



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

### **"Modify Memories"**

September 5, 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 an interesting week: Rosh Hashanah is celebrated, 9/11 is remembered. And there is a lot going on in the heavens still during this time period that affects Humanity, that affects the weather patterns, affects the nature of survival, so really all of the kingdoms on the planet are affected by what is going on with planetary configurations and such.

I think the most productive use of this time frame esoterically would be altering the memory, more specifically kind of *desensitizing* memory patterns. For example, to recall something pleasant and then you can amplify the energy there to modifying that memory. And then you can recall

something unpleasant and then just request “Desensitize, desensitize, desensitize”. (Exhale) Breathe it out of the body. You can change the molecular pattern of memory at a cellular and sub-cellular level just by moving enough chi through the body.

If you want to look at tapping methods, there’s the original TFT, Thought Field Therapy. You can look up EFT which is Emotional Freedom Technique. You can work with acupuncture meridians. But just within the body, within the etheric body, you can make the request and get the channels open.

So the idea here to modifying memory is move the chi or qi, make sure that there is no stagnation. And that when you get a surge of a strong emotion that you don’t want anymore, say a strong anger or a strong fear or a strong sadness, breathe it out of the body. Do not let it amplify. That you want to just kind of desensitize or release. And then the good ones you want to get your body tuned to joy and happiness and a sense of love.

So keep working with amplify the good ones, desensitize the bad ones.

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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