

Mind Medicine Series

Part I - The Power of the Positive Mind

from Dr. Joseph Michael Levry

Dear beloved members of our worldwide community,

When you begin the day with a positive, joyful, peaceful outlook, you maximize the opportunities that come your way and open the door to a full manifestation of your dreams. Ongoing optimism may seem unrealistic, but, once the candle of optimism is lit, it casts away all darkness and draws others toward it. In turn, other candles are lit, until an abundance of light banishes all remnants of pessimism. It is essential, then, to stay positive in your mind and heart. By doing so, you contribute to the creation of a tapestry of light that includes a beautiful future of infinite and limitless abundance. Therefore, gaze at the shadows and believe, with all your heart, that one day the light you carry will dispel the shadows forever and contribute to increased peace and harmony in the world.



There is always hope. Now is the time that we must each follow the wisdom of our own hearts. Take responsibility for your self and your life. Remove yourself from anyone who seeks to bend and control you like a puppet, so that you can find yourself in times and places where your path crosses others in an uplifting way. If your actions are positive, loving, truthful and sincere in intent, then you will encounter positive, bright, strong reactions. Regardless of what is going on in your life, do not give in to the feeling

that things are hopeless, and do not hold the belief that those who are optimists are fools. Instead, maintain that anything and everything is possible and that miracles do happen. Remember that the mystery of God is unfathomable, so believe in miracles and know that when you focus on the positive truths, you will lift up the quality of your life. Decide to use your positive will to transform not only your life, but to transform the Earth. If a thousand people employed the positive power of their minds, then the world stands a chance. Think of it this way, you may be the thousand and first person who turns away from the blatant, shadowy darkness that seeks to consume this corrupt world, and seeks instead to heal, teach, guide, or give, thereby tipping the scale that transforms darkness into Light.

Naam creates great positivity and energy, causing the illusion of reality to fade away so the truth can be seen. Live a life of positivity through Naam. Call upon the creative power of the Universe through the repetition of the Naam. Call upon this creative force that lies between the positive and negative realities of life to manifest your highest destiny, for it is this creative force that flows in accordance with the Will of the Divine and is for the good of all. This is the creative juice from which all reality and non-reality find their form. It is the absolute balanced, neutral energy of true Divinity, devoid of limitation. In addition to a regular practice of vibrating Naam, try not to judge or criticize. Rather, give thanks to God and to those people in your life who love and honor you. Raise the light around you, and lift the light of spirit and soul,

so that the darkness between us may recede. We must use this magic period well so as to realize our hopes and dreams, holding in our consciousness **the truth that all things are possible as long as they flow in accordance with God's will.** This is essential, as our hopes and dreams, our wishes and desires, can only be fully realized when our minds and hearts are aligned as one with God. Equally important is that the positivity of man's optimistic, light-filled soul outweighs the internal darkness of his/her fears and doubts, as well as the darkness of those others that would seek to confine all, including themselves, within the pessimistic, skeptical reality that has become their prison and their nightmare.

With Love, Peace and Light, The Rootlight Team

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Part 2 - Raise Your Frequency

from Dr. Joseph Michael Levry

Dear beloved members of our worldwide community,

We must understand that everything that takes place in our lives happens as a result of our own consciousness. Your life is a mirror of your internal reality, and you cannot hide what is within you, no matter how hard you try. Sooner or later, it will express itself in the external world. Raise your consciousness, and you will raise your whole being and life, for the entire world changes according to the vibration you are holding. When you live at a high frequency level, you become completely synchronized with the Universal Presence. Your human computer connects with the big cosmic computer. Life begins to flow freely, without obstruction. This is your birthright.



When we develop our projective intelligence, and have a positive mental outlook, we bring joyous thoughts of love, peace, light, gratitude and wellness to all that we do and all we encounter. In turn, our lives reflect a high level of health. If you are short on something, shift gears. Refuse to see yourself with any shortages. Expect only the very best from yourself and others. Know that you have a tremendous amount of power, creativity and love within, and no one can stop you from bringing it out. Shape your entire universe with a positive attitude, for there is nothing so powerful and magical as your attitude. A positive mental attitude will attract positive events and harmonious relationships.

Moreover, a projective intelligence is very beneficial for your health. Even several scientific studies have shown that people with

a good, positive vibe are less likely to suffer from depression and they get ill more rarely than those that have a tendency to think negatively.

It is essential that we transmute negativity into positivity. Intention is the master key. Intend that your feelings, thoughts and words are positive, while keeping in mind that how we feel, think and speak can make or break us. Therefore, the way to control your life is to control your choice of thoughts and words. No one can make you think and speak positively. What you choose to think and say today, at this very moment, will create tomorrow, and the next day, and the next. Nothing will fall into your lap without your directed intention and effort, for God helps those souls who help themselves. Make up your mind, then, to positively change your words and thoughts, and watch your life change beautifully.

