



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

“Hope ”

April 21, 2011

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

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. I want to focus on “Hope”. And I think that many times it is said “Hope springs eternal,” and one of the main devastating emotions is hopelessness.

So I want to put forth a little exercise here of seeing just how hopeful you can be and perhaps think of it as *making* hope, generating it and making it *available* for other members of Humanity and all the kingdoms really, the Earth as well.

So we think of hope and we give a quality, a tangible quality or color or smell, whatever works for you. But I think that most important would be the feeling inside the body when your hopes are high.

So just take a moment to really breathe that in and be a *generator* of hope. You can really work with the breath, you can work with movement, sometimes just moving the arms or moving the body.

Little games that you can play with yourself like “Every step I take generates more hope” or “Every task I complete generates more hope.”

So really make that your keyword focus and especially for this week cause we’re really wanting to have as much of that vibration available as possible for all those who want to grab onto it and use it.

Alright. As always, thank you and my love to you,

Djwhal Khul

Channeled by Rev. Terri Newlon
www.TerriNewlon.com

(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.

Terri Newlon, Inc. PO Box 161, Patagonia, AZ 85624