



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

### **“Three Star One Navigate My Body”**

May 1, 2014

This is Rev. Terri Newlon of [www.TerriNewlon.com](http://www.TerriNewlon.com)

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Happy May Day or Beltain to everyone and Happy Cinco de Mayo to the people in my area that celebrate it. Well wherever you are that celebrate it.

Recorded Dial-In: **1.916.233.0630, Box 163**

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. Now, hmmm, I think one the most important things to note during this time period: we have made it through two eclipses, we are headed towards the [Wesak Full Moon](#) which is the Spiritual New Year for Lightworkers, and we're building up to a potent time.

There is a lot going on, a lot of old emotions being flushed out, a lot of physical plane challenges, including health challenges, and some other things.

So I thought today I would give you a method to work with Three Star One. And it is a request that you make that goes like this:

"Three Star One please navigate my body."

Now the sensation that you'll feel when you make that request is coming up from the Solar Plexus, up a little bit, underneath the sternum, and sort of the sensation like the diaphragm is raising up a little bit or you've got a little pressure pulling up and it's effect is that the lungs change dramatically. So when you breathe, you're really using full lung power. So even though it feels like a little bit of pressure or constriction, you actually get more oxygen going to your system.

So again, Three Star One is sort of, like I guess we could say, is the Mother of the Universe or the center of the three universes, so she is a very *great* and *vast* being and she *is* present here on earth for you to anchor her. So, again, go through the sensations one more time.

"Three Star One please navigate my body."

Really feel that rib cage moving and a different use of the lungs and that will have a profound effect upon your body. Practice this several times a day: upon awakening or when going to sleep, try it while walking, while sitting at a desk. Really explore it. I think you are going to find that it changes many, many things for you in a good way.

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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