



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

"Letting Off Steam"

September 21, 2017

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

And it is UN International Day of Peace, Rosh Hashanah, Islamic New Year, Fall Equinox and probably a few other things that I have missed. Quite a potent time!

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright then. We have a beautiful kind of, how do I say, compacted number of events here, all happening on top of each other and of course in the following week we have Pluto going direct so there is a *lot* coming.

There is a tremendous amount of pressure building, more like a steam pressure cooker about to explode, and I mean in the kitchen, not elsewhere, but just the energies of the pressure, even the earth itself is under a tremendous amount of *pressure* so there is pressure cooking in different places.

Steam finds a way to escape and pressure gets released one way or another, it either goes out slowly or it explodes.

So personally what you want to do in this time period is really practice peace, letting off steam little bits at a time. That can be something simple like, if you feel that you are getting agitated, stop and run in place for about 33 seconds or do a reciprocal breath for about 33 seconds.

You can do the Ah Hum breath so it's "Ah!" on the inhale and "Hum" on the out, on the exhale. Tibetan clapping, which is clapping right in front of the face very rapidly, again about 33 seconds or until your emotions get very intense and then it's like you've shifted back into neutral.

So let off the steam Dear Ones and as always, thank you and my love to you.

Djwhal Khul

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(Spirituality Article, Transcribed by Micheline Ralet)

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 is a workshop leader, holistic consultant, public speaker, radio and TV guest.

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