



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

“Heart Chakra Expansion”

March 16, 2017

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

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. Last week we worked with the [Third Eye spinning exercise](#) which is still good to work with. And it's literally just imagining a vortex in front of the Third Eye that is spinning in one direction then it will spontaneously shift to the other direction and just to kind of keep relaxing the Third Eye in that fashion.

And then this week I want to add in also just a lovely Heart Center. So we want to imagine pretty much the entire chest, kind of in a big pink rose and that the rose is just gently spinning. So again that kind of a vortex motion in the heart Chakra at the same time as you have one in the Third Eye, if you can get them to balance. If not, just focus on the Heart Chakra only and really work with a sense of expansion, like the Chakra itself is just getting larger and larger and larger. That would be our goal for this week.

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

Djwhal Khul

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(Spirituality Article, Transcribed by Micheline Ralet)

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.

Terri is a workshop leader, holistic consultant, public speaker, radio and TV guest.

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