



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

"Clearing Emotions"

February 21, 2013

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

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. This is a very interesting time period where we're going through perhaps an even bumpier ride than what we have been going through in relationship to the emotional body. So I want to talk about some ways to clear the emotional body that are very simple techniques that you can use.

This is also a time to really study what's going on in your emotional field and in your thought field and rather quickly correct any patterns you notice you feel that you don't want to keep doing any more.

But with the emotional field, there will be a tendency to attach to things more, like maybe a religion getting even more engrained about how they should wage war against an opposing, a perceived opposing religion, etc. Or someone getting more righteous in general. If they're just a little bit angry they'll get quite rageful, etc. So the emotional attachment is up kind of strong during this time period.

So a simple way to do it is just as the emotion starts, the moment it begins to well up, just breathe it down the body into the earth. What you're doing symbolically is sending that just sort of straight out of your field into what I would call a recycled energy, so it's neutral energy once it leaves your personal field.

Then if there is something that is kind of ongoing, like maybe you're in a grieving process or worried about finances or timetables, that sort of thing, just keep letting it go even though it's been in there for a while, just keep sending it down.

And then I think to finish we would pull in Divine Love from above so you fill your vessel, basically fill your emotional body, your mental body, your entire consciousness with as much love as possible. Love is the strongest healing vibration.

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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