

Shalawam Family:

Well, we hope that you all have your supplies ready to go! So, tomorrow, Thursday, June 23rd, Prior I provided you with the supply list; I thought I would suggest a set up calendar:

Calendar:

Thursday, June 23rd:

- 6:00 - 7:30 AM Dig hole for soiled clothes from bath
- 8:00 - 9:00 AM Supercharge your candle; opening 4 corners, Michael is the Angel. Pray for Abundance, to be a faithful servant, for truth to come forth, for fertility in Zion for strength and to be the shepherd of souls
- 9:00 - 11:00 AM Clean area that you are going to bathe. Pull out all of your supplies.
- 9:00 - 10:00 AM Supercharge your candle, open the 4 corners, Anael/Haniel is the Angel. Pray for Healing, good health, natural medicine, clear communication with G-d, 20/20 Vision; Sight, Insight & Foresight.
- 10:00 - 12:00 PM If, any missing items, go pick up from the store. This is a good time to go get your fresh parsley, basil or hyssop.
- 12:00 - 1:00 PM Pray for Wisdom, harmony Confidence, eternal life, abundance and mercy.
- 1:00 - 2:00 PM Pray for protection
- 2:00 - 11:00 PM Follow prayer schedule as it meet your needs. Rest up and prepare for the big day

Friday, June 24th:

- 1:00 - 2:00 AM If possible to awaken, pray (supercharge candle) that TMH Will be done in your life and for Zion . Pray that TMH send you a fountain of wisdom, healing both emotional and physical, as well as restoration for Yashar'el, and Rebirth.
- 8:00 - 9:00 AM Make Coffee. (It needs time to cool) Supercharge candle, pray to be or become a woman or man of G-d, Fountain of Wisdom,, Healing, Restoration, Rebirth, and The MHOE
- 9:00 - 10:00 AM Set up all your supplies, if you have not done so already.

1. Bucket or bathing bowl
2. Selected Clothing
3. Two black taper candles
4. Black handkerchief, piece of black cloth or black towel
5. One cup of plain black coffee

6. One cup of Water
7. 7 bags of fresh parsley, hyssop or fresh basil
8. 7 bottles or cans of Coca-Cola or Coke
9. One cup of liquor or wine. Must have alcohol
10. 7 pennies, nickels, dimes or any currency (seven)
11. 7 packs of Tabak (optional)
12. White Candle
13. Directions for Core Cleansing

10:00 - 10:45 AM Meditate, Practice breathing exercises, (Bro Maine), Supercharge a candle and pray , read Psalms or other encouraging scriptures, or be still.

10:45- 10:55 AM Put on Bathing Clothes/ Light black candle

11:30 PM Begin (must start on time) Following Core Cleansing Directions:

Activate the 4 quarters, The Air, The Fire, The Water and The Earth. As we ask for "authorization" from The Most High or The Mighty One.

Step 1: Water

- A. **Face the East**, while holding the black candle (*pour some water; bathing bowl*) begin asking for passage and authorization, thank Mother Earth for her beauty and for giving us water, (*pour some water*) thank the Angels for watching over me/you, (*pour some water*), and thank the unseen for guidance and protection (*pour some water*)
- B. **Face the South**, while holding the black candle (*pour some water; bathing bowl*) begin asking for passage and authorization, thank Mother Earth for her beauty and for giving us water, (*pour some water*) thank the Angels for watching over me/you, (*pour some water*), and thank the unseen for guidance and protection (*pour some water*)
- C. **Face the West:** while holding the black candle (*pour some water in bathing bowl*) begin asking for passage and authorization, thank Mother Earth for her beauty and for giving us water, (*pour some water*) thank the Angels for watching over me/you, (*pour some water*), and thank the unseen for guidance and protection (*pour some water*)
- D. **Face the North:** while holding the black candle (*pour some water in bathing bowl*) begin asking for passage and authorization, thank Mother Earth for her beauty and for giving us water, (*pour some water*) thank the Angels for watching over me/you, (*pour some water*), and thank the unseen for guidance and protection (*pour some water*)

Step 1a: Liquor Repeat Steps A - E , in Step 1; except you are (*pouring liquor wine in bathing bowl*)

Step 1b: Coffee Repeat Steps A - E, in Step 1, except you are (*pouring coffee in bathing bowl*)

Now all the 4 gates are open

Step 2:

Activate Parsley or Basil by raising parsley to the East (speak your intentions/desire/request) for example if you wish to increase in knowledge, wisdom and resources, this is when you put forth your personal request . You will then repeat your intentions/desire/prayer/request to the South, then repeat, raising parsley to the West, speak intentions/desire/prayers request, then face the North, repeating your intentions/desire/prayer/ request.

After address for quarters, put parsley in your bathing bowl and start plucking leaves off of stem with hand or with knife, while doing this continue repeating your intentions/desire/requests.

Step 3

(Optional). While **Facing East**, Add the 7 bags of the Tabak to the bathing bowl (if you don't have, don't worry about it)

Step 4

While Facing East, Add 7 cokes one by one to the bathing bowl

Step 5

While Facing East, Add 7 drops of booze (one by one) to the bathing bowl

Step 6

While Facing East, Add 7 drops of coffee (one by one) to the bathing bowl

Step 7

While Facing East, Add the 7 Pennies, or coins, (one by one)

Step 8

Facing East state, "I bought this bath with cash, I owe no one"! Then, lift up the bath to the 4 Quarters, Facing East, thank Mother Earth for her beauty, hank the Angels for watching over you, thank the unseen for guidance and protection.

Facing South, thank Mother Earth for her beauty, hank the Angels for watching over you, thank the unseen for guidance and protection.

Facing West, thank Mother Earth for her beauty, hank the Angels for watching over you, thank the unseen for guidance and protection.

Facing North, thank Mother Earth for her beauty, hank the Angels for watching over you, thank the unseen for guidance and protection.

Light 2nd Black Candle

Step 9:

12:00 PM Sharp: Start Bathing with selected bathing clothes. State, "Just like the Sun is shining at its highest peak I want my life also to shine as the sun." Just like the Sun is shining at its highest peak, I want my wisdom to also do as such. I want my spiritual library to be extend to its highest point, I want my relationship with the Mighty One to shine in the darkness just like the Sun is today shining bright, I want my health to shine just like the Sun I want all my woes, depression, doubt, fear, Ignorance, health issues and economic misfortunates to stay in the darkness.

And I want my blessing, happiness, assertiveness, courage, great substance, wisdom and knowledge to shine and triumph over the darkness, just like during this summer solstice, the Light prevails over the darkness. This is just an example: ask whatever you want. I would suggest you to prepare and write down your desires and demands, if you have cancer, any sickness ask for healing."

Step 10:

Once finished, wipe your body with the black towel or cloth, take your bathing clothes, and the remnant from the bath, (parsley); make sure you have a strainer in your drain to catch the parsley and possible coffee grounds. Let the black candles burn all the way out, or bury them with the clothes and bath remnants. While burying state, "I bury all my woes, misfortune and bad luck forever". Then place the clothes, bath remnants and remaining candles in hole and cover hold while repeating, "I bury all my woes, misfortunes and bad luck forever."

Once done, close the 4 Quarters of the Universe by thanking them for allowing your prayers to be heard and answered. Recommended to let the candles burn out ; thank the spirits and send them in peace.

Take a regular shower or bath. This evening, when going to bed, eat all white and/or cover yourself with a shite sheet or blanket, you will awaken a new person!

Be sure to give All praises and Honor to The Most High, The Mighty One!

Let's be sure to comment and share our experiences. I will definitely share mine....

Mama T