



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

"Jump for Joy"

December 18, 2008

This is Rev. Terri Newlon of 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.

My message to carry you through to the end of 2008 is "Jump for Joy" and it literally is the process of bouncing up and down. Now you can do that on a trampoline, you can do that on a rebounder,

you can just jump up and down on the floor, or you can put some music on and bounce to it. If you are chair bound for some reason, then just bounce up and down in the chair, or do the best that you can with what you've got.

The jumping up and down process actually generates that blue green color which is the 9th Ray Joy in the body and it does a very nice job of it I might add.

Now about 2009...

I just did the 2009 Forecast 1st Quarter. I think the audio is posted and the transcript should be around soon. 2009 is they year of "Productivity and Perseverance" with some financial challenges. There will be during the time period of 2009, 2010, 2001 and 2012, quite the opportunity for lightworkers to jump for Joy and that process helps realign the way the world works. Literally lining it up with the Aquarian Age or the New Age, that which corresponds to the Soul of Humanity or the Higher Self, sometimes it is called Heaven on Earth, etc.

Generate as much Joy as possible in any way that you can. The jumping does a very good on the physical cellular structure with the endorphins and the hormone receptor sites and a number of other things. You could also put just a tremendous amount of Joy into your glass of water for example and then drink the Joy. Place your hands over your dinner plate and bless it with Joy, and then eat it. So really focus on the Joy especially as we get into and just past the New Year. It will help tremendously. And then of course gratitude is always important.

I will be talking quite a lot more about bail outs and financial concerns and a lot of other things that are happening. We'll probably put most of that on You Tube or something. Also, we will be starting a blog. There will be more information coming to everyone that is supportive.

Our next upcoming Tele-Seminar is on 12/20/08 and is a very profound Scorpio healing moon energy. And then, on New Year's Day, we will also have a very special Tele-Seminar. If you are interested in those, please check them out at www.terrinelyon.com because Djwhal Khul is apparently too difficult to spell and I am sure you'll find it somehow.

Jumping for Joy is your assignment for the next two or three weeks or so, just to get the energies shifted and flowing.

As always thank you and my love to you,

Djwhal Khul

Channeled by Rev. Terri Newlon
www.TerriNewlon.com

(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. Her 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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