

Ears

Mohammed taught the saying of 'Allah ho Akbar', with fingers in the ears, because the fingers used are those that are linked to the Deity of Vishnu, and because the Deity of Shri Krishna becomes Akbar (830202); Allah ho Akbar... is said with fingers in our ears for the correction of the Vishuddhi Chakra (820711)

To clear out most of your problems about Vishuddhi... you have to put your fingers into your ears, and say 'Allah ho Akbar' 16 times... put your head back. 'Allah ho Akbar' has two things in it... first is of course the Vishuddhi... but then also the collectivity... and... is for when there... is the problem of... saying aggressive words, of sarcastic language, of all kinds of things that breaks the collectivity... for... the problem where... when you speak, you hurt others (850502); There is also the mantra of Radha Krishna, or Vitthala... and is for where there are... problems of ears, nose and throat... or where you get bad colds... or where you get your attention diverted (850502)

Olive oil can be placed in the ears to prevent drying out (870408); Oil is the one that helps you... in your ears, if you can put some olive oil, heated up... with one garlic piece in it... that's very good for the ears. So the oil is the one that keeps your Vishuddhi alright (850502)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

820711 Nabhi to Sahastrara, Derby good 90

830202 Vishuddhi Chakra, Delhi (+ Q&A: 5 mins) good 80

850502 Niraananda, Vienna Ashram good 60

870408 Talk to Sahaja Yogis, St.Martins Lane, London good 45