



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

"Inward"

August 21, 2014

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

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

This week I want to talk about a specific technique to take you inward. There will be quite a lot going on externally that might catch your attention and sort of draw you out away from yourself and into some drama, let's say, and really that we know that the spiritual journey is inward.

It is about knowing thyself and going as deep into your own spirit as you possibly can. So this is just a reminder to breathe as though you're going deeper inside with every single breath.

And we recommend if things get too exciting you might try this breath which is just cover the right nostril just very, very gently, breathe only in and out of the left nostril. That tends to calm the body down. You might even see a change in blood pressure dropping etc.

If you have too low of a blood pressure, maybe before you get up, you know, if you're lying down or sitting quietly before you get up, do the opposite. Cover the left nostril, breathe only through the right side for maybe 30 seconds or so. Just so you feel like your blood is pumping around and you can get up slowly and start moving around.

So just a little extra hint in there with a reminder to breathe deliberately to go inward.

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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