



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

### **“The Power Of Pause”**

February 12, 2015

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

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:

Recorded Dial-In: **1.916.233.0663**

I know Mercury went retrograde however I could not get on the telephone recording that we have to change the message so probably the old one will stay on there for another week.

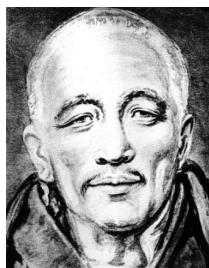
Refresh Browser for latest version: <http://www.audioacrobat.com/play/WC4rwp5k>

Watch the video on <http://terrnewlon.com/articles.php> or [www.YouTube.com](http://www.YouTube.com)

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

[We have Valentine’s Day and President’s Day in the USA, fat Tuesday, Ash Wednesday and Chinese New Year all in this one week so it’s going to be interesting.](#)

(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. Well this week I want to talk about the power of pause. And I don't mean cat paws or dog paws, I mean pressing the "pause" button essentially before you deal with things.

In the stillpoint of a pause, you can sort of allow for some processing and some energies to collect and then in that pause moment I strongly suggest asking yourself "How would I like to hear this?".

So let's say someone maybe says something off color to you and then wait and give it a second, maybe two seconds, about a second and a half is about what's really enough for shifting into a more spiritual response and then at the same time thinking "How would I like to hear it?".

If I'm having a bad day and I said something would I want someone snapping back at me. That sort of thing. So do your best to use the "pause" button.

Sometimes it can be a much longer pause of course if you need that time to collect yourself but do keep in mind that the energies are very volatile right now and what you put forth is what you're going to get back. So move with as much enlightenment as possible.

Alright. As always, thank you and my love to you.

Djwhal Khul

Channeled by Rev. Terri Newlon  
[www.TerriNewlon.com](http://www.TerriNewlon.com)

(Spirituality Article, Transcribed by Micheline Ralet)

[Training for Modern Mystics](#)  
[Channeled Teachings for Everyday Spirituality](#)

© 2015 All Rights Reserved – Terri Newlon Inc.

Join our e-newsletter and get complimentary Spirituality Articles information every week.

Continuously Upgraded custom designed long distance ethers broadcast for anyone seeking Spiritual Enlightenment. Great for World Servers. Economically priced.

[http://terrionewlon.com/events\\_sessions.php](http://terrionewlon.com/events_sessions.php)

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