



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

### **“Emotional Cleanse & Stabilizer Technique”**

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

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. We are going to begin with a golden white color. You have heard me teach that that is a combination of two levels of Christed Consciousness: gold for the Universal, white for the local. Combining them together brings in a very strong healing energy.

What we are going to do is shape that golden white energy into a ball of light or a sphere of energy, right out in front of you. I would say, right in front of the Solar Plexus; so right in front of the stomach muscle, literally. Right in front of you or level with your rib cage, the lower half of your rib cage.

Keep shaping this golden white ball of light. Now what we are going to do is close the eyes and exhale, and then as you are letting all of the breath out, bring the golden white ball of light into the Solar Plexus. [Exhale].

Now for some of you that are sensitive, I would say leave your left hand, just relaxed and maybe about 4 or 5 maybe 6 inches in front of your rib cage. Just let the energy that was in your Solar Plexus pour out. So the left hand is like a vacuum, drawing energy out of the body. The right hand is the energy that brings it into the body, that feeds it into the body. So we want the left hand to stay in place and draw out all of the negativity or the stress or worry, anxiety, illness, whatever was stored in that Solar Plexus. Let it come out rather effortlessly.

At some point, you will feel as though there is a pull on the energy, like a taffy pull. You can just let your left hand glide slowly away from your body. You will feel it usually in the palm of the left hand. You will feel the energy coursing. You might feel a little bit of a burning or stinging sensation; that means that you are drawing that energy outward.

Now sometimes with the right hand, I'd say you want to imagine that your fingers are very long and you can rake the energy out to help it a little bit. So you can make sweeping, slow sweeping motions with your right hand, as if your fingers were 12 inches long and just going right through the body, combing it outward, and that will speed it up a bit.

Again, we can close the eyes, exhale. [Exhale] Take the left hand and snap it off, throwing it away. I'd say throw it out the window, throw it toward the sky, or throw it down towards the earth. Never throw it at another sentient being of course. It is like you just turn your hand so that the back of your hand is now toward the body, flip it very, very quickly so that you are getting rid of the negative energy.

Shake out both of your hands please. If the left one feels a little numb up towards the elbow, rake, just rake down towards the wrist, off the finger tips. Again, sort of like you are just brushing off the dust or something. You can do that with both arms. Shake out the hands again.

What we want to do is go back right in front of the Solar Plexus. Bring that golden white globe of light right in front of you. Shape it with your hands. You can actually feel it, maybe about the size of a beach ball. It can be rather large, at least basketball size, but preferably even bigger.

Then when you feel you have it nice and beautifully made, again we close the eyes so that the muscles relax. Take a breath, let it out slowly. Towards the very end of the exhale, draw that golden white ball of light into your Solar Plexus.

Now this time it should just feel like an excellent stabilizer. Good. You have got a lot of Chi in the Solar Plexus. It is sturdy, it is sound. It is not vulnerable to other people's emotions.

So this is an emotional center stabilizer and something that strengthens your Solar Plexus and all of the organs and glands related to it. It is also for the health as well as for protection and general wellbeing.

It is an excellent exercise to use during this time when there is a lot of fear, anxiety and uncertainty going around about the economy or any other issue that happens to be, or wars, that sort of thing. Particularly helpful if you would also do this on your children and on animals, and then the elderly that might be in a nursing home, or something. Imagine doing that for them at least once a day, preferably twice a day. You could do that long distance.

Alright everyone. As always, thank you and my love to you,

Djwhal Khul

Channeled by Rev. Terri Newlon

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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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