



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

“Thank Natives and Cosmic Status”

November 26, 2015

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

[Happy Thanksgiving to all of those who celebrate it!](#)

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Now this is of course a global message and USA is celebrating Thanksgiving Day but I usually do comment on that so I’ll make a brief comment.

Give thanks to Creation. Just “Thank you Creator.”

And for those in the USA I think that's a traditional family gathering. I encourage the remembering of the Native Peoples and sending appreciation and thanks to the Native Peoples, the land itself and perhaps also asking for forgiveness if any of your ancestors might have done some harm to the native people whether you know or not what the lineage was. So kind of request permission to continue to enjoy this particular part of the Earth and to give thanks in that way.

Now we have so much stirring in the cosmos, I'm going to say it's like a bombardment so there's going to be a lot of short temper, flying off the handle, even those who normally are fairly diplomatic in situations are maybe going to be showing a little less patience.

So do your best to center yourself in the Present Moment. I like the phrase, "Present. Here. Now." Or you can cause use the "I choose full presence now" and that one is probably going to be a bit more powerful because you'll get at least a little bit of a second out of "I choose full presence now". There's sort of a sense that goes into the dan tien center or right around the navel point in the body that is very grounding and then see if you can hold the sensation. Maybe using a Tai Chi pose or a golf stance or the way you would stand while you're on skis, that kind of thing. That will help you keep that gravity center a little lower and more stable.

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. HC2 Box 20, Nogales, AZ 85621