



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

"Emotions Channeled for Higher Good"

September 30, 2010

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

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. The topic today is "Emotions Channeled for Higher Good." This particular coming weekend energy, October 1, 2 and 3, will be looking at emotions running rather high. As you may have noticed, whatever particular emotion you are inclined to, is the one you will tend to repeat.

So if you are inclined for Joy, you probably have your Joy magnified. If you have been under a lot of stress lately, you might have stress or fear, anger, maybe even pain or sadness or some pain body type emotion, magnified. So in this exercise, what we are going to do is work with the core basic of emotion which I view to be Love. And then its opposite side or its duality which would be fear.

When Love is present, fear cannot exist. So Love is the absence of fear. When the body chemically experiences any degree of fear, that could be just a bit of impatience, we call that a degree of fear. Anger, agitation, rage, they're all based upon a fear. Even sadness or loneliness is based upon a fear.

So if you always boil down whatever emotion it is to either Love or fear, one of the things that you can do with it, is work it through physically to transcend it. So the idea is that if you are really upset about something, stay upset, really focus on that total upset energy while you count to say 13, 13 seconds, 14 seconds is right about the amount of time that you can cellularly hold a single emotion. Now if you start finding other emotions creeping in there or mind chatter, start over, just stick with it. It's like a gear, it must go winding up, you have to go to the next gear. So you'll move to another emotion.

The other thing that I would say to do is say, "Ok, I'm a little tired, I have low energy. Is it something I'm afraid of? Well, maybe I'm afraid of failing so I am keeping my energy tired so I have an excuse not to succeed." You might end up you don't have to but basically that idea would be to take the chemical energetic feeling in the body, the physiological feeling of fear and start breathing with it. Just literally breathe it up and down your body because fear and excitement, without being exhaustion and adrenaline, but fear and excitement are very close to each other.

So start breathing and working with that until fear becomes an *exciting* element and then take it from *excitement* to pure Joy. If you are watching a child on a merry-go-round, a little hesitant at first and then decides they kind of like it and maybe they're smiling and giggling and breathing and shrieking with Joy. So you want to just walk yourself through the chemical change of fear in particular and that will bring you back to the energy that it is truly your essence which is Love.

Alright dear ones. 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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