile of the Parmesan cheese onto a small plate and then cover it with

some virgin olive oil and simply mix the two together with a fork.

Each person dips their warmed bread slices into this marinade for a delightful taste. Should you try this marinade and find it not to your liking, you can simply substitute it with butter applied to the warm bread. The loaves represent the dual portion of manna that God provided for the Israelites in preparation for the Sabbath in the desert. The loaves should be uncut and heated at first, then covered with a towel or napkin to keep them warm.

Before a bite of food enters your mouth, say this grace before eating.

**As a child of God I bless the food that it enrich my body and nourish my soul.
Amen.)**

This is a call for The Shekinah (the Holy Spirit) to come and spend the evening with you and your family. When She comes, you will experience your home filled with what is called "joyful peace." Your house being filled with peace and "coziness" is your reward for invoking this blessing.

According to tradition, the Sabbath starts on Friday Night at sundown but it can be done on any other night of the week. Saturday evening was picked because it works for most people. The Shekinah will come whenever She is politely and formally invited. You honor Her and She will honor you.

Bless your hearts,
Joe Crane

[website](#)