



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

"Jupiter and Moon in Sag"

November 8, 2018

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

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. Well, we have the start of this energy with Jupiter moving into Sag and the Moon also moving into Sag. So fiery expansion and the energy is very, very good.

I'm going to say for those who have trouble curbing certain cravings or whatnot, this might kind of expanded that even more, so if you're on a specific protocol for meals you might feel more like breaking that pattern, etc. So if there are more towards dangerous eating habits or drinking habits, you might want to watch them more rather carefully during this time period.

Remember that bringing the mineral content in your body up tends to help with that and specifically the micro mins, not so much the macro-minerals. Then also feeding the brain, neurotransmitter food which if you're on an antidepressant you have to be very careful what kind of things you take but if you're not, then L-carnitine, that's an amino acid, L dash carnitine, 1000

mg early in the morning with water, wait at least 20 minutes before having some food. You can drink tea or coffee or water or something clear. But that will perk up the brain too. So you can stimulate the brain away from cravings and satisfy the body with the micro-minerals.

Alright so, that is pretty much it for this week. It kind of wears off by the end of the weekend. Then we have Veterans Day in the USA and a few other things as we're kind of getting ready here so keep in mind that the holidays are upon us and it is also prudent to take your colloidal silver daily.

Alright Dear Ones. 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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