



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

“Third Eye Spinning Exercise”

March 9, 2017

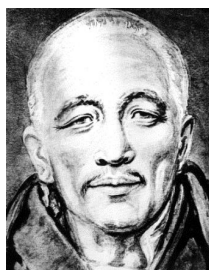
This is Rev. Terri Newlon of www.TerriNewlon.com

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. This week we have a Full Moon coming. We have a lot of heightened emotions; more likely to have communications based with fear or anger or even confusion.

So I want to work with the sense of spinning. So as a visual meditation, it would be that there is a vortex in front of your Third Eye, or your face, and the vortex that spins in one direction then it stops then it spins in the other direction and if you can just sort of tune into that you'll be getting a little more balance from the Universe in dealing with the local chaos.

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

Djwhal Khul

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(Spirituality Article, Transcribed by Micheline Ralet)

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 is a workshop leader, holistic consultant, public speaker, radio and TV guest.

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