



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

“Third Eye Travel”

March 23, 2017

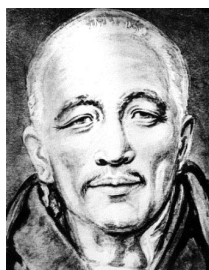
This is Rev. Terri Newlon of www.TerriNewlon.com

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. I want to talk about Third Eye Travel because there is a lot more of it naturally happening, and there are some benefits, there are some side effects and I just wanted to discuss that a little bit.

One is that the physical eyes may get a little bit more fatigued or sometimes a little cloudy or scratchy temporarily. There may be a need to get a little extra sleep to make up for all of the activity on the inner planes while the body is at rest.

And certainly it does consume a lot of water in the body so dehydration is more common and one should watch hydration levels and electrolyte levels specifically and also perhaps micro-minerals in the body. So not the macro ones such as calcium, magnesium, potassium, and MSM but rather the

micro-minerals or the nutrients you generally absorb through foods. So look towards trace minerals as a supplement to help support the process.

Essentially you want to work with Ascended Masters and other high being teachers to instruct you on the inner planes and you are most certainly welcome to call upon me if you like and we did a more extensive training on it for the "[Spring Equinox 2017 - Flying Forward](#)", if you want to go more in-depth there.

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

Djwhal Khul

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(Spirituality Article, Transcribed by Micheline Ralet)

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 is a workshop leader, holistic consultant, public speaker, radio and TV guest.

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