



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

“Mercury Retrograde Efficiency”

December 9, 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. Well “Mercury Retrograde - How To Use It Efficiently” is probably our best topic for this week’s Spirituality Article.

Ideally, you get as much done ahead of time as possible. So December 10 is when it goes retrograde. It comes back out on December 30, so it can make for some interesting delays in travel, that sort of thing.

Again, however much you can do early is better than waiting till later. As we get further into this particular Mercury retrograde, you'll be finding that things get slower and slower.

It is going retrograde in the sign of Capricorn and depending upon how Capricorn affects your personal chart, it may also have an added emphasis for you, or it could be a much easier one.

But generally speaking what I would say is that during this time period, make as little to do as possible. In other words, don't try to jam pack it full of things. Spread it out so that you have a lot of leisure time and are not stressed. That is actually very important.

And the closer we get to 2012 where there is a particular line-up of energies, and the Solar System moves into the center of the Milky Way Galaxy, it's just simply going to be more intense. Every day a little more intense, between now and then.

So, simplify your life as much as you possibly can. Remove as many stressors as you possibly can. And then, very important, create as much peace as possible in your own personal existence.

**C r e a t e   a s   m u c h   p e a c e   a s   p o s s i b l e .**

Also, wearing peace signs or the word peace. Post it up. Put the vibration around you and on you as much as possible.

And then the Joy aspect. Giggle! Laugh! Have fun! Tell a tasteful joke! Jump up and down and say "Yippee" a few times. Anything that puts little bursts of Joy into your day are also very helpful.

Alright. 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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