THE LIGHT OF DIVINE SPIRITUAL WISDOM

Manifesting Our Wishes and Resolving Any Problem with The Power of Chitti

from Dr. Joseph Michael Levry
Dear Divine Spiritual Alchemists,

Those who master the following practice will never lack anything in their life. To ultimately become successful in receiving this experience, regular, daily practice is absolutely necessary. You must grow gradually and naturally, opening up as a flower does, as a tree unfolds from a seed, as an infant grows into a full-grown man or woman. The heart and the head must truly and faithfully abandon themselves to this supreme task. Chitti flows through us unfailingly 24 hours a day. We are never deprived of its help. All we need to do is become mindful of its presence. God created Chitti to help us. Work with Chitti to manifest your desire.

THE PRACTICE

1. Sit in a comfortable position. Let your body relax. Pick one problem that may be most important to you right now. Alternatively, think of something you want to manifest. You can write it down. When you are ready, start the process.

2. Place your palms on your heart center. Begin a rhythmic breath from the chest. Inhale into the chest and exhale. Breathe through the nose. Expand the lungs. Use the rhythm on the Pranic Breath track from the Naam Pure Consciousness Activation CD to help you. Inhale to Eck Ong Kar; exhale to Sat Nam. Continue for 1 minute. To end, inhale, apply root lock, hold the breath briefly and exhale.

3. Next, place your palms on your solar plexus. Follow the same breath pattern, this time focusing on breathing from the solar plexus region. Continue for 1 minute. To end, inhale, apply root lock, hold the breath briefly and exhale.

4. Now, place your hands in Tattwa mudra, joining the corresponding finger tips of each hand together at the level of the solar plexus. Inhale through the nose in four segmented breaths and exhale through the mouth. The ratio is four breaths in, one breath out. Breathe from the navel. Continue for 1-3 minutes. To end, inhale, apply root lock, hold the breath briefly and exhale.

5. Place the left palm on the Hara point (just below the navel) and the right palm on the heart. Breathe smoothly in a relaxed rhythm. Keep the breath going and see Chitti like a rainfall of sunlight showering you with light. Feel it soaking into your whole body. State your problem clearly as if you are stating it before someone who is in a position to solve your problem. State it as clearly and as confidently as possible, because you have complete faith in that person’s ability to come to your aid unfailingly. Do not mince words. Do not confuse facts. State your one single problem and in stating it please do not suggest any means or ways of solving it. Be as short and as precise as possible. There is no need to repeat some aspect of your problem. After you have stated it, stop. Do the same with your wish. State that which you want in the form of an order, just as you would tell a waiter of your meal choice. Continue doing Shakti Breath for some time. Forget your problem / desire for the day. Wait, relax and give it some time to take root. Results will follow. Be happy that you have now handed over your problem into sure hands that will find the right solution.
6. Sit in silence for a few moments. The silence is to open the spiritual center within us (right mid-brain) after the preliminary practices that will open up the center of intuition. Because of misuse or disuse, it has become dormant. It has a direct link to your solar plexus. Put aside the barriers that separate you from this spiritual center and your affairs will be transformed. Intuition is the perfecting of this method to receive instant and correct answers to any problem, preparing one to receive the higher second and third gifts of Dharna and Dhyana.

**Note:** If you wish to repeat the process, do it the next day. While you are still in the beginning stages of this process, it is essential to repeat the practice daily. With time and successful results you will gain confidence that it is not necessary to send a reminder. Your brain, under the influence of Shakti Breath will work calmer than otherwise. Read or state your problem. Do not indulge in any of the memory patterns associated with the problem. Chitti flowing through your brain or thinking instrument, picks up the problem. Chitti knows what you want. If you have been exact in your method, suddenly when you least expect it (i.e. when you have ceased to brood about it) the solution to your problem will be given to you. In early stages this may not be clear, not immediate. But if you are precise, the answer will be equally precise and immediate. Practice will ensure you receive a perfect solution the instant the problem or wish is stated.

**BASKING IN A RAINFALL OF SUNLIGHT**

Now that you have familiarized yourself with the practice, your mind is undoubtedly trying to rebel against this direct challenge to your current state of reality. We need to realize that we can choose to live our life through a limited or unlimited awareness. The choice is ours. Chitti is our limited mind. Chitti is our infinite mind. Chitti is always replaying old memory patterns, causing us to be disconnected from the voice of Chitti, which is so eager, perhaps even more eager to help us than we are to accept its unfailing help. Chitti is our Body of Pain, our 7 karmic influences, our negative emotions and all the limitations that prevent us from having what we want in life. Chitti is our infinite awareness, love, strength wisdom and health. It is dying to help us but we won’t give it a chance. Chitti makes us miserable but Chitti wants to makes things easier for us. God created Chitti to help us.

Steadfast and persistent efforts, even through a thousand failures, is very necessary. When you present your problem let it not be vague, disjointed thinking. Waste no time in arguments and speculation. Chitti flows through us constantly, every moment of our lives, a link between us, God and Nature. But nothing short of daily immersions will dissolve discordant factors within us and open the way to “pure knowing”, unaffected by any so-called knowledge.

