



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

"Clearing the Mind"

November 5, 2009

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

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. We are going to begin with a golden white color coming in through the Crown Chakra. We are going to work with what I call a "Cleansing of the Mind" as a very rapid vortex motion, literally sort of a cleansing of the mind. Now visually when that motion is made it is usually saying

someone is crazy or "I feel a little crazy right now," but energetically it is actually something that clears the mind.

So we are going to just work with the golden white light, making that swirling motion inside the brain. Sort of again a vortex action really, which has a cleansing effect, and as you breathe a little bit, let the energies just keep flowing. You may find the body begins to swing like a pendulum energy for just a little while there, and then at some point it just sort of stops, as though the mind is emptied.

Now one of my other exercises is "empty mind is a full heart". So you literally see the energies of the mind purified and then moving down into that beautiful Heart Chakra, filling up the heart center, and then we'll invoke Love directly into the Heart Chakra. Sort of feel it coming from the Universe directly into the Heart Chakra there. Good.

Now the minds will be very busy and very active because of the various configurations that are going on right now. That is to be expected. You are also going to feel rushed a bit.

I am still giving the tip to clear things out a little bit: clear your resistance, clear your procrastination. That is our last main Tele-seminar, "[Clearing Resistance And Procrastination](#)" for this specific time period especially because things will be speeded up.

So, again, it is clean out the junk drawer or organize your winter shoes. Do something clearing and organizational so that your life is more efficient. That seems to be on a mundane level but it will filter into the spiritual level instantly.

Alright. So clearing the mind. Void mind full heart. Love energy centered in the Heart Chakra.

EnJoy!

As always, thank you and my love to you,

Djwhal Khul

Channeled by Rev. Terri Newlon
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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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