



Djwhal Khul Spirituality Article  
Information complimentary every week  
Channeled by Rev. Terri Newlon

### **"Immune Boost"**

July 13, 2017

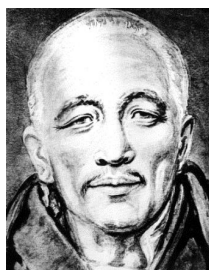
This is Rev. Terri Newlon of [www.TerriNewlon.com](http://www.TerriNewlon.com)

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Well I hope that you are having fun working with the [Moon's Esoteric Benefits](#). If you did not partake in that Teleseminar, I think you can get the information: the moon changing signs every two or three days and how to esoterically and shamanically work with them. So that's in the hopper and we're having fun on the inner planes.

This week I want to talk about boosting the immune system and more with energy exercises and certainly you can use supplements and I do recommend those as well. Also colloidal silver is a good prevention to make sure things can't take hold and you can go to [www.thesilveredge.com](http://www.thesilveredge.com) if you want to read more about that.

Now for the immune system, I am going to recommend that you curl the tongue upwards so you've got the tip of your tongue sort of on the roof of the mouth but pointing to the back of the head, so

you're curling the tongue, kind of folding it in half if you will, in an upward way. Then make the mouth smile while you're doing that and then very gently tap the tip of your nose about 12-13 times and then while holding the tongue folded back on the roof of the mouth with a smile on your face, then I am going to suggest that you tap the thymus gland which is in the center of the chest. And again, you are just doing a very gentle motion. It would be best if you used the first three fingers, so omit the thumb and the pinkie. Use any of the other three fingers. That changes the polarity there.

Then there is one more point that I think is quite beneficial to get an emotional discharge, and that would be at the side of the body at the base of the rib cage, so maybe just a little bit above the waist line and you're tapping again the first three fingers, gently in that area, about 12-13 times and if you're sensitive you will probably feel a rush of energy go down the legs. That's a way to kind of discharge any emotional storage, which is powerful way to drag the immune system down.

Now we're going to go to the 3rd Eye Center for the final tapping and that will be again those first three fingers tapping right about the brow point, so the very top of the nose. And again 12 or 13 times. 13 is a good karmic number. 12 of course is a very spiritual number as well. And you can do it less or more depending upon when you feel a kind of release. And then you can relax the mouth. You just let your tongue go back to normal and facial expression normal.

Alright Dear Ones. As always, thank you and my love to you.

*Djwhal Khul*

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(Spirituality Article, Transcribed by Micheline Ralet)

About Reverend Terri:

Terri Newlon is a world renowned spiritual teacher and conscious voice channel for Ascended Master Djwhal Khul. Djwhal Khul has worked through numerous channels, including Madam H.P. Blavatsky and Alice A. Bailey, and is well known to spiritual students. His work through Terri began in 1980 when she studied under Janet McClure and The Tibetan Foundation, Inc., and has resulted in an extensive online global support system of practical spiritual teachings.

She is also a gifted health Empath and has trained thousands of mediums and psychics. One of her specialties is instructing other natural sensitives how to turn on and off their abilities so they can live well-balanced lives, without neglecting their own physical, emotional, mental and spiritual requirements.

Terri is a workshop leader, holistic consultant, public speaker, radio and TV guest.

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