



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

"Compassion From Within"

October 2, 2014

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. This particular week I want to talk about Compassion. Now certainly there are many teachings about Compassion and many good examples of how to practice compassion.

I want to encourage a way of invoking it from deep within your own consciousness. So not really a practice of compassion but the full-on presence of compassion.

So take a moment within your own body to call forth where that component of you dwells. You might find it in the Heart Chakra. You might be surprised that maybe it's more kind of behind the sternum or in the head centers, or wherever, it could even be the soles of the feet. It's different on everyone. So call forth compassion from within wherever that dwells and then purposefully *expand*.

With each breath you're growing more and more compassionate, enlarging that seat of compassion.

And then from time to time throughout the day or even while falling asleep and certainly upon awakening in the morning, call this forth again and notice how it changes your behavior and your thoughts.

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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