



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

“Spiritual Buffer”

December 24, 2009

[Happy Holidays everyone!](#)

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

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. We have lots of stirrings and communications going on and what we are going to create is a Spiritual Buffer. So the energies of Holidays and all the things that go with it, for some of you

that means a lot of work, for others it is a lot of shopping for presents, or relatives are coming in, or you are travelling with a lot of other people. Whatever it means for you. Spiritually it is appropriate to buffer some of the energies.

Now we are dealing with Mercury in really sort of a murky state and about to go retrograde, and you know it will be there for a while, generally 2 or 3 weeks. So you are going to have sometimes some difficulty with that travelling or you think you have enough wrapping paper to wrap the gift and suddenly it's gone or there is no more tape or whatever. So you are going to be seeing all kinds of things that could either become troublesome or you can gracefully move through them.

So we create a buffer in the energy field that just sort of tones everything down or for some of you it is more like it waters it down or makes it tolerable.

So just a simple statement for this one I think is appropriate. "I allow my spiritual buffer to work." "I allow my *spiritual* buffer to work." "I allow my spiritual buffer to work."

Now if you are one of those that is usually wide open, overly sensitive or maybe so full blast other people are sensitive to you, that will still work in your favor no matter which direction it is actuated from, inside the body or from outside coming towards you.

Let's also just take a moment to acknowledge World Peace and some of the affirmations are: "I create Peace." "I feel Peace." "I am peace."

Alright. As always, thank you and my love to you,

Djwhal Khul

Channeled by Rev. Terri Newlon
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(Spirituality Article, Transcribed by Micheline Ralet)

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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. Her 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.

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