

## Essene Blessing Walk

The Essene Blessing Walk is a marvelous healing tool. We heal ourselves as we continue to practice this technique. And we send healing energy to others they can use to heal themselves.

We recommend you learn this technique step by step. Practice each step for seven days or more until it becomes a part of you and then proceed to the next step. Twenty-one days to learn the first three steps is a good number of practices because in twenty-one days we build a positive habit and replace an old negative one that no longer serves us.

### The Blessing Walk - Step One

Dress comfortably. Choose a place where you'll see people as you walk. Choose a length of time for your walk from a few minutes to an hour or more. Be comfortable. Choose a time, go there and start walking at whatever pace you choose for yourself.

As you walk, pay attention to the people who come into your awareness. Smile. Send them a telepathic message, a blessing. Make up your own blessing. It doesn't matter what your blessing is. Just say it in your mind and feel it in your heart. Send that blessing to the person in your awareness at the time. For example, you could quietly say inside your mind, something like this:

1. Bless you.
2. Blessings be upon you.
3. May your life be easier.
4. May God bless you.
5. May abundance flow your way.
6. Joy and happiness be with you.
7. Peace be with you.

Look at a person. Smile. Send them a heart-felt blessing telepathically. Use your own words. Smile. Continue walking and blessing those who come into your awareness. Do this as long as you want and as often as you want.

With practice, you become a blessing-sending walking machine. You develop a blessing aura around yourself and send that blessing, that prayer, telepathically to whomever you see, hear or feel.

Practice Step One for a minimum of seven practice sessions. It's important that you become comfortable with this technique before proceeding any further.

If you are unable to walk outside for any reason, you have several other options:

1. Drive to a local mall and "walk the mall." Your blessings will raise the vibration of these hallways and make it more pleasant for others to be there.
2. Drive to a busy place and park. Sit in your warm vehicle and pretend that you're walking within the crowd. Practice your Blessing Walk while sitting down.
3. Walk in your own home and imagine various people. See them in your mind's eye and send them a blessing. This is an effective way for handling people who are not treating you kindly right now or never did. Your blessing will raise their vibration and make them more kind and loving in the future.
4. If you're unable to walk for any reason, just sit or recline comfortably in your own home and mentally take an Essene Blessing Walk.

## The Blessing Walk - Step Two

As you continue to walk comfortably, sending heart-felt telepathic blessings to those who come into your field of awareness, become aware of the animals and insects who also come into your awareness. These creatures are children of the Divine just as we are. They made a decision to come into this world at this time for reasons we may never understand.

But whatever the reason, we and they are all a part of the same Divine. The difference between us is that we have the power to stomp and destroy them. Whenever we do that we destroy a little part of ourselves. We are all brothers and sisters and the Divine loves each of us unconditionally. Ponder these things as you continue your Essene Blessing Walk.

Send the animals and insects a blessing too. They deserve to have an easier life with more love and consideration just as humans do.

Smile at them and send them a heart-felt telepathic blessing too as you continue to send blessings to all humans you see.

With practice, you become a blessing-sending walking machine. You develop a blessing aura around yourself and send that blessing and prayer telepathically to the people and animals you see, hear or feel.

### The Blessing Walk - Step Three

As you continue to walk comfortably, blessing the people and animals you meet along the way, become aware of the plants, trees and flowers that come into your awareness.

These living things made a conscious decision to be here in this physical reality just as we did. And as our purpose is unknown to them, so theirs is unknown to us. And as chaos often disrupts our life, so are their lives also difficult at times.

Research has shown that prayer, and blessing is a form of prayer, helps people, animals and plants heal faster than without our prayers. So, as you become aware of flowers, plants and trees on your Blessing Walk, send them a heart-felt telepathic blessing too.

Then ponder this: Research has shown that people heal more completely, more quickly when they're in the presence of plants and animals. Is it possible all these plants and animals are sending us a blessing and praying for us? Is it possible these plants and animals know we're all brothers and sisters? That we're all here in this lifetime to help one another?

Ponder these things as you continue sending blessings to all plants, animals and humans that come within your presence on your Essene Blessing Walk. With practice, you become a blessing-sending walking machine. You develop a blessing aura around yourself and send that blessing, that prayer, telepathically to the people, plants and animals you see, hear or feel.

### The Blessing Walk - Step Four

As you continue to walk comfortably, blessing the people, plants and animals that come into your awareness, allow the awareness of rocks, dirt, buildings, roads and other things to come into your awareness. All of these things are a part of the Divine just as much as you and I.

Things don't seem to have the emotional baggage plants, animals and humans have. Things don't seem to be affected by emotions

but they do appear to store them. Our prayers and blessings don't appear to heal things like prayer helps plants, animals and humans heal themselves. But, we are wrong. Our prayers and blessings do help everything in the Creation heal themselves.

As you become aware of things in your life, send them a heart-felt telepathic blessing. Over the course of several days or weeks, observe how the feelings of that thing or that place change, how the vibration there is more inviting. It seems that by blessing the things in our life, those things return a blessing to us and others.

Check it out for yourself. With practice, you become a blessing-sending walking machine. You develop a blessing aura around yourself and send that blessing, that prayer, telepathically to everything and everybody you see, hear or feel.

The Blessing Walk Lecture

We invite you to listen to a lecture by one of our Master Essene Healers explaining how to do the blessing walk.

[Listen to The Blessing Walk Recording](#)

The Blessing Walk - Continued

There are three more steps to be mastered in the Essene Blessing Walk. We recommend you master the first four steps first. Practice them until they become a part of who you are. Then proceed to learn the next three steps.

[The Next Three Steps](#)