



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

“Keep All the Lights On”

March 12, 2009

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.

Alright. I bring in today a reminder to keep all of your lights “on”. And I’m going, quite interestingly, into the realm of Twitter – a service called Twitter – where I’m giving my DKupdate, several times a day whenever possible, of where I am in the inner planes, what I’m doing, if I am

borrowing the eyes of a channel to watch a sunset, if I am guiding a lost sailor or whatever it happens to be.

You can go to Twitter and say "find people: Djwhal Khul" or try <http://www.twitter.com/dkupdate>. Soon we will have the information on the web site so it will be easy to find.

Now, turn your lights on. Keep all of your lights on. This is a very important message for right now, as the Ascended Masters and the Angelic Kingdom are literally searching for the light workers that are signaling to us. You might think of it like sending a beacon or being a light post of energy that attracts attention, especially so if you are requesting support from us. You want to literally keep all of your lights on.

One way of doing that is increasing the size of the aura, making it larger. There are *chi* exercises that will do that. Breathing exercises will do it. Wearing the *Lifewave* patches will do it, and many, many other kind of pendants, flower essences, gem elixirs, homeopathic remedies, all kinds of things will help you keep the aura strong; chanting, classical music, all kinds of things. So, find the thing that keeps your aura strong and keep doing it.

Then, I would say for the chakra system, we have talked about the zipping up the chakras, where you literally sort of go up the center of the body, over the head, and down. You breathe in while you are going up, and you exhale while you are going down the back side of the body. You do it three times in a row, rather quickly. That is also helpful, but I am going to give you a new exercise for the chakra system which helps keep all the lights on.

It's literally going, say, around the Crown chakra and bouncing on both sides of it, then going to the Third Eye and you are just sort of bouncing or fluffing it – ever so gently, you don't want to give yourself a headache – and then, say, the Throat chakra, same thing, almost like you are fluffing a pillow, from the sides. Just keep going: Heart chakra, Solar Plexus in front of the tummy, Second chakra right there just below the belly button, and then Root chakra at the base of the torso.

If you want to do auxiliary chakras such as jaw hinges, shoulders, wrists, ankles, etc., pretty much wherever there is a joint, you also have a chakra, even the vertebra in the spine, each one. If you are maybe doing healing work on another person – in person or long distance – you can also, in essence, sort of fluff every single joint center. That will *really* turn all the lights on, keep the power burning bright, if you will. So, that is how we find you, it's how we look for you.

If you are interested in following me on Twitter: <http://www.twitter.com/dkupdate>. Or "find people:", type in: Djwhal Khul. I know, good luck spelling it! At any rate, I am here to support you. Ask for me any time on the inner planes, you will notice increased activity and spiritual growth.

Thank you, and my love to you,

Djwhal Khul

Channeled by Rev. Terri Newlon
www.TerriNewlon.com

(Spirituality Article, Transcribed by a volunteer)

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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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