



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

### **"Summer Solstice, Full Moon"**

June 20, 2013

**Happy Summer everyone!**

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. With exuberance, I want to approach the Summer Solstice and Full Moon because it is quite a powerful few days all kind in a row there. 20, 21, 22 and 23 of June and I'm going to say it also goes through the 24 and 25th even though the Moon changes from its full sign in Capricorn to Aquarius on the 25th.

This Summer Solstice comes with a sort of pressurized sensation upon the planet like things inside the pressure cooker are heating up and it's jiggling the top a little bit so to speak, if you know how pressure cookers work. It's a perfect time to sort of relax and move into as calm an energy as you possibly can inwardly.

Also very important to watch hydration in the body. Drink a little extra water. Maybe take electrolytes, whole sea salt a couple grains of that popped under the tongue periodically is also good. Of course I like the '[Altima Replenisher](#)' is a good electrolyte source or 'Electromix' from Alacer. So anything that you can do to hydrate a little bit more than normal is appropriate.

The sun will be very intense. Stay out of the sun as much as possible and especially if you live where it's very hot. Stay in the shade or in a cooler place.

Alright. So the Solstice is very powerful. It is a time to be illuminated to radiate light and then that particular Full Moon in Capricorn is going to be one that might be good for night owls where you're just getting a lot done because you can't sleep anyway. It can be a very productive Full Moon. So it makes for a good weekend. It's a good weekend to have activities: maybe go away, go camping, something like that.

As always, just Enjoy whatever is being presented in the moment, being present, here, now.

Alright Dear Ones. 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.