



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

### **"Expectation Release"**

September 9, 2010

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. Ha! Well. I just completed the 2010 Fourth Quarter Forecast and I recapped a little bit of September as well as October, November, December. We have what the channel calls some "humdinger" events all coming fast and furious. So I'd say buckle your seat belt and maybe even put on two seatbelts because it is going to be a little bit of a bumpy ride.

This particular New Moon is very nice and strong, that we are enjoying right now. It is kind of coming off New Moon but still the energy is very, very strong.

We have a series of events coming up through the week that I think are all going to be about, I want to say releasing expectations. If you were expecting to be at a certain level by now and you're not or you went past your expectation, it is time to consciously let it go.

If you are expecting other people to behave in a certain way and they are not doing it, let go of the expectations. If you are expecting humanity to be more enlightened and you're disappointed, let go of your expectations. The emotional impact of the energies is such that it will simply keep causing you pain. It will actually feed the pain body, as it's called.

So releasing expectations is really easy. One of the ways in which you can take a look at it is, especially if it is an "out there mirror thing" like "I expect a mechanic to fix my car for not very much money" or "for a reasonable amount of money" or "It can't go over this dollar sum because that's all I have" or whatever your expectation is. Then you flip it around and you say "What do I get out of it? What is my reason for having the expectation? How does it serve me?"

That would be "Well it means I can save some money" or it means "I now have money for groceries" or it means "I don't go over my budget" or it means "I have a mechanic I can trust and I am not getting ripped off." So it could be a trust issue, it could be a money issue, etc.

So anything out there, turn it around, bring it back into "what is *my* thing I need to get it out of it" and then release your expectation of yourself like "I need to be able to trust the mechanic" or "I need to be able to save money" or "I need to a car that runs well."

Keep letting go because when you refuse to hold on to an expectation, it opens up the flow. Now you can still say "I *choose* a car that runs well" and "I *choose* a happy bank account" and "I *choose* grace and wellbeing" or "grace and ease." So work with the affirmations but if it's causing you some stress or some pain, look at expectations during this week because that will be the area that needs to be dropped.

Now the other way of looking at it is just temporarily drop it, just like you hold a little maybe cat toy, a nice soft little cat toy or something and just drop it on the floor. You could bend down and pick it up again or you could kick it across the room and you could start playing with the cat or whatever.

You are just dropping it for a *moment* and then *feel* within your body the difference between when you are hanging on to the expectation and when you have released it. And then you can choose. "I choose to pick back up my expectation and be stressful" Or "I choose to keep this nice calm energy for a bit longer." But just be aware and look at expectations.

And you might also see it coming the other way where people are looking at you and saying "I expect you to take out the garbage" or "I expect you to clean up the dishes" Or "I expect you to pay your quarterly taxes" or whatever it is.

So again flip it around. What is it in *me* that I need to *get* for this other person teaching me? Like "I feel good about myself rather than letting that person make me feel bad."

So play with the expectations and release, release, release.

I hope you will join us on 9-11 for the complimentary call and then for the VIPs you get a bonus call on September 13 and we'll work with Peace Prayers.

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.

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