Faith is not an intellectual belief in something or someone, but a state of awareness, where you link your limited awareness of Chitta (reducing the noise within for a time) to the unlimited infinite awareness and wisdom of Chitti. We may not be as confident yet in Chitti, but we must have Faith and experience this to be true. Slowly, when it starts yielding positive results, you will be convinced. Your ego, your awareness, your intelligence must be told in no uncertain words that there is a much higher and superior source to which they must all submit with grace and a smile. Talk to Chitti like a person that has the ability to resolve any problem and bring you anything you want. State your need as a
command. Be direct and state your order. Chitti is like your guardian angel, a higher power that begs to serve you. Each individual is fully equipped with the power of Chitti from birth.

If we are unaware of what is possible and unable to challenge the horde of intruders that occupy our awareness, it is either because we are not informed about this truth, or knowing it we hesitate, i.e. we lack the confidence to put it to practice. Do not allow yourself to be consumed by your subconscious memory patterns and uncontrolled emotions. There is no lack. The Universe is infinite. Refuse to accept the old conditioning. This very refusal will bring about a change. The more you indulge in worry, anxiety, anger and the like, the more they will come to you. Now that you have received an invitation to enter into a new reality, a reality where Chitti is just as much in charge as Chitta, you have the ability to decide how to live your life from this moment on.

Remember, as long as your awareness is based on your memory patterns it will be difficult to accept this new idea of Chitti at first, and so daily exercise is very necessary until this idea is accepted totally. Strive constantly to think inward towards the intuition center and the spiritual center deep within your right mid-brain. Every time you find yourself going back to your old ways, come back to this center.

Fortunately, God and Nature has laid down a simple method of cleansing these memory pools and that method is to ignore and refuse admission to all past memory patterns. Be firm for your own sake. Draw from Chitti new strength, new wisdom and health. This is the least you can ask for and receive! Let Chitti flow and cleanse your memory pools of all the rotten matter accumulated within, as if you are pouring fresh water over you. Imagine yourself, rather visualize yourself, under such a shower from Chitti - a waterfall of sunlight.

Speak and act with confidence for now you are operating a Divine Law. Once you change your attitude to life and thinking, this new change will work in your sleep and will make you very soon a new person. But honest hard work for some time is essential. Say “Eck Ong Kar Sat Nam Siri Wahe Guru”. Refuse to entertain your old patterns. Put up a wall of “no entry”. Live for some time in this inner state of ‘war’ and ultimately peace will be yours. Hold on to your new reality as a single thought, and hold on to it for some time. You have to be very conscious about it the whole day. Soon it will become a part of you, your new self. Change to this new positive way of thinking. The seed has to be sown today; water it daily. The new plant will grow as surely as the Sun will rise tomorrow. Be not over anxious and dig the soil to find out if the seed has taken roots. You will then defeat the purpose. The law works unfailingly. You cannot see the law in operation. Only results prove the law. Be now positive and go ahead. Each negative and discordant thought should be thrown out as soon as it rises to the surface; refuse to even argue with it. Declare a state of war within, boldly.

To enter the silence is to turn the mind inward from the surface towards the spiritual center. Force your attention there, repeat the name of God, a mantra if needed. The result is assured! Enter the silence. Be calm and rest in the law. Physical and mental stillness accompanied by a method, as outlined here, will lead to positive results. Do not practice so called concentration on circles, a point or a crystal ball. Adhere to this creative idea only. Do not be drawn toward psychic phenomena or trance. Do not henceforth sink into passive, subjective silence. Purification is a long and continuous process. Cleanse your memory pools first, for without this cleansing one can never be ready. In this communication, you have been told how to do it.

Remember, rhythm is the secret. Breathe in rhythm; think in rhythm. The rhythm of correct thinking leads to intuition and ultimately to spiritual consciousness. Rhythmic breathing and thinking together create rhythmic life conditions free from worry, ill-health and problems. A human being is the breath of
Chitti working through a marvelous instrument, the human body and brain, designed to reproduce with fidelity corresponding mental forces. Rhythm is the secret of Super Physical Transformation. Whenever we make a clear, precise and brief statement in the presence of Chitti, the all-pervading and all knowing, we must think, act and live as if we are already in possession of the desired wish, for to think is to create. Do not indulge in day dreaming, there is a vital difference between the two. You must trace both your desires and motives, and see clearly the conditions for a time each day, on a regular basis. When you thus address Chitti, flowing unfailingly through you, know that it amounts to true prayer. You will be able to turn inward with ease and freedom and without hindrance through constant practice, free from sensual images, as often as you wish. The exhilarating sense of freedom, liberation and harmony is sufficient incentive to enter deeper into this experience and also to stay there for longer durations. Induce and cultivate this state of mental and spiritual activity that enables the whole being. Nothing short of sublime longing and yearning will do.

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