



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

“Spinning Pine Cone Third Eye Exercise”

February 27, 2009

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

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. We are going to go into the Third Eye Center and work with a very specific vibration in the Third Eye. We are going to work with that pine cone shape in the pineal gland.

We just did a Tele-Seminar for Tibetan New Year which is called Losar. The Tibetan Losar this year in particular activates quite a lot of energy from the pineal gland, quite a lot of energy of telepathic communion.

You can practice by taking the little image of the pine cone inside the center of the head, very, very, very tiny, and see it spinning. We're just going to spin it sitting upright, spinning around in a circle. That is one of the ways in which you can focus or concentrate the energies. One way of spinning, just like your Aura, will pull the fields in and concentrate the energies; spinning in the other direction has an expansion effect.

It depends upon whether you are in the Northern Hemisphere or in the Southern Hemisphere as to which way you would spin it. Generally speaking, I would say play with the energies so that it feels right in your body. I don't know how well it translates as I am doing it but counterclockwise spinning has an opening in the Northern Hemisphere, counterclockwise or anti-clockwise in the Southern Hemisphere has the opposite effect of closing the energy fields.

So to expand the Third Eye if you are in the Northern Hemisphere, you might try clockwise. Then to focus your attention for, say, manifestation or clarity of thinking, particularly so if you are wanting to manifest, you will want to pull the energies in and concentrate them. Just tune into your own way as to which way seems to expand it and which way seems to bring it into greater focus, and play with spinning the pine cone shape in the center of the head.

Alright, happy Losar to everyone. It is a Tibetan New Year, the second new moon of the calendar year. That is how you find it. It is the year of the Ox, a lot of earth energies, which means that the physical body and the physical plane of consciousness are those that need attention the most. You know that the Ox is preparing the field but really this is a year of reaping what has been sown, good, bad or indifferent.

So stay focused on what you do want. That is still sound spiritual advice for this time period.

Alright. That is my Spirituality Article 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)

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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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