



Djwhal Khul Weekly Spirituality Article  
(Complimentary)

July 5<sup>th</sup>, 2007

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And here is Djwhal Khul's latest weekly spirituality article:

**“Declare Freedom and Experience Divinity”**

Djwhal Khul here. Tashi Delek.

All right. We are going to work please with the vibration of Freedom ringing. Literally a bell ringing. In Tibet of course we go sometimes around the prayer wheels spinning but there is also a bell that we ring that helps break up the negativity and is also meant to allow Freedom to ring. Now that symbology is carried over into many other cultures and the ringing sensation in the body is a reverberation. You can achieve the same thing with a tuning fork and what not.

And as we spoke about in the Wednesday Tele-Class on the 4<sup>th</sup> of July about Freedom and Divinity being interconnected and the degree to which you can experience Freedom internally and externally corresponds to the degree of Divinity that you experience within the self. So we want simply to create this ringing, as if you are the bell ringing for Freedom. And just feel; at some point you will feel that motion, that energy.

So it is an experiential exercise like all of my teachings truly are. Just get into that vibration there. You may find the body rocking forward and backward, ringing for Freedom. Now within yourself you are also saying,

“Free me of my own constraints. Free my *mind*. Free my *emotions*. Free my *body*. Free my *consciousness*.”

The willingness to *feel* free is very very important.

All right breathe as you let this Freedom ring. Breathe and rock a little bit and really get into the flow here. And now we are going to let it come in a circular motion in the body to let it come to its resting pose. Like the bell stopped ringing but it's still kind of buzzing a little bit and the vibrations toning down, and toning down and toning down.

“I declare Freedom.”

Now that is a very simple statement but it will have quite a potency when you use it.

“I declare Freedom”.

Again if you want more specific exercises and pattern removals on Freedom and Divinity, those would be in the full transcript or the audio teaching on July 4<sup>th</sup> – “Freedom and Divinity” is the title there. We will keep working with the energies here to become a bit more refined with the:

“I declare Freedom”.

First that will be an internal process. What will begin to flush out of the consciousness is all of the areas in which you really still perceive yourself to be restrained for one reason or another. It might be financial constraint, it might time constraint, it might be obligations, you know, “I can't take a walk right now because I have to feed the baby.” All these little ways in which we undeclare our Freedom; what we are doing now is just declaring Freedom and then that same scenario would look like:

“I am free to take a walk and I am going to feed the baby first.”

So it's sometimes just a subtle switch in which your reality is perceived, that can create Freedom or lack of Freedom.

And to desire, to experience Divinity, to the fullest degree possible. That would be the other underlying component. Declare Freedom and experience Divinity.

“I declare Freedom. I experience Divinity.”

Keep playing with those two thought forms and see how much fun you can have with that and then also just, from time to time, being the bell that rings for Freedom. Let your body, your vehicle, take on that particular task.

All right. Thank you and my love to you. This has been your weekly spirituality article.

*Djwhal Khul*

Channeled by Rev. Terri Newlon

(Spirituality Article, Transcribed by Micheline Ralet)

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