

Holy Water, Holy Oil and St. Benedict Medal

These are tools that will help you to establish a boundary of protection around yourself. They have all been prayed over with formal prayers, unconditional love and blessings. They have absorbed the unconditional love energy by sitting in the sun and moon for 30 days.

Holy Water– Spray the Holy Water around your bed before you go to sleep-that creates a sanctuary for you of peace. You can bless yourself with the Holy Water when you feel stressed, worried, alone or angry, it will bring you peace. You can spray it in the corners of your room to lift the energy of your office or home.

Holy Oil– This is created using the exact recipe found in Exodus30:26-29. Bless yourself with it making the sign of the cross, or dabbing it on your forehead four times and also same in the palms of your hands. You can apply to your wrist, your forehead and under your nose, to remind you of what a wonderful creation of God that you are. This Oil is used in a procedure that I do called- “Being Baptized in the Holy Spirit.” This is what Jesus did to the Apostles and 92 ordinary people at Pentecost. Jesus instructed them to go out and heal people and to drive out the demons that are afflicting them. That is where you get your authority to help other people.

St. Benedict Medal– The Cross of St. Benedict Medal will protect you from evil and people who want to disrupt your life. Carry it with you and have one next to your bed. You can see what the Latin letter mean by doing a Google search.

How to Use Your Holy Water

Add distilled or tap water to the bottle that you received. When the bottle runs low, add more water, and you will have an unlimited lifetime supply. I prayed over and blessed this water, oil, and salt with the goodness, love, and power available to me from God – the Light of the Universe. It infused it with love, compassion, understanding, and peace. Spray it to establish a boundary around you of peace and tranquility in your home or office or at family gatherings. The essence of unconditional love is imbued in the water. It will bring you stress relief. You can also further bless the water by writing your positive intentions on the water container. Write the words peace, love, hope, trust, healing, and happiness on the water, and it will be blessed with those intentions. Google the work of Dr. Masuru Emoto and his work with water and thoughts.

How to Use Your Holy Oil

You can do the sign of the cross or put a bit under your nose or on your wrist. It will remind you throughout your day that you are loved and blessed. It will give you the safe space to get done what is essential in your life. Blessed using the Bible instructions found in Exodus 30:22-38 and 1 Samuel 10:1. The oil mix contains cinnamon, olive oil, frankincense, calamus, cassia, amber leum, and an emulsifier.

How to Use Your Holy Salt

This can be used to establish a boundary around your space at home or office. Place a few crystals in the corner of each room and bless the room yourself. Proclaim it as your sanctuary and pray that it be filled with the Love and Light of God. Holy Water and Holy Salt have also been prayed over using the Roman Catholic “Roman Ritual.”



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