



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

### **"White Rain Cleansing"**

May 21, 2008

This is Terri Newlon from Sedona, Arizona, USA. [www.TerriNewlon.com](http://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. We are going to begin with a beautiful white light. Now this one is going to look like white rain coming down and I would encourage you to put your palms toward the sky, leaving the hands very relaxed and palms a bit cupped to the sky, and let yourself feel the little splatters of white rain on the palms of the hands in particular.

White rain is a very cleansing energy. Now sometimes the physical rain, you know, if it's weather in which you can go out and dance in the rain or what not, you will also find this effect that is very cleansing. But specifically for spiritual purposes here, we are using a white rain cleansing. And allow the palms of the hands to be the part of the body that absorbs it the best. Most of you would find it a little bit too intense on the crown chakra. You want to focus on the palms of the hands first and just, sometimes you can even feel a little bit of a prickly or even a tingling sensation in your hands as the white rain bounces off of the fingertips and the palms and what not. Just let that energy flow through the body. It is a very good spiritual cleansing.

Now let's go to the top of the head just a little bit there and see if you like the sensation of the raindrops, you know, sort of bouncing off the top of your head. Maybe at first they are sort of absorbing into your hair or into your hat, if you are wearing one in your visualization here. Just feel the energy begin to work on the crown chakra ever so gently.

Now take a nice deep breath in and allow that white rain to cleanse your lungs. It's as though you can directly inhale it and have it cleanse the lungs. White rain can help with emotional traumas, or emotions held in the body, and sometimes the lungs, because they're so watery, also will hold old emotions. You know when you're a little bit stressed or something, you might not breathe as often as you normally would, or you kind of unconsciously hold your breath a bit when the emotions are intense. So just allow the sensation of white rain come right into the lungs and then you breathe it right back out. Again turn the palms skyward, just kind of focus on white rain dancing on the palms of your fingertips and having tremendous cleansing value on your entire consciousness. Good.

If you want to work with an affirmation, you can just simply say: **"White rain, cleanse me now!"** You can also invoke it into an area, maybe that's a bit polluted or maybe negativity is there. Just bring the white rain in spiritually. Sometimes you will actually see it. If you soften your gaze a little bit, you'll see kind of white drops coming down. They do sort of splatter just like rain does and then they sort of flow from there.

Alright. Enjoy that technique. 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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