



Djwhal Khul Spirituality Article
Channeled by Rev. Terri Newlon
(Complimentary every week)

"Sun in Leo Effects"

August 16, 2007

This is Terri Newlon from Sedona, Arizona, USA. www.TerriNewlon.com

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And here is Djwhal Khul's latest Spirituality Article:

(Channeling begins)

Djwhal Khul here. Tashi Delek.

We are going to begin with a beautiful golden white light flowing down through the body always coming from above and flowing down through the body; there is a symbol of Divine energies always being available, always flowing through you like a beautiful current of consciousness. Really work with amplifying golden white light so the body is abuzz with it literally, or glowing at its maximum light quotient; literally supercharged with the energy. That's the energy that you want with the golden white light.

Now we have kind of an interesting week coming up here. Just looking at the next 5, 6, 7 days, the energies as we culminate the Sun in Leo and the effects of that. Now I would say also just looking at Solar Flares and just the energies around the planet in general. What I am seeing is kind of a Solar Heat or quite a lot of intensity coming in that you might be seeing in a weather pattern but more than likely you're seeing it inside the body, feeling a little too overheated from time to time. And not for a particular reason, or noticing that maybe others are comfortable in the room but you are too warm.

There is a direct relationship going on with the solar energies and the energy in the body. Again, the body needs water, minerals, protein, and enzymes in particular. Those are the main things to

focus on. Really of course you need the full nutritional package that your body, your body in particular, is designed to require. But the enzyme CoQ10 is the one that protects the mitochondria and that part of the cell, mitochondria, is the part that actually generates energy, so it is like a little sun inside your cells. So CoQ10 might be of help.

But, keep in mind, in the mineral kingdom, MSM is the most important, then magnesium, then calcium and some of the synergistic things that would make that work. And then I would put potassium, fourth, depending again upon your body. But MSM is a mineral that not many are taking and it is quite, quite important. For magnesium, the one that is looking the best is magnesium chloride spray-on or topical application, so your skin is drinking it in. That, Epsom salt baths, magnesium sulphate, which is also adequate for a lot of people. That works very well particularly if you put salt; you've got magnesium sulphate and sodium chloride together in the bath tub and that sometimes is really quite nice for the body and I would rinse it off. Give your body about twenty minutes to drink through the skin, rinse that off, put on a good lotion maybe with some MSM in it or massage oils and that sort of thing, that are nourishing; maybe some essential oils. Again your skin drinks so anything you put on it is going to absorb and the body gets the benefit of it. You want to stay away from those things with petroleum, petrolatum, mineral oil, because those things when you drink them are not healthy for the body.

All right. So keeping the skin moist, keeping the body well hydrated, are ways, and that CoQ10 and minerals, and make sure that you are getting adequate protein and what not. Those are things that will help you stay more balanced during this time period. The spiritual growth is accelerated right now so probably you're processing quite a bit in your sleep and maybe also in an awakened state. And usually when that occurs you just need an extra hour or two of sleep in order to finish the processing.

All right. Now when the Sun goes into Virgo, we are going to take a little bit of time there stabilizing, probably two or three day window, so by the 25th of August, things are balanced and that more Virgo, kind of mind, practical, detailed energy, kind of out of the frying pan, if you will. And then, I am quite anxious for the Sun to move into Libra, which will be a little bit later. But when that happens, things get more tempered and more peaceful.

All right then everyone. As always, thank you and my love to you.

This has been your spirituality article for this week.

Djwhal Khul

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(Spirituality Article, Transcribed by Micheline Ralet)

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