



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

"Calming Meditation"

August 4, 2011

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

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. Our focus today is calming. So we will do a little bit of a calming meditation. The vibration of calm energy would be that it's basically a Love vibration, which means letting go of all fears.

Similar energies: worry, anxiety, anger or angst, etc., and then allowing the vibration of Love to bring a calm serene energy. This is something much needed right now and a good thing to practice on an ongoing basis.

Reminder that one of the best things that you can use for releasing fear is a homeopathic called Aconitum Napellus and it is best in its 30X potency. It might say for cold and fevers on the bottle but essentially it also pulls terror out of the cellular structure and that ... that is Rainbow joining us. She has been over here giving kisses so the Rainbow cat is with us.

The Aconitum Napellus 30X pulls terror out of the cells, even old terror, recent terror, any kind of fear, known and unknown, identified and unidentified. So you can maybe even just take a pellet every now and then, certainly after anything that is challenging or when you begin to worry.

Also want to practice being in the present moment because that is where life is peaceful.

Alright so for the calming meditation. Once again also strengthening the Third Eye, we're going to see a spiraling motion coming into the Third Eye center, so kind of a coil or spring of energy coming into the Third Eye center, and then we want to see it ripple calming energies through the body, just like putting a pebble in a pool of water. It is a very gentle rippling effect. So it starts at the Third Eye especially now that we have Mercury retrograde in Virgo, we are going to be seeing a lot of overactive mental energy.

So again a spiral coming into the center of the forehead and then creating a ripple of calm energy and see if you feel it rippling outward as you work with the energies. Very quick, very simple and can be repeated several times per day.

Also you can use affirmations like "I AM calm and centered". Perhaps also "I choose quiet calm energy. I choose quiet calm energy."

Alright. 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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