Live life fully and abundantly. Have faith in yourself and in the Power of the Universe. Develop your projective intelligence so that Divine Life can enter with constructive changes. A projective intelligence leads to happiness and success. Beauty shines from within, and people love and respect those who are positive. When you are positive, you become inspired and motivated and, in turn, can inspire and motivate others. You will find a new sense of self-esteem and confidence, and begin to believe in yourself and your abilities. Do not give up! Look at failures and problems as blessings in disguise, and you will find the solution.

Our projective intelligence has the capacity to bring positive things to us. When we use our projective intelligence, we are positive, our life is positive, our power is positive, our presence is positive, and our projection is positive. We have opportunities, and the opportunities to see even more opportunities. Your newfound radiance breaks any blocks and people cannot help but help you. You become a magnet of, and for, love and support. People become the external instrument of what you have accepted for yourself internally. Everything begins to work for your good, and you cannot be stopped. Remember, then, that every time you think, feel, speak, and act negatively, you keep demagnetizing yourself. Never gossip! Stay connected to Heaven through an unshakeable faith that God's Will has thought of, and will take care of, everything. Not even a hair of your head can be touched without His Will. If you feel that God has not blessed you, you need to develop your projective, positive intelligence. As long as you have a projective intelligence and a positive mental attitude, God will always bless you.

All we have is today. Yesterday is dead, and tomorrow belongs to the Unknown. The master key to making changes is in the present moment. Remember, all good things have small beginnings, and that even what seems like the smallest beginning has the potential to make a big difference. The smallest of keys can unlock the heaviest of doors. In other words, little things grow into big things. The tiniest seeds become lovely plants, trees and flowers. Be grateful for the little things life has to offer, for so too does the tiniest thought of love, peace, light and faith bring forth wonder after wonder.

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Part 3 - Flying Above the Clouds of Life

from Dr. Joseph Michael Levry

Dear beloved members of our worldwide community,

Turbulence of any kind in life is a demand for us to rise higher in both thought and word. While flying in the plane of life, sometimes the ride becomes bumpy and turbulent. From time to time we all face challenges that bring friction to our lives. This can manifest as an unhappy relationship, health challenge or dysfunction at work. In order to move past air turbulence, pilots take the plane higher into the atmosphere, and above the fray. We must do the same in life. Via Naam, we must keep climbing higher and higher, rising above the clouds into blue skies of peace and tranquility. From above the clouds of life, the challenges are no longer as frightening. Indeed, through Naam, we feel the peace and healing that comes from understanding our unity with God and gaining dominion over stormy experiences.



The remembrance of God through Naam brings tranquility to the human heart. Challenges are a call for us to spiritualize our thinking until we achieve the mental clarity that enables us to regain our normal state of calm. During the storms we encounter, Naam can provide us with much needed direction. As we open our hearts to Naam and sincerely pray for guidance, we gain the peace that lifts us above all of life's turbulence. Indeed, each one of God's children is, in reality, in that deep-settled calm of spiritual harmony where God is always present and in absolute control. Naam helps us reconnect with this sense of knowing, for Naam's guiding and governing ability is all-powerful. Naam enables us to find the right solution, no matter how formidable a situation may appear.

Remember, every challenge in life is an invitation, out of necessity, to grow spiritually as we seek and discover eternal truths. Therefore, we must refuse to see anything but God in any challenge. Far from simply ignoring the disturbance that needs healing, our efforts must confront the claims of evil head-on, and to recognize that darkness is not part of anything or anyone that God has created. This leads us to an appropriate, harmonizing resolution.

The circumstances of our life are the result of our own consciousness. The level of the difficulty of our problems shows the level to which we are rooted in negative thought patterns. We must raise our consciousness accordingly. A hopeless problem requires a considerable lift. A small problem requires a slight raise. We have to raise our consciousness above the level of our problem. In other words, we have to raise our frequency above the level where we met our problem. The real problem we have, then, is our level of consciousness. Lifting our consciousness above the level of our reality, then, is the essence of rising above the clouds. We do this by vibrating Naam, reading the scriptures or any spiritual book that appeals to us, and by using positive affirmations. When we raise our consciousness the action of God will do the rest.

When we raise our consciousness we raise our entire outlook and being. We start to live a full and glorious life, which is our birthright, for when we are operating from a raised state of consciousness, miracles can happen and life can flow freely, without obstruction. By raising our frequency we allow life to flow smoothly and gracefully.

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