



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

### **"Rapid Transformation Begins NOW"**

February 11, 2010

This is Rev. Terri Newlon of [www.TerriNewlon.com](http://www.TerriNewlon.com)

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. The violet flame for transformation is the appropriate tool for this particular week. We are going to see very rapid changes, almost too fast for many people.

I worked with skipping over stuff in one of the VIP calls and you can still use that basic technique, or the crane technique for just sort of cruising through very strong rapid changes. I think you are going to enjoy that quite a bit.

Now the gold color that I often work with, a kind of golden white, is a combination of Cosmic Christed and the White Christed energies and we want to also use those colors during this time.

Essentially you will be called to discontinue anything that is no longer working for you. Now if you like to try to drag an old bundle up the hill even though you don't need anything in the bundle, if you are that personality type that has trouble getting rid of things, I would say bring in friends or family or a professional organizer. Just let them really help you with it, without taking too much look at things, or recalling things, because this is a time to get rid of the excess, to literally discharge anything in your life that no longer serves you.

Now when it comes to relationships, family, friends, your relationship with your own inner self, etc., those I would say, examine. When it comes to things, "Well I haven't used this in three years, out it goes." or "This is something I no longer wear, I will donate it to maybe the shelter" or "There is some food in the cupboard and it is only good for two more weeks, I probably won't eat it, I'll give these cans of food to the Food bank" or whatever.

So it's a good, not just a good time, an *excellent* time to lighten the load. You are preparing for the Year of the Tiger in the oriental way. You also have a series of events that require that you light a fire and be motivated and make progress. So anything visual, you look at it and "Well that looks much better without the clutter." Progress that you can actually see and feel is very, very important.

As above, so below. As without is the same as within. In other words, there will be some very deep cleansing going on mentally, emotionally and physically within the body. Ready or not, here it comes. So one thing I would say is you can have a drink of water to help remove the toxins, maybe consider taking charcoal tablets or capsules if the toxins get to be a little too much. Rest more so that you have time to process in the psyche, and don't overdo it, don't over schedule yourself.

Then emotionally, just breathe things out. Breathe and let go. You can take a deep breath in and exhale and let it just drain right out of you so that you are not getting upset or anxious or irritated by the swift movement of change.

Now changes are upon us and they will be very, very quick. The other way to work with a state of surrender, so to speak, is to feel as though you are floating above it all, you are observing it, you are watching it, you are processing it. But you are not caught in a maze or having to do too much so you can elevate your consciousness literally so that it is an easier process for you.

Alright, dear ones. 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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