

The Endless Blessings of RaMa Newly Updated and Expanded

from Dr. Joseph Michael Levry

Dear beloved members of our worldwide community,

By working with RAMA we can gradually repair, heal and strengthen our precious aura so that we may experience the full and unhindered flow of blessings and opportunities the Universe continuously brings to our door. The aura is a sensitive, living entity whose very health and radiance is directly linked to our success in life. A damaged aura can disturb our love life, our health and our career. Therefore it is vital to fix any cavities that our aura may have accumulated throughout our lifetime as a result of stress or emotional traumas, which all leave their mark on this sensitive entity that surrounds and contains our being.



You can think of the aura as your second skin because, although most of us cannot see it, any damage or tear to its sensitive shell will surely be felt in our emotional and mental state. Gratefulness, thankfulness, kindness, compassion, integrity and service heal our aura because our inner souls are constructed with these Divine qualities. These healing qualities are the basis of our true nature. They carry the power that shields us from destructive forces and brings positive transformation. On the other hand, behaviors such as gossip, criticism and negativity actually damage the aura, creating cavities and dimming the brightness of our energy. Interestingly, our aura can actually become sick with repeated abuse.

Then, it becomes difficult to be successful or achieve anything worthwhile in life. By working with RAMA we can repair this damage and restore the brightness and magnetic vibrance of our vital aura.

It is interesting to note here that the two main negative and positive currents of energy actually circulate within our aura, much like they do throughout the entire Universe, hence the name electro-magnetic field. Understanding their behavior can be very important for the maintenance of our health

and happiness. If these two currents are imbalanced, or not suitably distributed, our health can be negatively altered. To ensure optimal wellbeing, we should keep a daily watch over the harmonious circulation of these two energy currents within us. Working with RAMA teaches us how to work with the negative and positive currents circulating in the Universe so that we may strengthen our health and also acquire the healing powers that enable us to not only act positively on nature but on others as well. Furthermore, working with RAMA will sharpen your spiritual senses, and overtime, through meditation and breathwork, a working knowledge of these two forces will gradually infuse itself into your consciousness to the extent that you will be able to tell when one current is predominant or another is lacking much like your ability to sense when it is too hot or too cold.

RAMA activates the pituitary gland, the most powerful spiritual center, located at the base of the brain on or around the level of the ears. The pituitary assists with the physical development of the body, but its primary spiritual function is to maintain a harmonious relationship between the psychic forces acting through our being, while destroying disharmonious elements and regenerating worn-out tissues and cells. Indeed, RAMA recharges the entire body, removing toxins and blockages as one's awareness of their spiritual self becomes active. Indeed, working on this gland quickens the regenerative processes in those who are ill or recovering from an operation. Furthermore, RAMA works continuously to improve all brain activity, neuro-muscular coordination, intuition and creativity, imagination, analytical and logical thinking, and memory.

It attracts the creativity and blessings of the magnetic field of the entire Universe, thereby protecting our magnetic field and bringing our original self out from the shadows. RAMA will cause our inner spiritual fire to gracefully heat up and regenerate our spiritual waters, while balancing the cooling and pacifying effects of our spiritual waters on our inner fire. RAMA activates the sympathetic and parasympathetic nervous systems in such a way so as to cause the Vagus Nerve to send harmonious, positive impulses to our heart, thereby supporting all cardiac function. It balances both sides of the brain, so that the restless mind can become still and peaceful. RAMA recharges the body and cleans out impurities, while enhancing your mastery of the mind, senses and emotions. It induces sound sleep in the seeker by helping to alleviate insomnia. It integrates the personality so that your behavior is positive. In turn, you become sincere, honest and straightforward in word, thought and deed. When you are positive you become like the beautiful Sun and your Light shines throughout your entire life.

RAMA represents the integration of the solar and lunar forces. RA is the royal character, masculine in nature. It affects the sympathetic nervous system, the human aura and the psychic body. Pronounced like the word "raw", it is normally intoned on A natural above middle C. RA stimulates the sympathetic nervous system, and strengthens the masculine principle in us. MA is the companion sound to RA. MA invokes the mother energy, and is a feminine sound of a strengthening, protective nature. It affects the parasympathetic nervous system, producing a calming effect. Pronounced like the word "maw", it is also normally intoned on A natural above middle C. Taken together, then, RAMA combines the masculine and feminine principles, and is symbolic of the inner fire that resides in the Manipura Chakra, or solar plexus. This is the fire that burns away all physical, mental, and spiritual impurities, and bad karma. Moreover, chanting RAMA balances both sides of the brain, making a restless mind still and balanced, while stimulating the third eye and our creativity.

RAM is the Bij or seed mantra of RAMA. According to Vedic philosophy, Lord Ram (RAMA) is regarded as the seventh incarnation of Lord Vishnu. Sri Rama is an incarnation of Divine Love. His name is so overflowing with the power of His Love for humankind that it can transform our animal

passions into a sublime love for God and thus connect us with the Divine. Vibrating RAMA will remove the negativity you attract via the seven karmic influences, and guide you toward positivity and peace. RAMA destroys the karmic walls that have long kept you separated from God, thereby becoming a guardian angel that brings rhythm, harmony and equilibrium to your body and mind, and serenity and joy to your life.

