



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

### "Laughter Healing"

May 26, 2016

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. This week I want to talk about the power of laughter and you can create various levels of healing through laughing or listening to others laugh even. If it is listening to someone else laugh,

like maybe a child is giggling and it makes you smile or it makes you feel good, then you are getting the healing power of someone else's laughter.

If it is a laugh that you find annoying of course then that is what we call Yuk. It's either Yum or Yuk. Yes or No.

So carefully choose what kind of laughter you listen to and be sure to create it from within your own body as much as you possibly can. You literally can have laughter moments where you just decide "Ok, at noon sharp I'm going to laugh for 30 seconds." It is extremely beneficial to the body. If you have people around you or pets or something, you will notice they actually like the energy as well.

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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