



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

“Calming Techniques”

December 16, 2010

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. Since we're in a time period with a lot of stress for most people, you are closing out the year end or just extra busy because of holidays or whatever it happens to be, I thought today we could do some calming techniques.

Now in our last VIP call I gave a few different techniques and those are also still helpful in re-energizing and re-vitalizing your body to coast you through this time period because your astral body, your soul travel body, your etheric body, they're all working very hard, most of the time in the sleep state.

So you're probably waking up feeling more tired or sometimes in the middle of the night, with a kind of pins and needles-type buzzing sensations in the body because we are all very, very busy on the inner planes. So you truly are working 24/7.

Calming techniques. What I am going to use is one that I have not shared with you before. The raindrop technique I believe is what it's called, is one of the Ayurvedic methods where warm oil is dropped one drop at a time on specific places in the body.

The meditation is likened to that but it is a very ancient meditation and it's done with the imagination, not so much so warm oil but you could use warm water, if you want to do this with some other method there.

The imagery is just, laying on your back, a very warm drop of water comes right into the third eye. That would be right here in the third eye please, the brow point.

And then you notice where the water cascades and then another very warm drop of water comes and you feel it cascading across the forehead, maybe draining down towards the eyes or whatnot. Sometimes tilting of the head and letting the water run this way, up towards the hairline.

And then you can also work energetically with your fingertips if you want to, taking the energy from the center of the brow, above the eye brow, and right towards the ears. And you can actually physically lightly touch the skin and you can just do it energetically as if the water was running in that direction, falls just over the brow and then goes in towards the ears.

So those are calming techniques. Now you can get quite good at just imagining that and feeling of that kind of warm flow while you're, say, sitting at a desk or waiting in an airport or perhaps standing in line at the Post Office waiting to get your package out or whatever it is. You just kind of use that as a calming technique.

It also works very well on children that are having trouble going to sleep or on let's say someone who's in a little bit of pain, having trouble falling asleep, you can do that for them or with them and it can also be done long distance.

Remember time and space are illusions. So that is becoming more and more apparent these days.

Alright. I hope you enjoyed the calming techniques. 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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