RAMA Meditations

Potent Meditations to Balance the Solar and Lunar Currents

RAMA should be chanted with a lot of attention and focus so as to produce the maximum vibratory effect on the body and mind. Beginning the mantra with RA, the focus should be at the Nabhi or Navel Chakra, and when the sound progresses to MA, the focus should be between the eyebrows at the Ajna Chakra. Again, both sounds must have as much vibration as possible. Be attentive and concentrate on the third and sixth chakras. Vibrate RAMA to the rhythm and pace recorded on track 2 of the [Celestial Naam CD](#).

Meditation for Victory

Posture: Sit calmly and comfortably in easy pose, or in a chair with your feet flat on the floor. Keep the spine is straight, and have a slight neck lock (Jalandhar Bandh).

Focus: The eyes are closed, looking upwards into the third eye point.

Breath: Take 4 segmented breaths in through the nose and vibrate the mantra 4 times on the exhale.

Mantra: Vibrate the mantra RAMA 4 times per breath with the navel along with track 2 recorded on the [Celestial Naam](#) CD.

Mudra: Raise both arms straight up over the head. Form Shakti mudra by making a fist, with the thumbs inside and touching the mercury mounds at the base of the little fingers. The palms are facing forward.

Comments: While chanting RAMA, press and release your fingers around the thumb without opening the hands all the way. Squeeze in rhythm with the mantra as you connect with the Divine world. This meditation causes mercury to work for you. It neutralizes your energy so that the Universe may flow with you.

Time: 11 minutes

End: Inhale, hold the breath for 5-10 seconds, exhale and relax.

Meditation for Insomnia and Poor Memory

Posture: Sit calmly and comfortably in easy pose, or in a chair with your feet flat on the floor. Keep the spine is straight, and have a slight neck lock (Jalandhar Bandh).

Focus: The eyes are closed, looking upwards into the third eye point.

Breath: Take 4 segmented breaths in through the nose and vibrate the mantra 4 times on the exhale.

Mantra: Vibrate the mantra RAMA 4 times per breath with the navel along with track 2 recorded on the [Celestial Naam](#) CD.

Mudra: Bring the tips of the Jupiter and Saturn fingers on the Venus mound. The thumb tip touches the pinkie and ring finger tips to form the Silver Triangle at the same time.

Comments: This is a good meditation for chronic fatigue, lack of stamina/endurance, indecisiveness, impatience, timidity, inexplicable fear, poor memory, forgetfulness, sleeplessness, intolerance of cold weather/wind, inexplicable weight loss. This meditation treats all painful conditions such as headache, earache, toothache and throat pain. It is also good for any kinds of numbness in body-parts. Good for tremors, Parkinsons, and vertigo. It is very useful for creaking joints, osteo-Arthritis. Dry and cracked skin, nails, hair. It helps in the case of irregular, scanty, painful menses. It helps with hoarseness of voice, and stammering, It is even good for constipation, flatulence, scanty urination (oliguria), along with scanty sweating.

Time: 11 - 31 minutes

End: Inhale, hold the breath for 5-10 seconds, exhale and relax.

Meditation to Remove All Obstacles from Your Path (can be combined with the following meditation for a 2-part practice)

Posture: Sit calmly and comfortably in easy pose, or in a chair with your feet flat on the floor. Keep the spine straight, and have a slight neck lock (Jalandhar Bandh).

Focus: The eyes are closed, looking upwards into the third eye point.

Breath: Take 8 segmented breaths in through the nose and whisper the mantra on the exhale.

Mantra: Vibrate the mantra Ad Such in a whisper along with the track recorded on the [Green House](#) and [Sounds of the Ether](#) CDs.

Mudra: Make a fist with the right hand with the thumb on the outside. Place the fist at the top of the head, crown chakra, with the pinkie side down. Make sure the side of the thumb tip is resting on top of the middle division of the ring finger.

Comments: This practice dispels all the troubles, miseries and problems of various origins and kinds. When you are plagued by challenges, do this meditation.

Time: 11 minutes

End: Inhale, hold the breath for 5-10 seconds, exhale and relax.

Meditation to Repair and Strengthen the Aura

Posture: Sit calmly and comfortably in easy pose, or in a chair with your feet flat on the floor. Keep

the spine straight, and have a slight neck lock (Jalandhar Bandh).

Focus: The eyes are closed, looking upwards into the third eye point.

Breath: Take 4 segmented breaths in through the nose and vibrate the mantra 4 times on the exhale.

Mantra: Vibrate the mantra RAMA 4 times per breath from the navel along with track 2, recorded on the [Celestial Naam](#) CD.

Mudra: Palms are facing forward at shoulder level, with the elbows bent at the sides of the torso. The fingertips are pointing to the sky and the hands are flat and fingers are straight.

Comments: This special meditation helps to restore the halo that may become lost due to repeated abuse of the body.

Time: 11 minutes

End: Inhale, hold the breath for 5-10 seconds, exhale and relax.

If you find yourself in the midst of a challenging situation in your life, it is recommended to perform the last two meditations together, one after the other.

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



SHAKTI NAAM MOVIE!

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