

## *Shield of Defense*

### *How to Dispel Misfortune while Attracting Success and Happiness*

Lecture by Joseph Michael Levry (Gurunam) in his Los Angeles, California 1998 tour.

Produced by [www.Rootlight.com](http://www.Rootlight.com). Copyright Rootlight 1998.

### *The Kabbalistic Cross and Kabbalah Sacred Sound: Ruach Elohim*

More information on the use of the Kabbalistic Cross and the invocation of Ruach Elohim can be found in the books *Lifting the Veil, Practical Kabbalah with Kundalini Yoga* by Joseph Michael Levry on pages 195-199 and in *The Healing Fire of Heaven* by Joseph Michael Levry on pages 32, 135-136.

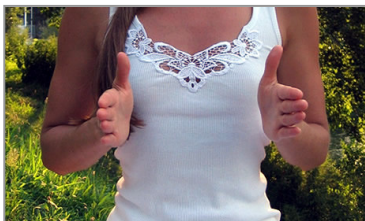
### *Meditation: Balancing the Solar and Lunar Energies*



Bring the palms together in prayer pose, at the level of the heart. Inhale and powerfully chant **RAMA**, pulling the navel in at MA. RA is the Sun energy, the positive and generating force. MA is the Moon energy, the negative and receptive force. Chanting RAMA has the power to balance these two opposing forces, thus stabilizing the fluctuations of life.

To learn more about the history and specific applications of the mantra RAMA, please refer to *Lifting the Veil, Practical Kabbalah with Kundalini Yoga* by Joseph Michael Levry, pages 185-193. A recording of this mantra can be found on the Mystic Light CD.

### *Bringing in the Light*



Bring both hands before your heart center, palms facing each other about 6 inches apart, elbows bent and relaxed. Inhale deeply and vibrate the seed sounds:

***Aauung-Raaaa-Maaaa-Aauung***

Consciously remember the link between you and your Creator, as it is always flowing within you.

*A recording of this seed sound is available on the Healing Fire CD.*

*Prayer of Love, Peace and Light*

<b>Love before me</b>	<b>Peace before me</b>	<b>Light before me</b>
<b>Love behind me</b>	<b>Peace behind me</b>	<b>Light behind me</b>
<b>Love at my left</b>	<b>Peace at my left</b>	<b>Light at my left</b>
<b>Love at my right</b>	<b>Peace at my right</b>	<b>Light at my right</b>
<b>Love above me</b>	<b>Peace above me</b>	<b>Light above me</b>
<b>Love below me</b>	<b>Peace below me</b>	<b>Light below me</b>
<b>Love unto me</b>	<b>Peace unto me</b>	<b>Light unto me</b>
<b>Love in my surroundings</b>	<b>Peace in my surroundings</b>	<b>Light in my surroundings</b>
<b>Love to all</b>	<b>Peace to all</b>	<b>Light to all</b>
<b>Love to the Universe</b>	<b>Peace to the Universe</b>	<b>Light to the Universe</b>

A meditative version of The Prayer of Love, Peace and Light can be heard with accompanying music on the Healing Fire and Blissful Spirit CDs.

*Rootlight invites you to freely share this beautiful message  
with your friends and loved ones.*

**Rootlight Inc.**  
New York, NY  
(888) 852-2100  
[www.rootlight.com](http://www.rootlight.com)

**Universal Force Healing Center**  
7 West 24th Street  
New York, NY 10010  
(917) 606-1730  
[www.universalforceyoga.com](http://www.universalforceyoga.com)

Please visit us at [www.rootlight.com](http://www.rootlight.com), and explore our complete collection of books and sacred music, the Advanced Kabbalah Self Study Course, personal spiritual forecast service, spiritual jewelry and more audio downloads. Discover our beautiful center in NYC at [www.universalforceyoga.com](http://www.universalforceyoga.com) and learn about upcoming tours, Naam Yoga Teacher's Training, Harmonyum Healing Certification Programs and much more! You may also call our friendly customer service line at (888) 852-2100.