



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

“Emotional Mental Balancing Exercise”

January 12, 2017

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

As always the Spirituality Articles are complimentary and they are archived on the website so you can go through as many topics as you would like and our regular Tele-Seminars and VIP program are extremely reasonably priced so please explore the website.

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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 work with violet and blue as colors and I want to reinforce a sense of peaceful power using a blue color. Just sort of misting or sprinkling or a light rain kind of energy of blue. Now blue represents Love, Wisdom, so it’s Second Ray but also is a way of blending the head and the heart with Head, Heart, Love, Wisdom.

Then the violet is a purification. Violet fire can be used to part the veils to view the Truth.

But I want to add another component to this which would be the color green in relationship to Solar Plexus or emotional energies.

So you can mix the three colors: blue, violet, green. Maybe see them swirling in your aura or maybe like puzzle pieces shifting around or sort of blend of colors streaking upwards and downwards through the body. This is all about an emotional mental balancing and it is time to balance both: the emotions and the mind, or the entire mental body with the entire emotional body as Mercury is in Capricorn, the Moon is Full, a lot is going on politically and economically that is sparking things.

So if you would please, just sort of shake your hands out a little bit, kind of a floppy shake of the hands. And then we're going to put the left hand about belly button area, so underneath the Solar Plexus with the palm facing upward. And then we're going to take the right hand, put it almost like you're saluting, so at the very top of the Third Eye area. And then with a few deep breaths, as you breathe you're going to bring your hands together so that they meet in the high Heart or low Throat Chakra area, so just at the top of the torso. And bring the hands into prayer fashion and press slightly. You want your fingers together and you're going to get just a little bit of pressure till you feel a slight snap somewhere in the consciousness that kind of tells you like "Click. It's done." And that is a very simple way to keep sort of balancing out the emotional and mental bodies.

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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