



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

“ Gratitude Heart and Soul ”

November 25, 2010

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

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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. The process of using thanks and gratitude from the heart and from the soul is one that welcomes it right back to you. So, especially if you are going through any kind of challenges now, I'd say deep, deep grow the gratitude from the heart and from the soul. Radiate it outward. Allow it to fill your being and literally, out loud, give thanks. "I'm thankful for you."

Even if it's someone who has done something irresponsible or caused some harm. "I'm thankful for you because I now know something better." Or "I'm thankful for you because I am able to forgive."

So gratitude from the heart and from the soul as deep as you can reach into it allows more gifting, if you will, of that same sort of energy coming back to you.

Basic Universal law: you get what you give.

Even if the experience is one that may be unpleasant. Just say on a mundane level, maybe you get a flat tire on your vehicle or something, then when you are radiating the gratitude "I'm grateful for this because I know something good is coming of it."

And then suddenly someone shows up to help you and becomes a new friend or you very easily coast into the service station and they fix the tire for \$5. Or whatever it is. And so then maybe you tip them another \$5 because it's holiday time and everyone needs a little extra celebration money.

Whatever it is, when you're radiating that gratitude with all you heart and all your soul good things will come upon you and more importantly you will be sending some very good energy into the world.

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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