



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

"Peptide Pep Talk"

September 11, 2008

This is Terri Newlon from Sedona, Arizona, USA. www.TerriNewlon.com

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

(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. A very warm Tibetan greeting. Tashi Delek means happy auspicious you, that I am seeing you in your spirit form, perfect and complete as is. It is equivalent to Namaste, which many are familiar with. It's a Hindu greeting and has also some other, in other cultures and what not, the greeting is different but basically it is greeting the Holy Spirit as Holy Spirit.

Alright. Our topic today is "Peptide Pep Talk" And since we are in a time that is retribution or karmic retribution, in other words, previous deeds coming back upon one, we would look at that as most experiences that you have had in any given lifetime and certainly in the collection of your lifetimes, have probably been in the painful, angry or just very unevolved. So this is a time of karmic retribution with Pluto going direct. And Pluto, well the current Moon influences are one factor, and there are some other important anniversary dates and a few other configurations astronomically that are impacting things and more than I want to go into detail at the moment. But basically the karmic retribution is upon Humanity.

So, we want to go at the cellular structure, really sub cellular. We want to look at hormone receptor sites, a few other things that are happening in the body and we see by far, many of Humanity that would say that their Peptides are conditioned for stress, anxiety, stress, pressure, and a lot of adrenaline. It's really sort of killing the rest of the endocrine system. It really creates quite an imbalance but also then throws off of course all the hormones. Then a little excitement begets more excitement and pretty soon you need caffeine, energy drinks or drama to feed the sensors in the body.

So what we want to work with today is a Peptide Pep Talk that is conditioning the Peptides energetically to respond to something else, such as calm, grace, ease, the light of the Soul, the wisdom of the Universe, and the Joy of Creation without the stress of it. So I am going to work directly with Peptides. Some of you know anatomically what I am talking about. Others can look up the word Peptide and work with the energy of it.

I want to give you all just a brief hint which is one way of working with this on a daily basis. For some of you it will be a very good habit for the rest of this incarnation. And it is based on the old saying "An apple a day will keep the doctor away". And I would like you to find your favorite apple, or maybe a variety that you switch with seasonally. It does have to be a fresh apple, not apple juice, or concentrate, and pray into the apple, so you can do a Peptide Pep Talk into the apple and then eat the apple. Once a day, probably for most of you it is going to be a mid-morning snack. For some of you it might be early morning or mid afternoon or an hour or two after dinner. There will be a different time frame for each physical structure on when they want this apple.

The idea of praying into the consciousness of the apple and then consuming it is very important. You don't need to eat the seeds or the stem or anything but certainly the meat of the apple and also preferably the skin of the apple. Unless it has been sprayed with something and you really need to take the skin off. So that is a very simple method. With or without the apple, you can still talk to the Peptides. With the apple, it just tends to bring it deeper into the consciousness and it does relate back to the biblical stories of Adam and Eve and the apple. And I'll leave you to ponder why that might be.

In the meantime, I am going to give you the Pep Talk. It's important to get an emotional response going with the energy. You can also use 9th Ray color, which is Joy. The vibration of Joy, is a blue green color. It is very vibrant. There is a lot of effervescence in it. And you can use the 9th Ray Attunement, which is Exquisite Joy. The other thing you want to see is just this little stamp that says "Joy" on it and you are just stamping every single hormone receptor with the word "Joy" and the ink on it is a very beautiful blue green color, a very happy color. It sort of makes you smile or brings Joy to your energy field.

Our Pep Talk goes like this:

Imagine there is a Peptide right in front of you and say "We are going to have a tremendous amount of *Joy!* today. We are going to have a tremendous amount of *Joy! today!*". You just keep saying it. "We are going to have a *tremendous* amount of *Joy! today!*"

Now this particular Peptide Pep Talk is to transmute fear into excitement, then into Joy. It takes a while to sort of mold the Peptide response or to change the hormone receptor into a Joyful state of awareness, a Joyful state of expression, a Joyful state of consciousness.

When something new happens, to the Peptides just say "Joy" instead of "Oh dread!" or "Oh be scared". Thinking, I don't know it, I should fear it. For the Peptide Pep Talk, even if it is simply upon going to sleep every night, sing "Joy! Joy! Joy!".

Stamp it on every Peptide you can imagine, billions in the body, every morning when you awake get your little Joy stamp all over the Peptides "Joy! Joy! Joy! Joy! Joy! Joy! Joy!" It's another simple way to work with it.

With an apple, you could just hold it with your fingertips, send Joy into it, blue green Joy, and you could use the affirmation Pep Talk, or anything that you want.

"We are going to experience a tremendous amount of Joy today!"

Just put that vibration in and eat the apple. Wonderful, wonderful work and it will reprogram your consciousness.

As always, thank you and my love to you,

Djwhal Khul

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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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