



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

### **"Root Chakra Grounding"**

November 13, 2014

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've been working a lot with colors and 3rd Eye development and kind of a lot of other things so today I want to talk about the Root Chakra and how to work with the elements in nature in relationship to the Root Chakra.

The grounding to the planet is more challenging right now because of what is going on in the Heavens and really just energetically in general. So if you would imagine your Root Chakra in the shape and the color of the planet Earth and see it as a rather large chakra.

You could even make it a very dominant, like basketball sized or beach ball sized even, and then imagine tethers or sort of a cone shape, like an ice cream cone, you'll see a big scoop of ice cream sitting on an ice cream cone, going deep into the Earth. So you've got this very sturdy image of it.

Then I would say work with the knees because you've got really kind of a chakra at the knee point as well that helps to ground and another one with the feet. So you could see maybe this series of chakras going down into the Earth to help keep you present in physical existence.

And just a quick reminder that as you are manifesting and creating in the world as a physical creator, the grounding is what makes it all happen. So this is a key element to manifesting as well as simply enjoying being in physical existence.

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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