



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

"I Am ALL That I Am"

October 23, 2014

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

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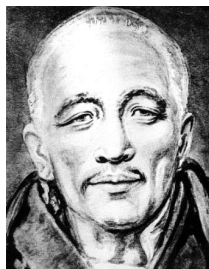
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And here is Djwhal Khul's latest Spirituality Article, information complimentary every Thursday:

(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. We're in quite a state of expansion. We're going to have Mercury going direct although it'll still be muddy pretty much until our next Spirituality Article so really double and triple check the communications, especially on very important things.

The next thing I want to go through is "I am *ALL* that I *am*". Because the expansion is really sort of telling you "I am everywhere. I'm so vast, I'm everywhere, I'm everything, I'm everyone, I am ALL that is." We have such an opportunity to really bask in that realization and to know it in the core of the being.

So practice with "I am ALL that I am" and then feel the expansion into the entire universe like there's no limit. You can't find an outer boundary. You are just going, and going, and going, and your consciousness is interconnected to all of creation. That simple expansion practice and the words, "I am ALL that I am", should be quite useful.

I would also say that vortex motion is one of the things that helps add to that and you just might imagine that your auric field is a vortex. So below the feet, at least the arm span, at least two arm lengths above the top of your head, you want to imagine that you're just inside a very big vortex.

Now it could be moving slowly or it can be spinning more rapidly, you can adjust the speed but you want to keep motion going at all times. So maybe while you're sleeping it's just turning slowly and then when you need a lot of energy during the day, you spin it faster. So play with those two things.

Alright Dear Ones. As always, thank you and my love to you.

Djwhal Khul

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www.TerriNewlon.com

(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. Her 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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