



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

" Throat Chakra "

July 19, 2012

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

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. Throat Chakra is going to be our topic now. We have a New Moon, we have Summer Olympics starting, we have the close of a Mayan cycle and all kinds of other important things happening this particular week.

But the Throat Chakra is capturing my attention more than all of those. So just a brief reminder, focus on Love, Love for all of Humanity, especially as we get into Tuesday, Wednesday, Thursday.

We are doing a Tele-seminar called "[Healing Power Increased](#)" because the energies are going to be very, very strong. You can participate in that if you wish and also just to send Love as the strongest healing power and really work with that vibration.

Now the Throat Chakra is changing. For quite some time we were working on the Third Eye, Crown, Third Eye Heart Chakras, different things mending.

The current activities, cosmic and local, are really stimulating the Throat Chakra so you may find that your voice is sometimes going a little hoarse or is at a different pitch.

The Throat Chakra represents Divine Will so the power of the spoken word. It is also of course important to be careful of what you are speaking but you'll find that the best way to work with the changes and the energies is to keep the throat lubricated. You know, water, various things, you might try slippery elm tea, or any number of things, just don't let the throat get dry.

Then, I'm going to say, also, toning, singing, chanting, maybe just sound forth the OM but use a full range of sound coming out. So play with high notes, low notes and everything in between. Really exercise your vocal chords in relationship to the Throat Chakra.

And I would also say practice speaking with power as though the soul is speaking or a higher power somehow making the sound come forth. You can, as they say, fake it till you make it. Just pretend it, assume it and then let it naturally ride in.

Practice even just single words, saying them powerfully. Like "Love" and *feel*, and just say the one word and let it resonate. See if you can feel it making a vibration in the Heart Chakra or wherever else it seems appropriate.

Alright, 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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