



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

“ Fall Equinox Brain Balance ”

September 22, 2011

This is Rev. Terri Newlon of 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](tel:19162330630), Box 163

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Watch the video on <http://terrinelon.com/articles.htm> or www.YouTube.com

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

(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. Equinox is always a time when brain chemistry makes a shift, does so because of nature, what's going on with the natural calendar. It's a time when many will have some trouble with the

brain chemistry, either the sleep patterns are off or the biorhythms are a bit strange. If there is a more serious brain imbalance, it can become quite difficult to be stable.

This is a time, of course, to watch your loved ones, especially those you think might do something with weapons of some sort, to harm themselves or to harm others.

And then in terms of balancing the brain, some of the very simple things you can do are move the eyes in different directions, move the eyes back and forth, side to side, up and down, so you're making kind of a plus sign basically with your eye balls, and then roll the eyes in circles, first in one direction, then the other direction.

If you find that your eyes don't want to make quite a complete circle, they want to go a little bit kind of cut across an edge rather than go in a perfect circle, that indicates an area to keep working on until you can get the eyes to roll.

I'm also fond of some of the audios that you can download and listen with headphones right away and those are at www.brainsync.com. They're from Kelly Howell. And there are several there that I think will help and you can work with any of the levels of the brain waves.

You can work with gamma, beta, alpha, theta and delta brainwaves, depending upon what is needed most for you. So take a little time to check out that site and perhaps get yourself something that will help with the balancing.

In the meantime, eye movement is very appropriate. If you can't sleep, read or meditate.

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.

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