



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

"I AM"

June 13, 2013

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

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright dear ones. Today I want to talk about how to use "I AM" as a statement that goes very, very deep into the consciousness.

"I AM" is really a declaration of Creation speaking the words of God "I AM" and kind of declaring silently all that is or all of Creation or God's creative consciousness.

So when you begin to play with the "I AM", essentially you want to feel the energies going in deeper and deeper and deeper. So you can declare "I AM", breathe out and empty your being. You

might play with words like ' I AM emptiness", "I AM not" which is also saying I'm void as well as full. So when you work with "I AM" you can play with that for a while and then say "I AM not", which is also true, in that you are saying I'm emptiness, I am creative consciousness that is not yet at its peak, not yet developed.

So I do encourage you to play with that and the common ones like "I AM that I AM", or "I AM *what* I AM". It's a very kind of simplistic way of saying it. You can also look at reality and say "It is what it is" and that's another way of extending that.

So one more trick here I think that will be helpful for developing the intuition as well is use the technique to go to a still point which is you sort of roll your eyes up as though they can now look inside your head, towards the center of the head. So almost like you're cross-eyed and looking to the center, then declare "I AM" or you can say "God is" or anything that you want to play with, and then wait for a little click or shift in the consciousness that moves you to the still point. It's very brief. It's a very quick exercise.

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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