



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

"Balance & Harmony"

October 11, 2012

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

You can also listen to the following message, and all subsequent messages which change every Thursday. The latest message is available 24/7 by telephone or computer at:

Recorded Dial-In: **1.916.233.0630, Box 163**

Refresh Browser for latest version: <http://www.audioacrobat.com/play/WC4rwp5k>

Watch the video on <http://terrinelyon.com/articles.php> or www.YouTube.com

And here is Djwhal Khul's latest Spirituality Article, information complimentary every Thursday:

(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. This is a particularly challenging time period. Very accelerated. Probably seeming to you as though there is not nearly as much time as there used to be or perhaps that you are moving in slow motion and just can't quite get everything done. There is a lot of low energy, not having as much vitality or as much enthusiasm as previously might have been your nature.

So what I want to discuss here is keeping balance and harmony because we are in that spiritual point of tension. It is not a wise idea particularly to attempt to speed up when everything else is kind of coming to a screeching halt. You want to balance and harmonize with what is going on

around you. So it is definitely a time to be very flexible, go with the flow. If you didn't get time to get all of the paperwork done or whatever, approach it fresh on the next day or take a break and come back to it, that sort of thing. So you're just going to have to compensate.

This is also a time period where physical bodies simply require more attention. You might need to supplement a bit more or take electrolytes, you know a healthy electrolyte powder or something every day. You might need to do more gentle exercises or stretching. You might need an extra hour of sleep every night, that sort of thing.

Generally speaking the body will keep challenging you. Or I could put it in other terms: geomagnetic storms and things that keep coming toward the planet, challenge the health, challenge the physical level of existence. So you want as much balance and harmony as possible.

Also please continue to boost the immune system. Keep it as strong as possible. Don't fall back on hydration or immune system. Those are the things to keep the strongest.

As always, thank you and my love to you.

Djwhal Khul

Channeled by Rev. Terri Newlon
www.TerriNewlon.com

(Spirituality Article, Transcribed by Micheline Ralet)

[Training for Modern Mystics](#)
[Channeled Teachings for Everyday Spirituality](#)

© 2012 All Rights Reserved – Terri Newlon Inc.

Join our e-newsletter and get complimentary Spirituality Articles information every week.

Continuously Upgraded custom designed long distance ethers broadcast for anyone seeking Spiritual Enlightenment. Great for World Servers. Economically priced.

http://terrionewlon.com/events_sessions.php

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.

Terri Newlon, Inc. PO Box 161, Patagonia, AZ 85624