



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

### **“Emotional Turnabout”**

July 16, 2015

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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. Well, we have our kind of wheels in motion here. A kind of turning forward. I’m going to say in general there’s kind of a feeling of covert actions, turmoil, kind of on the inner planes or sort of an emotional rug being pulled out from underneath, so it’s a bit of a bumpy ride and emotions will be riding high in general.

So today I want to talk about how to do an emotional turnaround because staying stuck in *any* emotion is not good. So even being stuck in the state of Joy is not good. You want some fluctuation there. You might go from Joy to slightly frustrated and back to bliss and then to a little bit mad about something and then you're back into serenity and so forth. So you're supposed to at least fluctuate a little bit, sort of like shifting through the gears. You don't stay in one gear cause you can wind it too high and blow the engine, so you want to have a healthy way of turning emotions about, particularly so anger and fear.

So with the fear, what I am going to suggest you do know when you're in it, is feel it. Acknowledge it. Feel it. Think it. Because trying to dodge it will not work and trying to somehow shame yourself for feeling it is not going to work either. Those are not ways to heal it and shift the gear into the next realm.

So go ahead and feel it, acknowledge it, say "Thank you for this. I value it." And then say "I choose Love and right now what I want to feel, what I prefer to feel and what I want to feel is Love." Because that is the opposite of fear.

And then you just send yourself out there. Like okay either a date in the past when you had an overwhelming feeling of love, holding your baby for the first time or, you know, whatever it was, kind of recall that or go into the future with something that is a desired state to achieve. And then let yourself come back about half way between those two states. So you're half way between the Love and the fear. And then let yourself move into the Love again. And each time you try to slide back, you're going to have a harder time getting all the way back to your starting point. In fact you'll get closer and closer to the end of the spectrum of Love.

Now the same is true with anger. And again you can say "I choose Joy". And then find a time when maybe you're giggling, watching the kitten play or you had such an exhilarating moment that you remember really being happy, maybe shouting out some happiness, and then try to pull yourself back into the state of anger and again you're going to get probably about half way, maybe a little more if the anger is really strong and then pull yourself back into Joy. So "I choose Love. I choose Joy." You keep moving into that state and the more that you practice being there, the less you want to be in a state of fear or anger. So emotional turnabout.

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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