



Djwhal Khul Spirituality Article
Channeled by Rev. Terri Newlon
(Complimentary every week)

"Calming the Solar Plexus"

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And here is Djwhal Khul's latest Spirituality Article:

(Channeling begins)

Djwhal Khul here. Tashi Delek.

Alright. We are going to work with some energies today that are calming to the Solar Plexus. So calming the energy of the emotional body and specifically the emotional center called the Solar Plexus. For those of you that are unfamiliar with that, that would be exactly where the stomach muscle is, which would be just above the belly button and just below the breast bone. So we are working with the Solar Plexus chakra in ways in which you can calm the Solar Plexus. We are going to work first with a beautiful sunshine yellow, so a very soft kind of glowing sunshine yellow, as though the sun *is* right there in the Solar Plexus. And sort of breathe in and out a little bit. Let that part of the body extend as you are breathing, so you are really using the Solar Plexus.

Now another technique that helps to allow the breath to move better in that area is to connect the thumb to the ring finger, so the tip of the thumb to the tip of the ring finger, both hands, and as you breathe in you should feel the lower part of the lungs expanding and just go ahead and allow two or three breaths there. Really feel the lower part of the lungs and if there is ever a breathing difficulty like bronchitis or asthma or something, try this because oftentimes it is exercising the lower lobe of the lung. And so if the irritant is in the bronchi this is a good exercise. Now let's, just so you can feel the difference, move the thumb to the middle finger again on both hands, ever so lightly, you are not clenching, you want just a very nice resting pose there and as you breathe in, this should exercise the middle part of the lung. Now just do a breath or two in that position,

feel the difference. And now we move the tip of the thumb to the tip of the index finger, both hands your pointer finger, and as you breathe in that should be stretching the upper part of the lung. Now if you typically have congestion in this area or tightening in that area, you may to several times a day, just work on this finger position until you get that part of the body more exercised.

Now in rare occasions, some people are reversed. In other words, the order that I started in, the lower, middle, upper, might be reversed on you so when you connect your thumb to your ring finger it might stimulate your bronchi, if you are reversed, just reverse it, do it in a way that feels good to you. But you start with the lower, then middle, then upper lung.

Now we are going to take the thumb and connect to all three of those fingers so the only thing that is omitted is the little finger, and just breathe. This will get the heart chakra and the solar plexus activated. Just nice deep breaths, or nice casual breathing. You are not working at it you, you are doing something that sort of feels good, like you are letting go of some excess tension, etc.

And now, this final part of the exercise is something you can actually do when you fall asleep at night or you can do it any time when there is a lot of emotion coming up. Just sort of shake out your hands, just a floppy shake on the hands, or you can brush them together, sort of whisk the hands together and place the right palm just below the belly button. So the right hand, relaxed, is on the Second Chakra, just below the belly button, kind of over the colon, the lower intestine area, and then the left hand is placed on, the palm on, the Solar Plexus, just above the belly button. Depending on your body that might be a two inch gap between your hands and as you just relax and breathe, what is going to happen is energy will channel from your second chakra up to the third chakra, or the Solar Plexus, and then it will come out into that left hand. You just want to breathe and relax, sometimes lying down is good.

If you are lying down, please do not cross your legs. The same with sitting because then you are interrupting your circuits. So best to never cross the legs, it is crossed wires in an electrical system. It shorts out some of the chakras. It is not healthy, it is especially damaging from the waist down. Energetically, it usually makes you feel relaxed because it is tiring you because the chakra lights get dim.

So here we are, right hand on the second chakra, left hand on the third, and sometimes you know you'll find yourself sort of maybe getting even a little teary or huh, huh, huffing to get out some stress, tension, anger, fear, any emotional storage in this third chakra will come out quite naturally when you do this. Now this is excellent maintenance, on a nightly basis as you are falling asleep to just put your hands in this position at least for five minutes and let the energies channel out and that that way you are not storing the little things here and there throughout the day that snowball later.

All right everyone. This has been your spirituality article for this week. I hope that has been helpful and that you can share this information with others when it seems appropriate. As always, thank you and my love to you.

Djwhal Khul

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(Spirituality Article, Transcribed by Micheline Ralet)

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