



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

"Present Here Now"

July 25, 2013

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

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. Our topic for this week which is really the rest of this life technically would be "Present Moment Now."

Essentially what is going on in Creation is kind of creating various scenarios that make it impossible to live in the future or live in the past. At least not with comfort anyway.

So it's about really disciplining yourself to come to the present moment, be right here, right now. And then that is where one can experience things like bliss, nirvana, or the absence of a state of pain consciousness or the dissolving of the pain body coming to the present moment.

The pressure cooker, if you will, kind of coming from the Universe is really forcing that to happen. It's happening in relationships, health issues, money issues, everything really kind of straight across the board. So your practice is "Present, Here, Now" as much as you possibly can.

I might expand more upon this, though I talk about it quite frequently in the teachings and you can certainly look up other teachings on being present in the moment and get ideas of what it looks like and what it doesn't look like. But I would say go a little deeper so that you've got a better understanding within yourself on how to practice this.

Alright Dear Ones. As always, thank you and my love to you.

Djwhal Khul

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www.TerriNewlon.com

(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.

Terri Newlon, Inc. PO Box 161, Patagonia, AZ 85624