



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

"Easy Unconditional Love Practice"

July 15, 2010

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

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. We have upon us a very interesting time period here. In about a week or so, Jupiter will be going retrograde. Currently we have a lot of energy in Virgo, which is a good time to focus on details and get caught up on projects, perhaps even get ahead of some things.

What I want to talk about today is easy ways to practice Unconditional Love. So the basic concept is that Love is the absence of fear. So when you are having trouble getting into Unconditional Love, maybe judging yourself or judging others, or angry with someone about an action that they took or words that they spoke or what not, it means that fear is operating somewhere in the system.

Now you may say "It's just anger," "I have a reason to be angry" or "I have a reason to be critical or judgmental about something or have an opinion" and again that can be true.

However if you are earnestly seeking a state of Unconditional Love within yourself, then trace it down beneath the anger or beneath the criticism or whatever it is and you will find fear of something, fear of not being approved or fear of being harmed. There is a fear in there somewhere.

And then I invite you to just simply empty out the fear, just like you take out the garbage or drain a tub of water. Just let it flow out of you.

Put your stopper on and then fill back up with Unconditional Love and simply keep repeating the practice. It can be as easy as:

"I let go of all my fears right now."
Take a breath. [Exhale].
"I fill myself with Love right now."
Smile.

Because smiling adds the Joy element and then you are simply reprogramming the cellular consciousness.

Alright. So it's very easy to be in a state of Unconditional Love and present in the moment. It may take repetition to get to a state to being able to hold it. That's fine. Just keep repeating the process.

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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