



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

"Solar Plexus Calm"

September 13, 2018

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

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. I want to just do a little Solar Plexus calming. We have a lot of kind of planetary configurations, some of them causing some headaches, or dehydration, hormone imbalances due to activity in the gland centers in the head, and eyesight issues and so forth. And then there is another set of energies affecting the Solar Plexus sort of flip flopping in the stomach, or bloating after eating, not feeling emotionally certain about something.

So this one, I think, I'll do some calming for the Solar Plexus and the emotional center and then also encourage hydration, electrolytes, coconut water, minerals, especially trace minerals, even whole sea salt, you know put a big chunk under your tongue or something to get the minerals and the electrolytes. Pay attention, a little closer attention to the body.

We've got a hurricane Florence coming. Some other things in the sky that are mostly solar related. Let me see what else we've got coming up here. Well, and just in general, the need for a little bit more protection. Use your affirmations like "I choose protection" "I choose wellness" "I choose safety" and keep working with those please.

Alright, so for a color. You want to focus on a color. I'm going to say either pale blue or pale yellow. So you want to go kind of with a pastel, solid color, nice and clear. And just sort of see it all across the stomach region. You can even expand it, it can go up into the chest and pretty much take up the whole torso even, or down past the belly button. Pale clear yellow or pale clear blue.

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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