



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

### **"Breaking Point Avoidance"**

January 31 2013

**I apologize we once again have no video this week. I had a computer crash and I'm using a back-up system and I'm not able to do that just yet. So I hope the other one gets repaired soon.**

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. We have Jupiter just having gone direct in the sign of Gemini which does open a lot of possibilities and a lot of doors opening, a lot of shifts and changes which is good for those who like a lot of changes but most of Humanity is not particularly keen about it so it's going to be interesting to see what happens.

Then, let's see, on February 1, we have Mars as a classic war planet or aggressive energies planet entering what I call psychic Pisces, watery, like hiding under a pool of water, getting ready for the Chinese New Year of the water, black water snake actually.

So we're coming on a very interesting time. On that day also, February 1, we have Venus changing signs as well. It will move into Aquarius. That can bring up more Aquarian Age feminine ideals and help temper things.

But really what I see happening is that people are simply reaching their breaking point. They're at their maximum of tolerating things or not being quite happy, whatever it is. So there's a breaking point that's happening. Unfortunately that includes some suicides and homicides and other things of that nature.

From a spiritual perspective, what I would encourage that you do is just stop everything and think about 'what are your needs'. What needs do you have? Do you need nurturing, do you need more time to walk the dog, do you need someone to cook dinner for you once a week or do you need just a little vacation and go fishing or something.

What need do you have or needs that are not getting met? And then go ahead and meet those needs. Now this doesn't mean require other people to meet them just meet them to the best of your ability within your own self and if there is something like you need an extra helper to come in at work and organize things or something like that then go ahead and do it. So meet the needs and then assist others in meeting their needs. And this will take the edge off of that breaking point.

Let me see what else I see coming up. We're going to have February 15 a *very large* asteroid coming quite close to the earth. It is actually being felt early or felt ahead of time and this will have a reverberation of some sort. It triggers the instinctual behavior in the body so there is more flight or fight response going on now. Stress hormones are running higher than normal, etc.

So again, stop, reassess. Maybe just decide I need a 20 minute nap every day and I need to go for a long walk after dinner. Or whatever it is just make the change and fit in what you do need so that you achieve a better balance and you don't hit that breaking point.

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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