



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

"Patterns Are Changing"

November 21, 2013

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

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. The patterns are changing again as always. In fact we're in quite a state of fluctuation, generally speaking. We have the Sun entering Sagittarius, which is a nice fire sign. It can bring more focus or more drive and more energy into your life and I would say use *focus*: think of the archer aiming at the bull's eye and achieving that goal.

So you want to zero in energetically on what is your most important bull's eye at this point. It might be your spiritual growth, it might be emotional balance, it might be a physical healing.

Maybe a change in attitude. Maybe a very specific goal like just getting through the upcoming holiday, or whatever it is. So use that Sun in Sag for your focus.

Also starting to take note of the comet Ison a bit more because it is affecting the nature or the psyche to a fairly good degree now. We have some other reverberations going on in the galaxy that tend to irritate emotions or elevate mood swings.

So anything that you can do to calm your nervous system, it might be like a, I'm quite fond of the audios at Brainsync.com – that's brain s-y-n-c dot com, the work of Kelly Howell. And you can work with that or something similar where you just listen with your headphones on and your ear buds in to help balance the brain.

If you do healing work yourself, do maybe tapping or healing codes or any tools that you currently have that help just keep your energy field calm. And then I would say do expect others around you to be – if they don't do their inner work - they're probably going to be losing control of their emotions. So be careful, especially if you're in a dangerous situation there., you may need to flee for safety.

Alright then. So Sun in Sag; keep your focus and keep your calm.

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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