Importing a file from blender to godot:

git clone https://github.com/godotengine/godot-blender-exporter

follow the below for Mac and Windows

https://docs.godotengine.org/en/stable/getting_started/workflow/assets/escn_exporter/index.html For linux, copy the io_scene_godot to ~/.config/blender/3.0/scripts/addons

3.0 is replaced with your version number. Alternatively, if you download blender without installing it, then you find where the equivalent of that folder is.

Go into the edit tab and click preferences then add-ons to click import-export: Godot Engine Exporter Once the blender file is complete, click file, then export as Godot, before pressing "Export Godot" be sure to unclick beta features, and make sure the only thing exported is the geometry.

To import the file into Godot, first create a new project in Godot (for a 3D game), then find where "res://" is and right click to create a new folder titled "imports". Then find (using the equivalent of Windows Explorer, MacOS Finder or just a terminal window) the game folder for the new project you made and the imports folder within that project, then move the file exported from blender as a Godot file to that imports folder.

Then click on the imported file and click for new inherited.

I had previously seen https://godotengine.org/article/importing-3d-assets-blender-gamedevtv which used the collada (.dae) format, but I was not able to get that to work.