



Rootlight®

THE  
LIGHT OF  
DIVINE SPIRITUAL WISDOM

The  
Hidden Power  
of  
Naam Simran

from Dr. Joseph Michael Levry

*Dear beloved members of our worldwide community,*



The Shakti Naam Yoga healing movements done during Naam Simran, at the beginning of all Shakti Naam Yoga classes, transmute and sublimate our creative Fire and carry them to the heart with the continuous Jaap of Naam. Done this way, Naam Simran has the power to transmute our creative energies into Light and Fire. In the Temple of the Heart, the creative energies are mixed with the Christic forces, and elevated to the superior worlds. This Naam, along with these movements, is a formula of priestly power that Naam Yogis use in order to perform internal Alchemy, so that they may arrive at the feet of the Divine Mother. In other words, this combination of Naam Simran, along with this science of Naam of harmonious movements and their interrelationship to our

thoughts and emotions, awaken the creative forces and gifts that lie dormant within us so that they may blossom into their fullness. They infuse our bodies with the harmony, rhythm, and the healing powers they are entrusted with, making our bodies healthy, strong, slender and beautiful.

---

*“It is by living in alignment with the Will of God that we find our peace.”*

---

The Divine Mother always listens to her true devotees, and she is always guided by the fire of the heart, in other words she is guided by the fire of Love. Therefore, it is essential to do the movements of Naam Simran with grace and love. They must be performed with an awakened consciousness. Participants must feel the energy implanted within each movement and the forces these movements spark. If our thoughts and emotions are not present, the movements become mechanical and their revitalizing impact on our body, mind, heart, soul and spirit is limited. Again, by doing these movements, along with Naam, we are praying to the Divine Mother, the Spirit of God, our Innermost, to come down from Heaven, in order to work on us, and awaken the healing and creative fires in us. The various healing movements, along with Naam Simran, destroy everything that holds us back by awakening those forces through which we can neutralize some of our negative karmic influences.

Each Shakti Naam Yoga class begins with Naam Simran, a graceful symphony of movement done to the rhythm of vibrating Naam. In Shakti Naam Yoga Simran, we are moving while doing Naam. Where there is no movement there is stagnation. Stagnation leads to accumulation of waste products, and this causes degeneration and disease. These opening movements allow healing change to take place. Change brings renewal and rejuvenation. The combination of Naam Simran along with specific movements and stretches get rid of the stagnation that leads to degeneration and disease. They wash away karma while bringing in a new wave of healing, healthy change.

God has a beautiful plan for each of us, and each of us has a true place in life. When we attain this place, we are completely happy and secure. Conversely, until we find this place, we can never achieve full internal contentment, no matter what external things we may have. Doing Naam, specifically Simran, is a way to find your true place, because it brings your entire nature quickly into alignment with the Will of God. Indeed, Naam and Simran is the spiritual path to find what God intends for you. Once this occurs, obstacles melt away and doors begin to open. Fulfilling success that brings sufficient monetary reward is then yours.



It is by living in alignment with the Will of God that we find our peace. If you can focus on the Divine so as to purify yourself, you will obtain all that you desire. In turning your attention to the sacred act of vibrating Naam Simran, you become divine because you are converting yourself into an extension of the Creator. Naam is a compact formula for the development of the soul that envelops you in a brilliant burst of light and the most subtle, potent forces in nature, and heals you. Through Naam Simran, we are praying to the Spirit of God, our Inner being, to work on our creative forces within us. This, in turn, awakens our fires, which are the forces of the Shekinah, or Shakti.

Naam meets us wherever we are on our spiritual path, deeply influencing and regulating our core essence while activating the physical, mental, and spiritual forces within us. In turn, you develop a better understanding of yourself, other people and the world at large. Naam provides rapid spiritual development for those who are ready. All you need to do is vibrate Naam honestly, and from the heart.

*With Love, Peace and Light,  
Rootlight Team*

# NEXT STOP ON THE U.S. TOUR

WITH DR. JOSEPH MICHAEL LEVRY



REGISTER ONLINE

## An Evening of Divine Spiritual Wisdom

June 11 at Naam Yoga LA

We invite you to join us for a very magical evening! This will be a very special and transformative event. We are deeply grateful to have uninterrupted time with Dr. Levry devoted exclusively to sharing the timeless and highly practical teachings of Divine Spiritual Wisdom. This very special workshop will offer a tremendous gift of the most applicable and effective principles of Divine Spiritual Wisdom to give you the power, presence and projection to move from being a victim of circumstances to the creator of circumstances. [Click to learn more.](#)

## UPCOMING TOUR DATES & LOCATIONS

(click for details)

[July 9 in Bethel, CT](#)

[July 19 in Kansas City, KS](#)

---

## EVOLVE TEACHER TRAINING

July 24th - August 14th, 2015 in Los Cabos, MX

WITH Naam Yoga International Training Team



REGISTER ONLINE

The Immersion experience is for everyone and allows you to select the program that works best for you! Naam Yoga is the spiritual alchemy of combining the practice of yoga and vibrating Naam (chanting prayer) with the practical application of Universal Kabbalah which over time provides a seamless experience of life that allows you to master your destiny. Please call 323-638-9349 or [click to learn more.](#)

---

## DIVINE SPIRITUAL ALCHEMY 2015

INTERNATIONAL RETREAT WITH DR. JOSEPH MICHAEL LEVRY



REGISTER ONLINE

August 14-21 in Los Cabos, MX

Experience 7 magical and heart opening days of happiness, joy, healing and spiritual growth. Let us open ourselves to the presence of our soul, and surrender ourselves to the magic of Divine Spiritual Alchemy. This is a week to revitalize, rejuvenate and renew your body and mind - a supernatural experience that will completely transform your being. Please click or call (323) 638-9349 for details and to register.

 **Rootlight**<sup>®</sup>