



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

" Emotional Balance "

August 2, 2012

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

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. Hmm. I think this week emotional balance is what is hanging in the balance, so to speak. There is a lot of still the fiery energy and then Mercury will be going direct in Leo during this week as well. That will kind of fuel sometimes an angry mind can be stirred up with that.

So emotional balance: ways in which you can achieve that is simply to empty the emotions out of the body the moment you notice them. For example, if you are just getting a little agitated for some reason, like you go to open a cupboard and the cupboard closes too quickly or you're trying to maybe mow the lawn and the lawn mower keeps stopping and that kind of thing. You know,

little agitations or irritations you want to handle very quickly. And so it's just [*Exhale*] breathe out the emotion, fill with Love or fill with light, Divine Light.

Also coming up here are situations of depression, so again, the emotional balance there is don't hold on to the emotion. [*Exhale*] Let it out, fill with happiness or fill with again Love.

All the negative emotions stem out of fear and all of the positive ones stem out of Love. So those are the two basic ones and as I say fear is only the absence of Love so the cure for it is to bring in more Love.

So mostly though what I see is fiery tempers, angry thinking, that sort of thing high within humanity. So again, don't hold it on.

The Sedona Method might be very helpful for some of you where you simply say "Could I let go of this feeling?" and you answer "Yes" or "No". "Would I let go of this feeling?", "Yes" or "No" and then the third question is "When?" and even if you say "Never" or "Not now" or "Now", breathe out [*Exhale*], fill with Love and you'll get some relief from that.

The other method I am fond of is the Thought Field Therapy, also known as TFT. While you stay in that thought field of angry thinking or that emotion of sadness or even in a state of physical pain, you can go through some tapping points and release trauma and then release the pain or release trauma and then release the emotional component. So you can find plenty of YouTubes with TFT and different purposes.

You can tap on behalf of humanity if you want or on behalf of another person as well. So you can use your own body as a surrogate in other words, and that would be true with all healing methods.

Alright. So emotional balance. You can also just claim: "I am emotionally balanced now."

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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