



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

"Peace Wrist Pose"

January 28, 2016

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. We're going to begin with the essence of Peace and where to work with it in the physical body.

This is going to be around the wrist energy. So if you go just past the hands to the sides of the wrist, ever so gently touch both sides of the wrist at the same time. I don't want you to necessarily clamp around like a watch or a bracelet might do. Just very gently touch outer edges of the wrist. So the top flat part and the bottom flat part are not being touched. And I would say thumb on one

side and one or two fingers on the other side and just breathe rhythmically a little bit or even if all you have time for is one quick sigh, you know, go ahead and get it out.

But basically you want to do preferably about three breaths until you feel a peaceful serenity come over your body. Then switch to the other wrist and do the same thing and by the third breath you want to see your aura bathed in the vibration of peace.

So particularly important this week, we've got [James Twyman](#) doing his Peace focus and you can look that up on the Internet if you want to and a few other things going on.

So inner peace first and then local peace and then planetary peace.

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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