



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

“Equinox Brain Shift”

September 19, 2019

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

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. Well, we have Saturn freshly direct here and Pluto getting ready to go direct and sandwiched in between there we have the Fall Equinox and a major brain shift.

Now Equinox, both Spring and Fall, always bring a change in nature. Everything is sort of seasonally calibrated if you will but specifically because of the population growth in humans, the number of people occupying the planet and then that rather organic brain shift sometimes a lot of interference between satellites and cell phone waves and a number of other things that are going on, so the brain doesn't always make the same shift it would if you were sitting out in nature.

This year I think it is going to be a little rougher so I am going to say above all else make sure you stay hydrated, make sure your animals stay hydrated, children, elderly, kind of check on things and make sure hydration is happening. Remember you can tent the skin, so on the back of the

wrist you can give it a little pinch and the skin should go right back. You can tent the back of the cat's neck or the dog's neck to make sure they are hydrated.

Maybe electrolytes, coconut water, whole sea salt is a good electrolyte. There is a brand called *Superieur* or [Ultima Replenisher](#). *Alacer* makes a good electrolyte mix. So look around and find something you like and make sure you are hydrating.

You might also want some other kinds of brain food, maybe the amino acid *L-Carnitine*, like 1000 mg first thing in the morning. If you are on medication for depression or something, you need to crosscheck very carefully cause you can't mix the natural with the medicine. It is dangerous.

So focus on the brain. Ask for the brain to become as illuminated as possible and you literally see little gold lights shining inside the brain and spreading. That would be a good image as well.

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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