

# The Blessing Bowl Process

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By Stevan J. Thayer

Masters have requested that The Center of Being, provide them with additional energy techniques that Masters could use to manifest their vision. To this end, we have initiated something we call “Mastering the 4-Es with Ease”, which will be a collection of Masters only techniques designed to accelerate the advanced level IET 4-Es (Energetic potential, Envisioning, Embracing, and Enacting) and allow you to bring your vision into reality with speed and ease.

The first technique we would like you to try is something we are calling the “Blessing Bowl” process.

The Blessing Bowl process is based on the spiritual principle of the begging bowl. According to [www.ReligionFacts.com](http://www.ReligionFacts.com), the **begging bowl**, or **alms bowl**, is one of the simplest but most important objects in the daily lives of Buddhist monks. It is primarily a practical object, used as a bowl in which to collect alms (either money or food) from lay supporters. The monks go out each day with an empty bowl and trust that the community around them will fill the bowl with what they need for the day. It is truly spiritual surrender in action.

A Blessing Bowl is energetically similar to this. A Blessing Bowl is a container into which you will place small pieces of paper that contain specific descriptions of the elements of your vision that you would like to manifest in the world. Then, on a regular basis you will do a new IET energy technique based on the Joy Process that will fill your life with the manifestation of the descriptions that you have placed in the bowl. The Blessing Bowl process is an extension of the vision board process and not only makes the process more specific, but adds the IET Master-Instructor energy to the process. As with any new process, there is an initial “how to” which we will refine as we all use it and share our ideas. Here are my initial thoughts on the process:

- 1) Select a bowl that you can use as your Blessing Bowl. I suggest that the bowl be about 6 inches in diameter and 4 to 6 inches high and be visually pleasing.
- 2) Write on small strips of paper what your heart desires the world to manifest for you using the following format:
  - a) Use a new strip of paper for each desire.
  - b) Write your desire from the perspective of being thankful that it has already manifested.
  - c) Be as specific as possible.
  - d) For example,
    - i) Lets say you have an upcoming Advanced level IET class on March 3, 2008 and you would like the angels to bring you ten students. You might write

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something like: “Thank you for bringing to me the ten wonderful students who attended my March 3, 2008 Advanced Level IET class. The class was the best ever.”

- ii) Or you might want five more clients in your IET practice. You might write something like: “Thank you for sending me the five new full paying clients who I saw for the first time the week of January 15, 2008. They are all wonderful to work with and all want to continue to work with me on a regular basis”.
  - iii) Or you may want to find sponsored support for your work. You might write something like: “Thank you for sending me such a lovely new sponsor who has set up everything I need to travel and teach my Basic, Intermediate, and Advanced IET classes. And thank you for making it so easy and for finding such a lovely person within 2 hours from where I live!”
  - iv) Sometimes a picture is worth a thousand words, so feel free to put pictures (like we use on our vision board) into the bowl as well. You can even write on the picture (or on the back of the picture) something like: “Thank you for manifesting this in my life so quickly. I love it and I bless you for bringing it to me. It is even better than what this picture shows”.
- 3) **Fill your Bowl:** Place all of these strips of paper and pictures in your Blessing Bowl.
- 4) **Attune the Blessing Bowl** as though it was a student in an IET class (refer to the attunement procedures in the MI manual).
- a) Basic Level
    - i) Re-attune yourself first to the Basic Level
    - ii) Bow and Heartlink to the Blessing Bowl and its contents.
    - iii) Attune the Bowl to the Basic Level
    - iv) Seal the energy ray
  - b) Intermediate Level
    - i) Re-attune yourself to the Intermediate Level
    - ii) Bow and Heartlink to the Blessing Bowl and its contents.
    - iii) Attune the Bowl to the Intermediate Level

- iv) Seal the energy ray
- c) Advanced Level
  - i) Re-attune yourself first to the Advanced Level
  - ii) Bow and Heartlink to the Blessing Bowl and its contents.
  - iii) Attune the Bowl to the Advanced Level
  - iv) Seal the energy ray
  - v) I don't think we need to ground the bowl but you may want to ground yourself after this.
- 5) **Connect your energy** (and the energy of your Blessing Bowl) to the World Angel Grid by sending out ten heartlinks – one to each of the ten layers of the world angel grid.
- 6) **Bless your Bowl** – energetically connect to your Blessing Bowl by sending out a special human heartlink to it. Then use your Joy Stone to bless your bowl, and through the power of the World Angel Grid, extend your blessings to all of the people, places, settings, and circumstances that are part of making your vision contained in your bowl come true. See everyone involved in manifesting your vision being elevated to a state of Pure Joy.
- 7) **Accelerate the Energy** – use the vortex process to accelerate the manifestation power of your Blessing Bowl.
  - a) **Clockwise** – spin the energy in a clockwise vortex around your Blessing Bowl. This will pull energy from the World Angel Grid and fill your bowl with energy.
  - b) **Counter Clockwise** – spin the energy in a counterclockwise vortex around your Blessing Bowl. This will send the energy of your vision out to the World Angel Grid and through the World Angel Grid to all of the people, places, settings, and circumstances that are part of making your vision come true.
  - c) **Clockwise** – spin the energy in a clockwise vortex around your Blessing Bowl. This will server like the heartnet to energetically attract the elements of you vision.
- 8) **Completion** – put your hands in prayer pose and bow to the bowl, in a state of gratitude as though all of the elements of your vision, contained in the bowl, were already manifest in your life.

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On a daily basis, you can bless your bowl by repeating Step 6.

You can add additional items to your Blessing Bowl by repeating Steps 2 and 3.

If you at any point in time you feel that you would like to accelerate the process you can simply repeat Step 7.

Please give this a try and send me an email and let me know if this process works for you as well as any enhancements or refinements that you may have to this process.

Blessings,  
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