



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

"Inner Beauty Gratitude"

September 17, 2009

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

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. We are working today with "Inner Beauty Gratitude" and the vibrational pattern has to do somewhat with the astrology on September 17, 18, 19 and 20, so those are the most potent days. However, as all of my teachings are timeless, it matters not when you receive the message. The material can still be applied.

So "Inner Beauty Gratitude" is about recognizing the inner beauty in all things, and then expressing gratitude for the beautiful aspect.

Now as always, the journey of Creation is a path of enlightenment. It begins with the self and it ends with the self. So go within, recognize your own inner beauty and express gratitude for it.

Now most Lightworkers and World Servers, or any one really focused on self improvement, is generally oriented towards looking at what is wrong, what could be improved, what is broken and needs to be fixed. And again, I am encouraging you in the direction of positive thinking, recognizing the depth of beauty from within your own consciousness and then expressing gratitude for it.

For example, you might say, "I am really good at what I do and I am so *grateful* that I am *perfect* or *beautiful* at what I do," and I prefer a different descriptive word there. Then you can maybe say "I do well as I go to sleep and stay asleep for 8 hours. I am a really good sleeper, and good for me, I am *grateful* that I can sleep so well." Maybe you are an insomniac so what you would do is say "I am so fortunate that I can function as well as I do on a limited number of sleep hours. I am *grateful* that I can do that and it is a *beautiful* thing that I can do that."

When we look outside of self as Creation mirrors back your own internal self, so all others and all parts of Creation are just that mirror-back-at-you of something that is within you. So you might look externally and see in the newspaper there is news of some murder or something. Literally, for the exercise of the internal aspect of self, you would find something beautiful, some inner beauty, about that particular person. Certainly not the murdering act but something about them that is an admirable quality or a state of beauty and then express something about it. And what you are doing is not only coming to peace with the reflective aspect in your own consciousness, you are also allowing that other person a measure of freedom because finally they are being appreciated instead of judged, shunned, etc. So it is a healing modality to practice this with all things in creation.

You know it could be that your septic tank is backed up. Find some inner beauty about that and express gratitude. So anything external reflecting back is a good exercise and again, as always the journey begins and ends with the self.

So my first recommendation is go within and keep finding as many *beautiful* things as you possibly can. Even more powerful is to journal this exercise or at least write a list of all the beautiful things you have recognized about yourself and focus only on those for a while, please, especially those dates that I mentioned earlier.

However I would say, any time that you begin an exercise like this, the longer you can practice it the better. You can do it three days in a row, it is a major transformation.

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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