



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

"Holiday Weekend Caution"

August 29, 2019

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

[Happy Labor Day and Happy Islamic New Year!](#)

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright well we have two really multiple things happening this weekend. I want to start with Mercury moving into Virgo where a lot of planets are. Then the Moon joining in Virgo on a New Moon starting the holiday weekend.

So we're starting with Islamic New Year, we go to Labor Day US, Labour Day Canada and it is typically a family vacation or retreat or some kind of a celebration type of a weekend. So because we have a Chiron influence, I would say you want to watch your health. Don't overindulge. Make sure you get adequate sleep. Get enough fluids. That sort of thing.

If you do not have plans for the weekend, it is actually a good time to just rest up. Stay home. Make a good pot of soup. Handle some business around the house or something and just take it kind of easy. And make it more of a nurturing weekend.

For those of you who have already planned adventures, just watch balance of food, especially around the children, or those with sensitivities may need a little help making sure they don't get too much sugar or too many binding foods. That sort of thing.

That should hold us until we get into next week.

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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