



Djwhal Khul Spirituality Article
Channeled by Rev. Terri Newlon
(Complimentary every week)

“Positive Thinking”

January 3, 2008

Happy New Year everyone!

This is Terri Newlon from Sedona, Arizona, USA. www.TerriNewlon.com

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And here is Djwhal Khul’s latest Spirituality Article:

(Channeling begins)

Djwhal Khul here. Tashi Delek.

Alright. We are going to begin with positive thinking. The more positive thinking the better, especially during this year.

So I would put forth that energy first and foremost to choose positive thinking from now on so that when a negative thought arises that one can just say “Oh there’s that thought again and I chose positive thinking so I am going to replace it with this thought instead”.

For example, you may have a fear about being late for an appointment or something and then you can say “I choose my positive thought which is I am always on time for my appointments or I am always on time”. You might have a fear that there isn’t you know enough money at the end of the month and then you can replace it with “I always have an abundant supply of cash and other resources and all of my commitments get paid on time.”

Really work with as much positive thinking as you possibly can because things do become a reality based upon thoughts. And particularly repeated thoughts with a lot of emotional backing so if you

are really afraid of something and keep thinking about it, it will become your reality or your thought will become a thing. So we are going to work with the vibration now of positive thinking, positive changes, and then really kind of keep giving yourself a little bit of coaching or a little bit of a pep talk in that direction because you really can change many, many things just with positive thinking.

Now I want to be clear that I am not an advocate of ignoring a negative reality. So in other words, if there is really something there that needs to get balanced or needs to be addressed, you know, for example you could say "I always pay my bills on time" but you have three months worth of bills sitting there unopened. . . well then you are not really using positive thinking to change your reality. What you are using positive thinking for is thinking that denies the current reality.

So it requires both, embracing and, if need be, you say to a very trusted friend or family member, "Please come over and help me open all my bills because I am afraid to do it and I want turn that around". You know, and that should be someone who is very loving and understanding and isn't going to be going "Oh my God, why did you let this happen? Look what you've done! Now you've got penalties, now you are going to have your electricity shut off."

You need someone who is very lovingly going to say "Right, this has been a scary process. You've been in that place of scarcity and rightfully so, I am going to help you walk your way out of it. I am just going to hold your hand and, you know, have a few pointers, maybe call a few bill collectors for you and say maybe "She or he needs to set up a payment plan, whatever it is. So be not afraid to ask for assistance if you have been in a very scary place and use your positive thinking at the same time.

Experiment with "I welcome helpers who are going to help me clean up my house so I can maintain cleanliness" or "I welcome helpers that are going to help me get on top of this certain thing and then I won't be overwhelmed and I can maintain it from there."

And then take that and make it even more positive. "I have all the help I need and I am on top of things. I have an abundant energy supply to accomplish all my goals." That kind of thing. So keep working until you get positive thinking only and your life is going in that positive direction.

All right dear ones. As always, thank you and my love to you. This has been your complimentary Spirituality Article for this week.

Djwhal Khul

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(Spirituality Article, Transcribed by Micheline Ralet)

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