



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

“ Forgiving and Loving ”

September 8, 2011

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

You can also listen to the following message, and all subsequent messages which change every Thursday. The latest message is available 24/7 by telephone or computer at:

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We have a couple of other calls I wanted to tell you about. One of them is on Friday, September 9. It is in honor of the 9-11 and it's a peace invocation. It's open to everyone. If you happen to be listening to this afterward, you can probably just go visit the site which is www.terrnewlon.com and then add /090911.html and that should take you to the World Service Peace Call. We will have an audio recording of it and then also a transcript. So if you just register there, you will get everything by e-mail.

Then on September 12, we have another call called "Empath in Training", very valuable information. It is a regular Tele-Seminar that goes for about an hour and twenty minutes or so live and then we have a telephone recording for 30 days, an mp3 audio download that you can keep forever in your personal library and I do recommend that you back up your computer files and then of course about a couple of weeks later we send out a complimentary transcript for that as well.

So those are the next upcoming calls and more should be posted on the website soon.

And here is Djwhal Khul's latest Spirituality Article, information complimentary every Thursday:

(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. Forgiveness. Forgiving and Loving really is what that is about. When you are unable to forgive, you are unable to fully love. In the, certainly 9-11, which affects the global energy, as well as in your personal life, starting with forgiving yourself first because then you can more fully love yourself and then when it comes to others, it gets a little tricky, so I want to talk about that a bit.

Sometimes, you think this other person in your life was the bad person and they should be asking you for forgiveness. I would say don't wait for that to happen. Instead take the reins yourself and just simply say "I forgive that person and I forgive myself for any role that I may have played unknowingly. Maybe I unknowingly set them off or maybe for some reason we had some karmic thing to play out that affects another lifetime, so I forgive myself for that."

Forgiveness simply allows for a state of healing and to be able to fully love. So I highly recommend that.

Now as we practice with the emotional body, you can simply empty the emotional body of all emotions, no matter what's in there. There might be a little joy, a little bit of irritation and what not and then *fill* the body with love and continue to breathe Divine Love and just let it circulate through the body.

You can also use Dr. Emoto's prayer, that is the Water Prayer, but I find that when you say it energetically to other beings or to maybe the people who destroyed the twin towers, or the people who are preying upon children, or whatever it is, it *releases* the whole *pattern* that allows everyone to play in the drama. So it's just four short sentences:

"I am sorry.
Please forgive me.
Thank you.
I love you."

Say it to yourself. Say it mentally to others and to situations, even say, pollution on the earth, say it to the pollution. It really does bring about quite a bit of healing.

So forgiveness allows love to be fully experienced.

As always, thank you and my love to you,

Djwhal Khul

Channeled by Rev. Terri Newlon
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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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