



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

"Peaceful Postures"

August 7, 2014

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

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. This week I want to talk about "Peaceful Postures", literally how to be in the physical body, holding a specific posture that is peace-filled.

So one of the first things to practice is to keep the chi flowing and to do that is very simply not crossing any of the limbs. So you don't cross the legs, not even at the ankles, or cross the arms over. Instead what you can do is clasp the hands together but leave them very, very relaxed or you can just have fingertips barely touching with your hands a little bit curved. And again, relaxed, no tensed muscles in the hands.

You can put your feet together, maybe just the big toes resting side by side or heels resting side by side and again not holding tension in the legs or the feet while doing so. So keeping your muscles relaxed is another key there.

While standing or walking, you want your shoulders downward, relaxed, not hunched up. You want your elbows again relaxed, not crooked, and hands open, not clenching the fists or such while you walk.

So hands open, palms toward the body. So you want your palms forward or pointing behind you. Those indicate... well forward indicates your mind is in the future and backward indicates your mind is in the past. So palms, so the arms straight comfortably down the sides and move in a flowing manner.

You want to have as much liquid flow to the body as possible and if you do have to be dealing with an injury or some pain in the body, again, try to relax it. Try not to hold tension there. Just breathe through it and get everything to release or let go.

And last but not least, to remind you about tapping, using TFT or EFT or even faster EFT: just ways to get blocked chi out of the body. So peaceful posture is a relaxed state of being.

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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