



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

## **"2018 Heads Up"**

December 28, 2017

This is Rev. Terri Newlon of [www.TERRINEWLON.COM](http://www.TERRINEWLON.COM)

Happy New Year everyone!

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. This is 2018 Heads Up basically *because* there are always New Year's Eve celebrations and ringing in the New Year and New Year's resolutions and things like that and from a spiritual perspective I would say make a choice. Like "I choose health". Or "I choose healthy, wealthy and wise." That kind of thing. And some of you have your black-eyed peas or your cabbage or whatever you do for good luck and whatnot.

So as the celebrations go on, we're looking *still* at a higher rate than normal in terms of colds and flus, so I'd say scale back on the sugar or eliminate sugar all together for about three days. Vitamin C, extra rest, above all, stay hydrated. Maybe take electrolytes as well so that you're getting nutritious things into the system. Maybe even some soup that your body likes, like a [Dr.](#)

Bieler's broth, or chicken soup, or whatever it is. Or maybe a bone marrow broth or something. Or a nice vegetarian or vegan one. Whatever really makes your body feel the best.

We have New Year's Day being a Full Moon. That's a powerful Full Moon and then we have Uranus going direct on January 2. So there's a lot going on and if you could have some time for introspection, just kind of sit and meditate or maybe spend an extra hour in bed in a sort of a dream state or sound asleep, that would be ideal during this time period.

Alright Dear Ones. I'll be talking more about the year because it is a Year of Construction and that usually is meaning destruction has to happen for construction to take place. So carefully choose the way in which you want to do that.

Alright 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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