



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

“Mindfulness”

May 8, 2008

This is Terri Newlon from Sedona, Arizona, USA. 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.

Alright. Today’s topic for this week is a practice called “Mindfulness”. The key to being mindful is to focus the attention of the mind into the present moment. So if presently you are listening to this message, you focus your mind entirely into the message.

Mindfulness then, would be the practice of ignoring any other distractions that might come in while you are paying attention, either listening to or reading this particular message. If you were to practice mindfulness while you are falling asleep, you would fall asleep much faster. If you were to practice mindfulness maybe while doing something that is pleasurable to you, you will find much more pleasure in it. Practicing mindfulness while smelling a cup of tea, you will find that you probably love the aroma and when you taste it, it will taste differently than the aroma that you were loving. The same is true of food.

So when we are mindful and we focus our attention into one activity, it changes the experience. Sometimes you can use this say for an addiction. Maybe you really like your beer or something and you think about the beer and something begins to transform. There is a physical reaction. Your stress hormones begin to change; a variety of things happen.

Well, just focus your mindfulness 100%. It might be ice cream you are craving, whatever it is, and then go ahead and feel it, smell it, focus your mind entirely on it, not the result that you are expecting like "I'll feel relaxed" or "I'll feel comforted" or "I'll be distracted from my real emotions". Whatever else is going on.

Be mindful 100% with that item of your addiction. It may be drugs, sex, food, alcohol, whatever it is and stay with it and you will find that because you are mindfully attentive, it is not producing the normal side effect that you are used to. Oftentimes substituting with something very simple like taking some trace colloidal minerals, take a mineral supplement, and maybe a little Vitamin C or Ester C with it and maybe some MSM. Take that instead and some water and wait. And then if it comes back again, focus mindfulness into that whatever it is and see if anything has changed.

All right dear ones. That has been your Spirituality Article, information for this particular week. As always we appreciate very much that you help spread the information. It is complementary. Thank you and my love to you.

Djwhal Khul

Channeled by Rev. Terri Newlon
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 Holistic Consulting Co, LLC PO Box 10576 Sedona, AZ USA 86339