



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

“Shaking Down”

November 17, 2011

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

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. During this week, we're going to have Mercury going retrograde in the sign of Sagittarius. We'll do a call on that on 11-22-11 called "[Sacred Mercury](#)".

It's the planet closest to the Sun and therefore there are a number of ways in which you can work with the energy but mostly I'd say, communications may need to be double checked or even triple checked during that time period. In the meantime, the vibrations are such that everything is sort of shaking down. I guess that's the best way I could put it. In other words, it seems like again things are crumbling or failing or just shaky in some way, unstable.

When astrological events and what not are kind of creating that sense, it does stir up mental disturbances and emotional disturbances. This is a time more than ever to perhaps meditate or take homeopathic *Calms Forte* or another kind, herbal teas or whatever that keep you calm. Maybe even a little extra magnesium or the homeopathic *Hypericum* to steady the nerves, that sort of thing.

So it's practicing staying calm and peaceful within even if everything around you is sort of shaking down a bit. So that continues to be the practice.

Now the spiritual core is the other thing I wanted to talk about. Now that is waking up. The Third Eye centers are opening for everyone: humanity and animals, everyone.

And again, if you don't have any kind of mystical training or a sense that there is something more than what we know on the physical plane, the metaphysical things, then that could be rather disconcerting.

As light workers, I would say, keep open to perhaps gently guide someone who needs to talk about they're seeing orbs floating through the room or they hear a voice talking to them and what not. And their spiritual awakening, post 11-11-11 which is a big wake-up call, then perhaps they just need someone to talk to and maybe guide them towards some spiritual teaching that can reassure them.

Alright. That's a quick little Spirituality Article information for this week. 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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