



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

"Future Here Now"

August 14, 2008

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

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And here is Djwhal Khul's latest Spirituality Article, information complimentary every Thursday:

(Channeling begins)



Djwhal Khul here. Tashi Delek. (Tibetan greeting, pronounced tash-ee delay-k)

Alright I have quite a bit of excitement in my voice and that is because the topic is something that I really enjoy: how to create the future that you want and how to start living it in the moment. That is what we are talking about today.

So last week we worked with the invocation of "Past Be Gone" and we worked also at a global level, not just the personal level, with a little bit of a different invocation.

And this week we are working with the "Future Here Now"; how to absolutely create what you want in the moment and also how to roll out your future in front of you. Just like you are rolling out your very own red carpet, if you will, that you get to walk on and experience and feel and enjoy.

This is an exercise that I often recommend. The reality that you're in you could put in one hand. And then the reality that you want, your future, you can put in the other hand. Then, you can just simply just bring them together in prayer fashion.

Now the literal moving of the hands in prayer fashion is meant to neutralize opposition and to bring it into a unified Oneness and then usually there is either bowing of the head so that the Crown and Ascension Chakras are going heavenward or lifting the eyes skyward so the Third Eye is going heavenward, while the hands are in prayer fashion. Position of prayer has a very deep meaning.

For example, if right now your health is a little low and in your 'Future Here Now' you are vibrant and healthy, what you can do is put one in each hand and bring them together. I am also going to work with some affirmations. Or more precisely, ways that you move your consciousness out of your current reality into your desired reality, without just simply playing a trick on the mind or lying to yourself, because lying just doesn't work. You have probably experienced that.

So you would say, "I acknowledge and accept that right now I am feeling like I am catching a cold", or whatever, or "I am feeling tired every day" or whatever it is. And then you can kind of flip that palm back down and flip the other one up, it doesn't really matter which one you use, although if you want to go with which one represents your past and which one represents your future, I would say usually that left hand is past and right hand is future. But it can be reversed on some people, so go with your intuition on that.

You flip up your future palm, whichever one you have decided that is, and you say: "Right now, I am feeling really wonderful. I feel great. I feel healthy, vibrant, on top of the world." Then you wait for the subtle shift in the body. It's almost like the body shifts a little bit into the future, on that command.

Now, for example, you could take a financial situation. Now left palm upwards you could say "Right now, I have a cash flow constriction; or right now, I am pretty much broke." And then you flip down one down, you flip the right one up and say "Right now, I am extremely wealthy. Right now, all my means are being met. Right now I have more than most on the planet. Right now I am really prosperous and fortunate." Then you wait for a moment and again, it's almost like the body goes about an inch forward, energetically. It is a feeling that the body is bringing the Future Here Now.

Alright so there are many areas in your life that you can play with this exercise and have a very good time with it. And as always, thank you and my love to you,

Djwhal Khul

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(Spirituality Article, Transcribed by Micheline Ralet)

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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.

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