

Mind Medicine Series

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.

*With Love, Peace and Light,
The Rootlight Team*