



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

“Discernment Using Yum & Yuk”

October 6, 2011

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

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

I’d like to begin with a golden white light coming in through the crown chakra. We have some very exciting things coming up. On October 7, we have a virtual meeting with the VIPs to work with

"[Insight Awakened](#)". A lot of opportunities for Third Eye openings. In fact I'd say really what humanity will be experiencing is very open Third Eyes, ready or not. So we've got several other [Spirituality Articles](#) and teachings on Third Eye development. You might want to review some of them, including some protection techniques, etc.

Now it's not wise to close it down. It is wise to filter for Third Eye protection. In other words, if something feels negative, dismiss it without question. If it feels positive, go ahead and let it flow.

So we're back to the teachings of Yum and Yuk. It's an instantaneous cellular response and you can apply it to anything. You can pick up a piece of food and your body will say Yuk and then you think "Well, this is what I made for lunch so I'd better eat it" and then you get ill or something, or it just doesn't digest well.

Pay attention to Yum or Yuk at a cellular level. Very, very important as we go through this time period.

Also, want to say that Saturn in particular as a planetary influence can be befriended, so to speak. Sometimes certain planets get known as Saturn for example, as a stern teacher. Take it into context where it is now in Libra and make it about having a great communication and a nice graceful easy mutual learning experience that betters both people. So you want to move that into relationship patterns. So think of Saturn as your best friend who is going to be a gentle teacher, a very comprehensive gentle teacher.

Let's see. We have a couple of Teleseminars coming this month: one is on Self Love and the other is on Death Transition And Everlasting Life. So if you are interested in either of those, please check out the [website](#).

As usual the teachings are progressive, designed to assist you in this time period so that you're getting the most if you will out of the spiritual growth opportunities.

Alright. 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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