



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

"Calm During Cosmic Storm"

September 29, 2016

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

As always the Spirituality Articles are complimentary and they are stored on our website so you can access them at any time at www.terrinenwlon.com. They are also translated into more languages now so please check out the website.

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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. Well we have a New Moon coming up. We have a lot of solar activity. There's a sense of urgency or energy rushing about that is coming more from a cosmic angle or even locally, galactically, but beyond that as well. They're kind of waves of energy kind of thumping and speeding this up.

So this is a time to work with calming frequencies, calming scents like maybe lavender oil, protective things like sage and rosemary and also to work within the body to avoid inflammation.

So whatever natural things you take for anti-inflammatory purposes or I would say even avoid overworking-out and that sort of thing because inflammation in general is going to be more prominent.

So calming frequencies, maybe a little more meditation time, soothing teas, that sort of thing, or Rescue Remedy, just do whatever you can to just kind of keep your own sense of calm amidst the cosmic storm.

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