



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

“ Stabilizing Earth ”

March 17, 2011

This is Rev. Terri Newlon of www.TerriNewlon.com . Happy St-Patrick's Day to everyone!

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(Channeling begins)



Djwhal Khul here. Tashi delek.

Alright. Our vibrations with the Earth are very unstable at the moment and then within Humanity and all of the other Kingdoms really, Animal, Plant, Mineral and Human Kingdoms. We have kind of a trauma, fatigue, trauma, a lot of you are needing to sleep extra hours and if you can't get that in you are quite tired during the day, feeling the grief and the loss and the tragedies.

This is a time period where Humanity is increasingly aware of their interconnectedness. So what is happening in Japan, the earthquakes, tidal waves, nuclear reactor problems, it truly is weighing upon the whole world.

So what I want to do is suggest again a lot of prayer, a lot of letting go of heavy emotions and bringing in of joy that helps lighten everyone up. Invoking the presence of the Being called the Three Star One also helps put everyone in touch with their divine mission and bringing about World Peace.

Then we have other areas where there is civil unrest. Uranus moving into Aries kind of brings up freedom issues in many ways, and then the financial instability. So there's a lot "shaking down", so to speak.

Energetically, what I would also encourage is stabilizing the Earth. Literally seeing tectonic plates moving slowly and gently instead of rapidly and violently. Imagine that you can just hold certain points together at different places around the planet. You can just kind of gently maybe put a little ribbon around it, you know, kind of hold it together, hold it steady. So you are using your energy on repairing Earth's stability at the same time as kind of lifting the spirits of Humanity as much as possible.

It is also an important time to stay calm and centered and grounded in your body. Because of the magnetics changing, grounding is more difficult, I've addressed that previously in some [Spirituality Articles](#) and other teachings. So do your best, really be present, here, now, in the body and keep grounding that.

Also, homeopathics. There's anxiety, try Calms Forte. It is popular, easy to find in most health food stores and certainly easy to find online. It is marketed as a sleep aide but it is homeopathic so you can take like one tablet four times a day, whatever you need to just stay calm, especially if you are an emergency worker, someone in a very high-paced field.

Then the other one I recommend is Aconite 30x, proper name is aconitum napellis, and then they come in different potencies, like 6x, 12x. Look for 30x. It helps pull terror or very deep fear out of the cellular level. So it's very good say, post-earthquake or any trauma, I mean traumatic experience, but you can also take it therapeutically to clear fear out of your system. That maybe yours or just someone else's fear that happens to be running through you in the spirit of Oneness.

Alright, so visualize the Earth stabilized as much as possible while we go through this time period, and then likewise your own being very stabilized.

As always, thank you and my love to you,

Djwhal Khul

Channeled by Rev. Terri Newlon
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(Spirituality Article, Transcribed by a volunteer)

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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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