



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

### **"Galactic Effect on Cells"**

January 6, 2011

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

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

A very warm Tibetan greeting to you. Something like Namaste or greeting the happy prosperous spirit within you. Alright.

Today I want to talk about some of the effects upon the cellular structure as we move toward the Galactic center. There is a very auspicious line up, heavenly line-up of planets, on 12-21-12, as the Winter Solstice, end of the Mayan Calendar.

As we went through a lunar eclipse in December followed by a solar eclipse just a few days ago, the vibratory patterns shifted quite a lot. So, in any time, in previous, in our history, when such big changes have occurred, the physical body adapts and of course, there is always a little bit of what I might call a strain or a point of tension, spiritually speaking and physically speaking, that affect also the emotional and the mental bodies.

And so with consciousness and the desire to be as enlightened as is possible, to have personal and spiritual growth, you can work with the energies that are happening. Now this will include more solar eruptions, more corresponding volcanic activity, earthquake activity, water distribution on the planet, being a bit challenging, maybe even strong rains, strong tides, etc.

And then those reverberate into the physical structure creating basically a microcosm of what is going on in the macrocosm. There will be more fire or heat in the body, and I notice around the eyes looking red, even the whites of the eyes a little bit red, skin turning red periodically.

The Chinese herbs for cooling the liver or whatever else might be going on in your body are good. Electrolyte drinks, one daily is good. I like the ones without the sugar in them. Most common I think are the packets of Emergen-C or Electro-Mix by Alacer Corp. There is also Altima Replenisher which is quite good, no fructose in that one and no dyes and a lot more minerals, so a much more comprehensive drink.

You can also increase mineral content in the body. Make sure you are getting plenty of fluids and plenty of rest because the body at the cellular structure will make its changes while you're resting or sleeping.

Now many of you are familiar with Dr. Emoto's water prayer and the change in the water molecules. The [Vitalizer Plus Vortex water](#) that we have available on the website, make your own at home for a lot less for years and years and years, basically puts that hexagonal structure in the water as oxygen to it. So it is alive, it has not been sitting in a plastic bottle, it also has a way of spinning out, the vortex action spinning out the homeopathic remedy of things that were previously filtered out of the water, such as chemicals and parasites and what not.

So getting some kind of structured water or high quality prayer water. If you don't have access to the more upgraded things, at least put your hands around the water glass and pray into it and see the structure of the water creating an immortal pattern and then feel that going into your cellular structure.

So essentially survival is all about adapting to the environment. As we go toward the center of the Milky Way Galaxy, it's sort of like going towards the brightest light. A little hot now in the frying pan but try the flames directly. Essentially it is what it is cosmically.

So proper care of your physical structure now. Also not storing old emotions, particularly so anger and resentment. Fear is a core emotion under all of the other; it is either fear or love. Love is the absence of fear.

However anger and resentment in this excess heat are the ones that are being triggered currently. Just keep letting them out of your body and then fill with Divine Love. That will also help tremendously. The underlying core fear shared by Humanity now is fear of not surviving the changes.

So talk to the cellular structure, encourage your cells. Please adapt as we move through these cosmic changes so that we keep the physical structure and we keep longevity, because you can not

only survive, you can *thrive* in these energies if you are willing to continue to be flexible and open to change.

Alright everyone. 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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