



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

### **"State of the Galaxy"**

May 13, 2010

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: **1.916.233.0630, Box 163**

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

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

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

(Channeling begins)



Djwhal Khul here. Tashi Delek.

Now the "State of the Galaxy" is my topic today and it affects very much health conditions within people, animals, plants and of course the environment, or the Earth, as a Being, the solar energies, what is going on in your Solar System and what's going on in the Galaxy. So the State of the Galaxy.

As we are coming towards the end of the Mayan Calendar, is, really I want to say, a bit of a bumpy ride. Vibrationally, we are going to see a lot of changes. You'll see more things like volcanoes, hurricanes, and a lot of things that have been prophesied. It is not the end of the Planet, nor is it the end of the Solar System, but there is certainly something very cosmic going on. And you will see evidence of that in Saturn, Jupiter, Venus, Mars, *Earth* in particular.

Now if you follow Astronomy at all, you know you have got some planets retrograde sometimes and so forth. Pluto in particular. Pluto in Capricorn is the one to watch for and to look at what else is happening in relationship to Pluto.

Now on the physical forefront, health is being affected strongly by these changes because it changes the magnetic energies in the body, it changes the electro-magnetic energy field. It changes the relationship of gravitational pull between your body and the Earth's core and the Sun's core. And the North Pole and South Pole movement, or the axis of the Earth, corresponds to your chakra column and it is tipping a bit. So everything is in a state of flux.

What we will be seeing on the physical plane of consciousness are many more blood irregularities. It is good to keep the blood a little bit thin right now. Natural ways to do that are Vitamin C, ginkgo biloba. Other ways that just thin the blood a little bit are proanthocyanidins or something called Grapeseed Extract is another one. You can research those easily online, and certainly don't mix them with prescription blood thinners. Of course not.

Red wine actually is on the list if your body tolerates it, a little bit daily, a glass, 4 to 5 ounces daily. Then the other thing we are seeing is a really increased spike in cancer, particularly serious cancers, not visible and then suddenly they are very serious. Or recurring cancers; had it, got treated and it came back, got treated, it came back. So we are seeing those.

Also seeing things that affect the Solar Plexus, so stomach disorders, sometimes liver, gall bladder, congestion stones in the gall bladder. Now those can be worked with herbally, Oriental Medicine or there is a product called Stone Free, a herbal blend, and then there are more three-day gall bladder flushes and things. Those are a bit hard on the body. Don't do it unless you are maybe trying to avoid a surgery or something, or an option to surgery. The pancreas is also affected. I am even seeing changes in bone marrow, red blood cell production, that sort of thing.

This is a very important time to strengthen your immune system. Think in terms of Amazonian herbs, maybe some Cat's Clay, maybe also probiotics for any bacteria that you put in your gut, not just acidophilus or yogurt but a good blend of prebiotics or probiotics.

Then look in terms of things that remove toxins, charcoal nullifying toxins, chemicals and things that you take on from everyday life or the toxic output of say a virus, bacteria, fungus or parasite. Then look in terms of [colloidal silver](#). I am a very big fan of colloidal silver because it kills all of those four things: viruses - all kinds; bacteria - all kinds, parasites - all kinds and fungus - all kinds, naturally, without side effects. Take proper doses, etc. and again you can research that on line.

Anything you research anywhere you are going to hear pros and cons, so use your own sense of Truth filtering, your own sense of "that feels right". Or ask around people you know who have tried it, not just people who don't believe in it.

Then of course, Vitamin C, the mineral MSM quite crucial. Your body, very protein-based, needs MSM in order to continue its protein functions. It forms a chain link, each chain link is protein, MSM or Sulphur, protein, MSM, protein. So a break in the chain breaks down protein functions in the body.

Keep MSM in your system. I can see in your system most certainly trace minerals, you probably need extra of those. Maybe make sure you are getting a good spectrum of B vitamins. Really support your body through this big process here.

Now it is true that many will be leaving the planet, transitioning into the afterlife, some reincarnating rather quickly, others going different places. This is not something to be alarmed about. I am just urging you to be consciously aware of how you can support yourself if you *do* intend to live through maybe the next decade or even two or longer. So special care is required.

The Galaxy is in a state of flux. Your body, just like every other part of nature, has to respond to it. And spiritual retreats, an hour of silence just walking around your own home even, more meditation, a little extra sleep so that the body has more time to repair itself and of course stay hydrated: water, water, water.

Alright. I hope this information was helpful to you. 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](#)

© 2010 All Rights Reserved – Terri Newlon Inc.

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

[NEW custom designed long distance ethers broadcast for anyone seeking Spiritual Enlightenment. Great for World Servers. Economically priced. \[http://terrinelon.com/events\\\_sessions.htm\]\(http://terrinelon.com/events\_sessions.htm\)](#)

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. PO Box 161, Patagonia, AZ 85624