



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

“Coping & Hoping”

December 10, 2009

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

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. “Coping and Hoping” is this week’s Spirituality Article. The vibrations are getting very interesting now. You are probably noticing some fluctuation in the energies and sometimes, I would say, rather drastic ends of the pendulum swings. You can be just fine one moment and feeling perhaps at wits’ end the next moment.

The energies will continue to sway back and forth in this fashion like a pendulum and then they get particularly strong about the time of Winter Solstice. Then we have, over the Christmas holidays, any kind of stress disorder, whether it is a post traumatic or anxiety, panic attack, those sorts of things will get stronger and stronger during this time period than normal. So "Coping and Hoping" are the things that I am bringing forth today.

I would say that in the "Coping" mechanisms, meditation, reciting prayers or poems, looking at an image that calms you down, it might be an image of a religious figure, a place in nature, Mother Earth from space, any image that tends to be calming. You could also listen to spiritual messages, hypnotherapy, maybe consider a homeopathic, say "Calms Forte".

Sometimes yours pets will mirror the anxiousness and sometimes they will be there to calm you down. You will see the same in children, for those of you who have especially small children, or adults that are very connected with you psychically.

"Hoping" would be a key element during this time period. Let's say hopeful for calm energies, hopeful for the time to pass quickly and quietly. Write down your hopes and wishes as you perceive them. Then allow that energy to be what you keep your sights on, so that the hope concept is something that is always beneficial to humanity in particular.

We will keep you posted with helpful information for stabilizing during the Holidays.

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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