



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

### **“Clearing Old Memories”**

February 27, 2014

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

And just a note that this is based around Mercury going direct on Friday February 28, then we have Mars going retrograde Saturday March 1<sup>st</sup> and Saturn going retrograde on Sunday March 2<sup>nd</sup>. So this is a pretty potent week.

You can also listen to the following message, and all subsequent messages which change every Thursday. The latest message is available 24/7 by telephone or computer at:

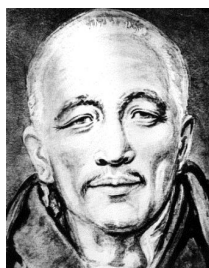
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And here is Djwhal Khul’s latest Spirituality Article, information complimentary every Thursday:

(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. One of the things that I keep talking about lately is not to let negative thoughts or angry thoughts or anything like that just keep looping or rerunning. And because of the Heavenly configurations, a lot of solar flares and some other big things coming up including the Uranus and Pluto squaring which is really, in terms of history repeating itself. Sort of like the great depression

trying to surface again and again and we'll have another one of those squares coming up in the 2014 Second Quarter Forecast. I'll go into those details cause that is really when that sort of lands along with a few other things that make it challenging and interesting.

So clearing your belief system on an ongoing basis is important. Not indulging in negative thinking. As soon as you've gone to there, just say "Stop. I refuse to play. That is not how I want to think. That is not how I want to live. It's not how I want to be or who I really am."

So then just kind of deliberately replace it with a positive thought, even better, a thought with an emotion with an action. So all three things together. Happy thought, a feeling of maybe excitement or joy and then with an action like grooming the dog or grooming a house plant, or maybe grooming yourself, combing your own hair, whatever. So it's going to be thought emotion, action. Those three things together will keep kind of pulling you out of tailspins that are likely during this time period.

Now, I want to do a little pendulum work, which we don't normally do visually. We do that on the [World Servers Broadcast](#) in a few other ways but basically what I have here is a pendulum and I'm going to do a very specific cleansing to clear old memories.

And I want to clarify that because what happens is that, how do I want to say it, the cellular structure is a lot like a computer chip and it stores the emotion which can be erased through different healing techniques. Then it also stores a photograph, a picture, the images are actually stronger than the negative emotion.

So this, what I am doing right now with the pendulum is to clear old memories. So cellular consciousness can be deprogrammed, reprogrammed, and you can actually even repurpose this yourself and I do invite you to read one of [Bruce Lipton's books](#) about The Biology Of Beliefs and what not.

So for example you can talk to your body and tell it to take that cancer cell and turn it into a healthy brain cell or part of my healthy heart muscle or maybe lean body mass or even better bones, stronger teeth. The cells are interchangeable when you really get down to the level of consciousness. So this is taking a while. I'm letting you see what the pendulum is doing there. We're waiting for it to come to a stop and then what we've done is taken the snapshot or the images stored at the cellular memory level and just cleared them. There they go. (Exhale).

Now just sort of breathe that out and we're going to go back to neutral. That's where we're at with the pendulum now. Good.

So you can just watch that over and over or if you're listening on the telephone or the audio, you don't have to see the pendulum moving, the energy work is encoded into just listening or even reading the transcript so you'll get it over and over.

Now let's put a really lovely image back in. I want to replace it. The Universe abhors a void so whenever there is a void, the Universe fills it with the next energy available. So we want an image of you smiling and beaming with happiness, or just so filled with Divine Love that you're content. Pick something that is really pleasant to you. It could be that you're so comfortable financially that there are no concerns about the future, you are just comfortable and happy and secure. Images. Just keep going with a snapshot. You can do snapshots of the Earth, like happy planet, people getting along peacefully, everyone getting along. Everyone is nourished properly. That sort of thing.

Alright this was a longer than normal Spirituality Article however I feel the times are warranting a few reminders and a little more energetic support.

As always, thank you and 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.

Terri Newlon, Inc. HC2 Box 20, Nogales, AZ 85621