



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

"Wake Up Calls"

January 17, 2013

We usually make a telephone recording and a YouTube video and a video that goes on the website however we are having technical difficulties, so just the audio and the transcript for this week. And I do apologize for that.

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

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

(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. In the [Quarterly Forecast](#) and some other places I have been talking about cleansing, you know this is the prime time to start to get the toxins out of the body slowly and gently, dealing basically with improving the immune system and many other things. We have sort of a cosmic debris coming towards the planet; lots of things going on.

So what I want to talk about this week is "Wake Up Calls". There are going to be numerous wake up calls. It could be something as simple as when you awake in the morning, you remember a segment of a dream that was warning you about your health, or you heard a person's voice saying something negative and that might mean maybe you need to do some cord cutting or some entity clearing.

It could be more specific like the phone rings once and then there is no one there, near accidents, that sort of thing. So you're getting a lot of wake up calls and I'd say pay attention seriously to every single one of them.

This is not a time to just think well that might have just been my imagination or that probably was just a benign dream or that person's words didn't really matter because of what else was going on in the moment, that sort of thing.

You want to really acutely pay attention to your own consciousness on all levels: physical, emotional, mental, spiritual and etheric.

Now remember we're in that multi-dimensional reality or multiverse reality instead of a universe, so there are bleed-throughs from other areas. So for example, in a previous lifetime or a future lifetime, you could be going through a major health crisis that's bleeding through emotionally and physically into this body or there could be a brain injury in a parallel lifetime that is kind of making your mind glitch a little bit in this one. So it kind of goes in all directions.

Please pay attention to all of the wake up calls and then consciously choose what you *do* want and then make your mantra "I choose safety" or "I choose health" or "I choose longevity", "I choose abundance", "I choose feeling great". Whatever it is and you can have several of them but really chant your mantra mentally and out loud and make sure that that's what your actions are supporting.

And this is again a good time to really focus on the body, maybe intestinal cleanse or colon cleanse, and then progress towards more like strengthening and detoxing the kidneys and then maybe on to through to a gallbladder, liver, pancreas cleanse and blood cleanse and just kind of keep going or at least do something gentle to make sure there aren't fresh parasites in the system.

All these flu viruses, there is something airborne, but there is also the ability of a bacteria that's already in the body to simply mutate into a virus and when you're working with those kinds of things, simplistically onions and garlic are good for the system, olive leaf is a good anti-viral, colloidal silver is good against all of the pathogens, you might also look at any number of things that just simply boost the immune systems: a lot of herbs and probiotics and things available. So select what seems to fit your body the best

Alright Dear Ones. 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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