



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

“Grounding and Protection”

May 19, 2011

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

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(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. We are going to begin with a beautiful golden white light coming in through the crown chakra and just right into the top of the head there and letting it flow down through the body. A

very warm golden white energy, it has quite a bit of healing power so that's why we're working with that combination.

And in today's teaching I want to talk a little bit about staying grounded because we have some astrological situations coming up where you might find yourself frequently feeling a little spacey, maybe even kind of tired like you feel you need to take a nap.

Some of it is the potency of the Wesak Full Moon which has just passed. It's an annual event like Spiritual New Year, if you will, for lightworkers.

But some of it is also Heavenly influences that are going on so staying grounded is really a way of saying keeping your consciousness in your physical body or in and around the physical body. So an example of *not* very grounded would be your mind is wandering off to some time in the past or a daydream into the future or you find yourself stumbling or feeling like your feet are barely touching the ground while you're walking, that sort of thing. It's a common occurrence.

When we work with getting the consciousness to occupy the physical structure, there are many benefits. One is you're present in the moment but more so beyond that. That's when epiphanies can occur and miracles can occur. You can also then transcend physical laws. So for example, to do a miraculous healing or to teleport to another location and that sort of thing, requires a certain percentage of consciousness in the physical vehicle. It's not quite a 100% but it's close to it. So the more that you practice being present in the physical structure the better, and then bring it into the present moment as much as you can.

So a couple of techniques. One is maybe in the very center of the forehead, there is a little niche there, sort of like a Celtic cross. You can just very lightly touch it or just put your fingers in front of your face just a bit and then one of the things I use is the Three Star One essence. You can just sort of hold it in front of the Third Eye and feel the energy that that produces.

And then any of the poses, that could be a yoga pose, a Tai Chi pose is the favorite one that I have which is tilting the pelvis, bending the knees a little bit, the feet are shoulder width apart and parallel, so not one foot turned out. And then the only strain that you feel in muscles is in the upper part of the thigh or the top of the leg from the knee to the hip. If you feel tension, muscular tension, anywhere else, the stance is not held properly.

And then while seated or even driving a car, the way to practice being grounded is to pretend as if you are going to get up out of your chair but don't use your arms. So that also is a certain tilt to the pelvis and brings you present into the body. And you can practice that in your office chair or as I mentioned while driving, or while dining, etc. and that will also bring you in.

Next the other important thing to remember is breathing. Don't hold the breath. While you are holding the breath you're not present in the vehicle, in your body vehicle.

And then say the other thing is avoid crossing your limbs. So crossing the legs even at the ankles, or crossing the arms also tend to take you more out of the body, especially so from the waist down if you're crossing your legs it tends to make the aura go almost stagnant or void or missing in the lower half of the body so only the upper half is getting chi.

And then those who cross their arms frequently end up with usually digestive troubles or anything affecting solar plexus, it could be liver, spleen, pancreas, stomach, even lungs.

So better to make a full loop. So touch your feet together side by side, maybe clasp the hands. You're making a full loop, then think of it like electricity, crossing creates problems in electrical wiring but a circle or a loop is good. So you want the circular flow and when you clasp your hands and touch your feet together side by side, you're actually recycling your own energy and when

you're crossing the limbs you're actually absorbing negative energy from others. So it is also a protection pose.

And you can even cross your fingers behind your back and so it looks to others as though your posture is quite open, but what you're doing is putting up kind of a force shield around your self for protection. It's especially good for emotional protection.

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.

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