



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

"Thanking All Of Creation"

November 26, 2009

This is Rev. Terri Newlon of 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 we are focusing on "Thanks to All of Creation".

Now the starting point is right within the self and your creation and then you work up to the glorious All of Creation.

So within the self, let's take, right off the bat, perhaps the thing you're the *least* proud of and thank yourself for *that glorious* creation. It is very, very important to sincerely mean it. So maybe you've got a health ailment or a bank account problem, or whatever it is, thank yourself *sincerely* for that *glorious* creation.

Then we proceed with some things that you *are* quite proud of, maybe your children, your pets, the place you live in. Thank yourself again for that *glorious* creation.

Then I would go toward food, open the refrigerator, open the cupboard, or perhaps over a meal if you are dining out, thank *All* of the glorious Creation that is manifest in the form of food. And then water. Keep "Thank You! Thank You! Thank You!" as much as you possibly can. I would consider this the exercise, the Spiritual exercise, for this week. As much "Thank You! Thank You! *Thank You!*" as you possibly can for everything!

Now the word gratitude is also sometimes appropriate in certain circles. "I am grateful for... I am so grateful that I have or I am so *thankful* that I have food to eat or water to drink or clothes to wear". Now go to the basics.

Now then, we expand out to the *glorious* Creation. This one I would see through the eyes of Nature looking at how *beautiful* a tree can be, or how *beautiful* a blade of grass or a snowflake or how *beautiful* the sunset might be, or the sunrise, and then how *beautiful* the planet or how *beautiful* the sun can be and then just keep expanding out.

Go to a deep meditative state for this one. It is a perfect exercise when you are falling asleep. You really want to see almost that God's Creation is a Universe in a test tube, if you will. And then you want to see all of the other test tubes in the laboratory of Creation.

It's an exercise we often give for psychic children in training to understand how they live in a microcosm and a macrocosm at the same time. So if you work with imagining that here is God's laboratory and he has got all of these test tubes and here is the one that is your particular universe and then you can go exploring, delving, into all of the other aspects of Creation.

So *thankful*. "Thank You! Thank You! Thank You!" So *thankful* for all of the aspects of Creation.

As always, I do *thank you* for your earnest efforts at self-improvement in the co-creative process in creating a better existence and I send my love to you,

Djwhal Khul

Channeled by Rev. Terri Newlon
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(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.

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