



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

### “ Tapping for Lightworkers ”

August 16, 2012

This is Rev. Terri Newlon of [www.TerriNewlon.com](http://www.TerriNewlon.com)

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

This is a very potent time period, especially so this week. We see a lot of accelerated anger coming out of fear and I am going to suggest tapping points.

Plenty of [YouTube videos](#) and such that you can go and find either “TFT” for “Thought Field Therapy” or “EFT” for “Emotional Freedom Technique”. You might even just type in “faster tapping” or “faster EFT” and find a few that you relate to.

I am going to encourage you to tap on behalf of humanity, to tap out trauma, and fear and anger. Again, very good *YouTube* examples of how to tap out trauma, etc. So play with the tapping.

I would add a couple of points for lightworkers, that I think are rather important. One would be the very top of the head and lightworkers yours are quite sensitive so be very, very light, you know like barely touching it or almost touching it. Maybe three or four taps at the most.

The next point is at the base of the skull. The base of the skull really either side of the spine so there are two tapping points but you could just use your whole hand, kind of like you are burping a baby, and pat gently. Some of you can take that point a little bit more vigorously.

Those are the two energy points that are survival points for the body. You want those staying open all the time. And then, the last tapping points would be on the sides of the hips, so it's really where the top of the leg meets the torso, on the outer edge of the body. And again you can use your whole hand and just sort of pat, like you're burping a baby, on both hips. That is to keep your own energy moving forward on the physical plane.

Alright. So avoid watching heated arguments, heated political ads, things of that nature. And just kind of remove yourself from that and avoid hot headed people in general.

Tap out the trauma, then tap out anger, or fear and go back and tap out the trauma again. I think that is going to be very effective to do so on behalf of humanity.

You can also do it by region say where there is a volcano, or an earthquake, etc.

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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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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