



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

### **"Communing with Ascended Beings"**

May 2, 2013

This is Rev. Terri Newlon of [www.TERRINEWLON.COM](http://www.TERRINEWLON.COM)

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. We have ROQ joining us today. ROQ cat in the background here. Let's see. Yes he is saying hello. Although he can say the word hello quite clearly he's just not doing so at the moment.

Alright. In this teaching, I want to talk about communing with Ascended Beings. We have upon us the Orthodox Easter; Orthodox Good Friday, Orthodox Easter and a few other configurations.

We're getting into that challenging time period, the month of May in particular and May 20 a particularly challenging day and I would refer you back to the [Quarterly Forecast](#) which is quite a good transcript to be reviewing and preparing from.

So as we come upon this time, I think it's quite important to work with the vibrations of say Master Jesus, Mother Mary, any of the members of the Spiritual Hierarchy. Particularly now to the next New Moon, which contains a solar eclipse and that is May 9.

So we have a very, very potent time period. We had an eclipse on the last Full Moon then another one on the coming New Moon and then yet *another* on the coming Full Moon in May. So three eclipses in one month is a very potent time period.

How do you commune with Ascended Beings? First of all, you want to make certain that you're getting a high quality being so call them by name. If you're not sure or you prefer to connect into your own Masterful Self, then just ask for your own Ascended Self.

So you can move out of the timeline and the space line and go directly to your own Ascended state of being and then channel it. Bring it down through the top of your head, perhaps let it spiral down through the body, feel it anchoring into the chakras or just even into the tissues of the body. There should be a little bit of a goose bump feeling or something happening in the body that confirms you're working with a high level energy or a very refined energy pattern that would be your own self and certainly of course any of the Ascended Masters can help you.

You can also just channel the Universal Wisdom or Divine Love, whatever suits you but this is a time to commune with Ascension in general.

Alright Dear Ones. 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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