



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

"Kind and Patient Under Stress"

November 2, 2017

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

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Just a reminder that we have hundreds of these stored on the internet They are free, gratis, and we encourage you to go to them when you need a little bit of inspiration or a little calming or a little pick-me-up, if you will. So www.Terrinewlon.com and then toward the left side "[Spirituality Articles](#)".

Now this week I am going to talk about something because from time to time we have what feels like a pressure cooker for Humanity, for the Earth, for the animals, for the plants, for the minerals, every kingdom on the planet, getting increasing amounts of stress. Then we get kind of blowing off steam or blowing the top off completely. So this is when you begin to see erratic behavior, violent behavior, more severe accidents, that sort of thing. And of course tempers can flare and so forth.

As a lightworker, I am encouraging you keep diving deep within your center, your center of your consciousness, the high aspect of the soul or the Godcenter or the center of Creation, whatever you call it, and to work with kindness and patience, even under tremendous stress.

It is quite human of course to maybe get at least a little cranky or something. So you want to really even try to take the edge off of that by breathing and saying

"Peace within me and peace outside of me",
"I am kind and patient no matter what."

You keep in mind everyone else is feeling the pressure cooker so when you contact someone and say "Oh Gee I think there is a mistake on my bill or something", be kind, be friendly, giggle about it a little bit or make light of it. Something like "I guess I have to win the lottery to pay my bill, could you double check it for me," things like that. Do your best to be kind and patient with others because they are also under a tremendous amount of stress.

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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