



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

### **"USA Post-Election"**

November 10, 2016

This is Rev. Terri Newlon of [www.TerriNewlon.com](http://www.TerriNewlon.com)

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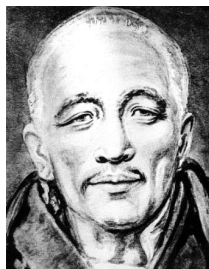
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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. Well we're USA post-election and the emotions are running very hot and very high all through the emotional plane of consciousness, certainly affecting Solar Plexus region.

And I'm going to say there are some ways to sort of quell the emotional energy. Spiritually speaking I would work with violet flame in the Solar Plexus especially if something is giving you a bad gut feeling or you're listening to someone talk and it is not sitting well, then you want to discharge that energy right away and not let it percolate in the system.

Also sometimes cooling things like yoghurt and cucumber together and I would put a little bit of thyme in it. You could try some other herbs or seasonings but the thyme also kind of, well even rosemary and thyme together, with yoghurt and cucumber can kind of just settle everything nicely.

You can make gentle soups and include rosemary, thyme and turmeric. Just plain yoghurt. Be kind to the Solar Plexus regions, it can be stomach, liver, pancreas, even the lungs a bit affected here.

Then I think the focus globally really post-election should be on Peace and Prosperity. You just want to maybe chanting "Peace and Prosperity" repeatedly and putting that vibration into the Inner Planes.

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

Djwhal Khul

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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. 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 Newlon, Inc. HC2 Box 20, Nogales, AZ 85621