



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

### **"Keeping the Peace"**

October 18, 2012

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

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. Hmm. How can I say? I've talked about the spiritual point of tension, how everything is getting strenuous. This particular week I want to talk about keeping the peace because we're in a heated time period politically as well as a few other things.

The emotions may be wearing out on the sleeve. Many who are incarnate now as Lightworkers and Worldservers are getting personal challenges in their astrology charts. You can look that up with numerology and any number of tools. There are lots of ways to read various kinds of charts now.

So you're having this point of tension cosmically and most of you are having one personally as well.

In keeping the peace, it is first a state within your own self so find the peace within. And sometimes you have to just send out all the thoughts, all the feelings, reach for the still point within yourself. And then in terms of keeping the peace, say in a relationship, or in a workplace, or with your children, whatever it is, you want, then, to hold the peace within, grow it with each breath. You're just really sort of expanding that peaceful state and allowing it to exude from you so to speak.

Then practice with your voice, you can just practice this by yourself if you want, sounding out tones that are soothing. And it can be any words that you want, like "I choose speaking peacefully", "I choose being loving", "I choose Joy", "I keep the peace within". Just practice sort of having a certain tone of voice that's calming.

Then later you can speak in that tone of voice to other people. You can even practice on the dog or whatever it is, and I think that it will help you really stabilize your energies.

I might add to this that occasionally you realize that you have at least one really good disruptor in your life and you just don't want that energy any more. There are a few ways of handling that. If at all possible, you can just ask that person for what you need to say. "I really need peace and calm right now", or "I really need to walk away feeling good every time we get together," that sort of thing "and what I feel instead is I'm in a frenzy". You know that kind of thing.

If that doesn't work you may need to say "I just don't want our friendship any more" or "I need to have some space". Just sit with it; don't do anything rash. The key to that is never do it in the heat of the moment. Wait until you have had some time to process it out and then really think about what you want and what you don't want and do your best not to hurt the other person's feelings. They are having their own process too and everyone simply wants to feel loved. So do your best to keep the peace within and practice peaceful conversations with others as well.

Alright. 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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