



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

"Increase Qi"

October 12, 2017

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

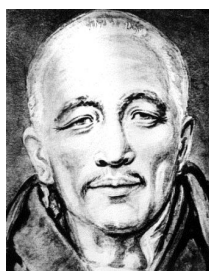
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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. "Tashi Delek" is greeting your High Happy Enlightened Self, it's really, well, like Namaste or any other kind of exalted greeting. You're greeting each other at the highest level possible.

This week we have Friday the 13th which can turn into a very lucky day if you want to work with it.

We also have a very interesting photon presence. Photon, light particles coming from the Pillars of Creation and flooding this area. It's a welcome flood of photonic energy and I want to encourage you to work with increasing Qi.

So increasing your energy inside the body and literally willfully doing that, just saying "I increase my energy now." or "My energy is rising." "Increase Qi." just as a command that you give to the body. Do little things like jogging in place or chair jogging, literally, especially if you have a chair with wheels on it, wheel round in it. Do more movement with the body, any which way you can and I know some of you might be bed ridden at the moment or whatever, you can isometrically move the body and increase the qi. This is also increase the oxygen and several other things.

I think also in terms of supplements, oxygenated water maybe the [Vortex Water](#) and we do have that information on the website if you're not familiar with it. There are drops you can add to water to oxygenate them, there are oxygen makers on the market. You can work with anti-oxidants, particularly proanthrenols, and we do have that on the [website](#) too. There are a few other forms of OPCs on the market if you prefer those.

You also can work with CoQ10 to boost the mitochondria in the cells. Almost all the cells have mitochondria which is your energy maker or your battery pack if you will. So CoQ10 is the anti-oxidant for the mitochondria.

So it's increase Qi and just keep working with it. Even just something like stop and hop three times and then keep walking. Little things as you go, will help. And of course breath always will help increase the qi. So just even three deep breaths or that one that where we do, as you inhale you zip up the front of the torso, and then you exhale the energy down the spine. So from a side view it looks like a paperclip or something and three times doing that all the chakras open and all the Qi increases.

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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