



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

### **"Keeping a Strong Energy Field"**

November 19, 2009

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 coming in through the Crown Chakra quite strongly. I would encourage you to lift the hand up above the head and just sort of gently tack that golden white light into the Crown Chakra, a little bit denser in the Crown area than in the rest of

the body. You concentrate or dissipate light at will and sometimes the physical motion is the best way to go about that. For example, you can just push the hands outward to dissipate energy.

So if the mind is in a state of worry, you can read something out loud. It could be anything, street signs, any piece of literature. Just read out loud basically, or recite a poem that you know or something like that. Then that dissipates that energy and you can add a dissipating motion with it.

When you want to concentrate energy, you can literally sort of pack it inward. Now for example, if you want to strengthen the Third Eye Center, you would make this motion: sort of packing or concentrating or condensing the energy. Same thing for the Heart Chakra or anywhere else. Let's say there is some place in the body that is not getting enough chi or energy flow, maybe it's your elbow, your shoulder, your knee, or something like that and you want to send more energy into it, again that particular sort of packing motion.

For now we will work with the Crown Chakra. Again, with a concentrated energy there in the Crown, and now we are going to add the energy into the Third Eye center. I started doing it energetically before I mentioned it but again we want to pack that energy into the Third Eye until it feels very, very strong.

Now we are going to practice another technique which is concentrating the energy field in the body, the entire body. Essentially, most of the time you are dissipating your energy during the day and then the body regenerates or rebuilds during sleep time.

However, when you are working with the energies of these times, especially so in a difficult environment or you are just needing to conserve your energy instead of dissipate it, a very simple technique is to clasp the hands together and put the feet together, not crisscrossed. Crossing your legs even at the ankles dissipates energy, it actually drains the auric field.

Now we have a cat in the recycled paper bag, having a very fun time playing in it. Hopefully you can hear that in the background. Roq, why don't you come here.

Putting your big toes side by side, that could be all of your feet or just standing in a posture or sitting, and then either clasping the hands or putting them together in prayer fashion, or just putting them together in a casual thumbs together, hands together. You can do that in front of the body or behind the body. What it does is create a closed loop of concentration.

So I am going to practice it now for those of you who can feel empathetically the aura or can see it. It strengthens the aura tremendously. It channels all of your healing power to your own body and it also works perfectly as a deflector for the environment. Now this could be maybe someone who is angry with you and yelling or maybe just sending you the silent signals of hostility. It could be, say, in a hospital or a loud concert or anywhere you are feeling like your environment is bothering you a bit, airports, malls, places like that.

So even while you are walking, I would say put the hands together whenever possible. Maybe stroll with your hands behind your back, hands touching. If for some reason you can't do that physically then imagine that your hands are touching and that your two big toes are touching, and then you create this energy field that also opens all of the chakras. And the technique for that (we have reviewed it before but I will cover it again) is bringing the right hand up the front of the body on the in breath and then imagining the hand and the energy going down the spine on the out breath and then it curls back up underneath the root chakra, under the torso, or you can make it go all the way down the back of the legs and under the feet. You do that 3 times and it will open all of the chakras and it will strengthen the energy field tremendously.

So it is: Inhale Up, Exhale Down. [exhale] Repeat it again. [exhale] [exhale] at least three times in a row.

Alright then. Keeping a strong energy field is very, very important. Now also remember that it is strategic to dissipate certain energies. Let's say a virus or a cold or an infection of any sort, a worrying mind, pain anywhere in the body. You want to dissipate that energy usually first and then create a closed loop and a regenerative rebuilding with the techniques that we covered.

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.

Terri Newlon Inc, 752 E. Desert Jewel Dr, Cottonwood, AZ USA 86326