



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

### **"Solstice and Christmas"**

December 21, 2017

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. Well, we have of course Winter Solstice, Mercury going direct and Christmas. So it's a really big week in terms of events. We also have Kwanza beginning I believe.

So essentially (that would be the bulldog putting in his input), what I am going to say is take some time out for play, rest a little bit more, stay a bit more hydrated. This year more than most, I think there is going to be more airborne illnesses and what not so just be a little bit more careful than normal in terms of resting, maybe boosting the immune system a little bit, a little Vitamin C.

But mostly it comes up as Joy breaks and rest and then watch the diet. Sugar always accelerates illness. If you put germs in a petri dish and give it sugar, it grows very, very fast. So same thing in the body. If you've been exposed to something it will grow very, very fast if you've eaten a lot of sugar, so do be cautious.

And Baby says hello. Alright, 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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