



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

“Can We Change Reality?”

April 14, 2011

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

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(Channeling begins)



Djwhal Khul here. Tashi Delek. A very warm Tibetan welcome to you.

Our topic for this Spirituality Article is "Can We Change Reality?," and there are a variety of belief systems in play and some people are kind of good at making their own choices and leading their lives in a certain way. Other people feel subjected to reality, they then have to deal with it.

We did a Spirituality Article on "[Victim Consciousness](#)" which is really how to get out of it. What it is, how it plays out and how not to be in that. So you might look up "Victim Consciousness" if you want to know more about that.

Spiritually speaking, when we look at reality, we see that it plays out in a sequence. So in other words, if you are being a little careless with your driving and then you get in an accident, then you've got insurance claims and then you've got repairs and then you've got alternate transportation and so on and so forth.

So once the ball is rolling in a certain direction, you do have a reality of dealing with the sequential play out there. On the other hand, if you are getting in your vehicle and you're saying "I choose safety" and then you're being very alert at what's going on and paying attention to the driving and not distractions, and then reaffirming from time to time "I choose safety," then what you're doing is shaping your reality in that direction.

Now I want to talk about messy Creation because some people just, you know their lives are kind of one snow ball mess after another after another. You can make a choice to start creating differently. In other words, stop, short stop that kind of downhill motion by thinking positive thoughts. Choosing the more positive reality and that sort of thing.

Having said that, when we look at the popular statement in spiritual circles of "You choose your own reality" there's also a group consciousness reality playing out that deals with what goes on in the neighborhood or in the family unit. What goes on within a state or country. What goes on between various religions, etc.

So when we are looking at group reality, or such as "there was just a devastating earthquake and now here we are in this reality. How do we get out of this reality?" You can be inventive and what not.

Most of all though it's embracing reality and then making the best of it. "Given what I've got, what can I do to make the best of this reality?" So that brings us into an internal attitude of staying as positive as possible. Not going into "Woe is me" victim consciousness but "OK I've been dealt another interesting hand. How can I make the best of it?" "What is the best focus here or how could I work my way through this reality to create a better outcome." And even if it's the lesson learned that you just don't want to ever do that again, then of course, it is a valuable lesson.

So I would encourage you to make clear choices as you are speaking your own Self, your own Higher Self, your Own Inner Self. "I choose safety." "I choose grace and ease." "I choose strength and courage." "I choose feeling loved." "I choose being loving."

Work with the reality that you do want and you can create quite a lot.

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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