



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

"Time Travel Tips"

February 5, 2009

This is Rev. Terri Newlon of www.TerriNewlon.com

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

We are going to work with Time Travel Tips now because it is an excellent time period to work with moving forward or backward in time. Quite naturally there are, what we call, dimensions or portals open between the worlds. So you might as well know what you're doing and actually play, practice it, and see what happens.

So my main Time Travel Tip, if you will, is that Time appears linear to the mind, but in reality it is all present right here in this moment. In other words, this is the year 2009 and you are incarnate in a certain body, in a certain place, but you are also incarnate, probably about another 2000 times or so. Unless you are a relatively new soul, and there aren't that many new souls on the planet right now, you might have maybe then only 300 lifetimes or so. And they are all happening simultaneously. So time is simultaneous.

If you want to play with how to Time Travel consciously, one of the techniques that works very well, is sometimes go to a place that is known to be Sacred, or has that ability for Time Travel, and there are such places that are set up as Sacred dimensions on every continent. Or you can go there in your dream state, which is a form of soul travel where you send your light body. I'm not talking about your astral body. We want to send the soul or the light body instead of the lower astral body.

Then, you can imagine yourself some place where you were in another lifetime. Maybe it's a beautiful altar or a vortex, or it's some place well known for Time Travel. Maybe it is Shamballa. You can choose your spot, such as The Bermuda Triangle or wherever you want to go.

Then, literally, imagine as if you had a round clock behind you and the hand is pointed at twelve. If you want to go back in time, what you would do is literally take a quarter turn so that your head is pointed at nine.

Just imagine your body taking a quarter turn back in time. To go forward, do the same thing but you turn your head toward three o'clock on the dial. And the whole body goes [sideways]. So you can practice that.

There are other ways of making a quarter turn. They would be a standing up quarter turn to the left symbolizing going to the past, or a quarter turn to the right, symbolizing going to the future. So it kind of depends where you are at, and which way you imagine your light body turning.

And the scenery will change around you. In another time period, you might notice that the rock is more worn away or that the rock is just freshly made, or whatever it is that you are doing. So that is my main Time Travel Tip.

Remember that you can also collapse time and space at will, which is a very good technique for being in the present moment. And it can be as simple as this - just take your two hands and bring them together rather slowly in prayer fashion and then put a little pressure on them. I'd say put about twenty pounds of pressure. And just hold the energy there with the intent that you are taking time and space and collapsing them to a zero point, so that you are present in the Now.

Alright dear ones. That has been your Spirituality Article information for this week.

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, Final edit by Terri Newlon)

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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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