



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

"Talk To Your Body"

November 29, 2018

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

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. So we are in the tail end of a very powerful Mercury retrograde. We have gone through a very potent Full Moon in Neptune direct and we are getting ready for Hanukah to begin. So we get into probably a little bit of a respite here. I would say take advantage of it. So there is a little bit of a lull until Hanukah begins on December 3.

Then just looking ahead a little bit: New Moon on December 6 with Mercury direct and then we kind of have on the heels of that December 8 Chiron direct. So issues around health and communication continue to be up. Issues with electronics not working right or communication systems like satellite dishes, cell phone towers, modems, telephone lines, etc. or meters needing parts repaired in them or new motherboards and things like that. So I am seeing all kinds of things and there are some spots that are a little bit what I would call hotter than others. So for example there might be neighborhoods where several refrigerators don't work any more, that kind of thing. So power

surges are also occurring. Keep in mind there might also be within your own body power surges so the brain might get a little too much energy but the legs don't get as much and you stand up and tumble. Or the heart is getting all the power but the lungs aren't doing so well. And so forth.

So talk to your body. Direct the energy. Ask that your body even out any power surges and watch the body in terms of eating and drinking and sleeping in a medicinal manner. Even watch the company you keep because you know some people or situations are toxic. Some food and beverage are toxic to your body but just fine in someone else's, etc. So really kind of hone into that individuality and do what keeps you feeling good and stable.

Alright Dear Ones. 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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