



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

"Golden White Light"

April 23, 2015

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

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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. I want to work with a golden white color invoking the [Gold 12th Ray](#), which is a very high frequency, kind of a Universal Teacher vibration as well as a Universal Christed Healing vibration. So it's very strong for both healing and knowledge.

Then the white color which is a kind of comprehensive or all-inclusive energy and the white is again general healing. And then we want to see the aura filling up with golden white light. Practice some deep breathing, *really* using the fullness of the lungs, as much as you possibly can.

Now if your lungs are compromised in some way, do the best you can with deep breathing and perhaps use mudras or hand positions, such as the thumbs touching the index fingers or the thumbs touching the middle fingers or the thumbs touching the ring fingers and kind of alternate up and down through different positions with the thumb against the first three fingers or maybe all three fingers at the same time and you can really exercise the lung tissue that way.

So this is a time for increasing of white light and gold light. It's a time to put a lot of positive energy into everything. Channel it into the earth and let it reverberate back into your own body. Let it kind of effortlessly overflow from your own consciousness into the environment for example. Let it flow to all of humanity. So golden white light is really, and the full use of the lungs, is really what we're focused on for this week's Spirituality Information.

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

Djwhal Khul

Channeled by Rev. Terri Newlon
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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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