



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

“Emotional Balance Spiritually”

January 10, 2013

Happy New Year to you!

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

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright then. We have a violet flame that I would like to invoke here. It's got quite a bit of a pink influence to it. Much like the vibration of the gemstone kunzite. So we're working with kunzite, which is a love energy, a very soft pink beautiful color, and a violet flame, which is purifying and cleansing.

We have this week a lot of things happening but mostly water disturbances. So today I'm going to talk about maintaining your emotional balance through your spirituality.

It will be more and more important to practice your spiritual resolve during this time period. I anticipate many more challenges, also, perhaps with weather or other ways in which water can be disturbed.

Then we have cleansing. This is kind of a quarter initially for cleansing so don't wait for spring to do your cleaning. Perhaps practice a little bit of fasting or something on New Moons, or even the 11th day after a Full Moon. It's a very good day to fast during the day and then have a light dinner and go to sleep.

Do things that maybe cleanse the body gently, like a colon cleanse, intestinal cleanse, then strengthen the kidneys, and keep working from there. So you want to do things that represent cleaning: whether it be cleaning house, cleaning the body, cleaning the automobile, giving the dog a bath, whatever it is. All those things symbolically will help you maintain the emotional balance.

When the emotions are challenged, and they will be from various directions, then I think pause, then ask yourself, "As a masterful person or as a spiritual being, as someone who is devoted to self improvement, how would I best handle this?" And then give your response. So avoid flying off the handle. If you witness others flying off the handle, again just pause, calm the energy and do your best to figure out what needs they have. They have a need that is not being met and see if you can find out how you can best support their process.

Alright Dear Ones. 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)

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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.

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