



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

### **“Cocoon of Light”**

April 24, 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.

All right. We are going to begin with a golden white light, spiraling around the body, wrapping the body in ribbons of that golden white light. We want that flowing around the body quite nicely. You might even begin to feel a little bit of movement in the aura, around the body. It also has kind of a lovely cocooning effect and that is precisely what we’re doing - creating a cocoon of light that is protective at the physical, emotional, mental and spiritual levels of your consciousness.

Now the cocoon needs to be alive or in motion to be effective. Just like stagnant chi indicates illness; light is the same way. Light that is standing still generally means there is something wrong. So continue to focus this golden white light in ribbons of energy just spiraling around your body and if there is a specific issue, say a knee injury or something like that, you can add a little extra wrap of that golden white light around that particular area. If you are prone to headaches, make the cocooning effect a little bit stronger around the head. If you have a heart condition, you want those ribbons of light a little bit wider or more protective around the chest area and of course the back as well. So keep working with your cocoon of light. And several times a day go inward for a moment, just sort of close the eyes and feel that cocoon movement.

Now the other thing that I would say to add in with this is a request of your own Higher Self, frequently, several times a day. *“Higher Self guide me. Higher Self guide me.”* Not just affirming that your Higher Self does guide you. You want to actually make it a request.

*"Higher Self guide me."*

Now just staying in tune with the Higher Self alone is going to be very valuable so if you only do one of those two things I would play with the words: *"Higher Self guide me."* And you know you can put it on your telephone, put it on your screensavers, tack it up on your refrigerator, maybe just tape a little note on the dash of your car, or write it in the front of your journal, whatever you want to do to keep reminding yourself of that particular message, because you want to be particularly in tune with that Higher Self now. Especially as other members of Humanity are tapping into the fear mode or in general feeling maybe lost, not connected to spirit. So that affirmation, that connection, also serves as a working example for those around you.

Alright everyone, this has been the Spirituality Article Information for this particular week. As always I'll deliver a new message again next week. Thank you and my love to you.

Djwhal Khul

Channeled by Rev. Terri Newlon  
[www.TerriNewlon.com](http://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 is a workshop leader, holistic consultant, public speaker, radio and TV guest.

Terri Newlon Holistic Consulting Co, LLC PO Box 10576 Sedona, AZ USA 86339