

# Epithelial Cells

Butter is needed for the Vishuddhi... and if the throat is drying up, and there is coughing... can be taken on a hot drink or with soup... or you can take a little ghee or butter on top of a cup of on hot milk or hot water...when it lines the epithelial cells of the throat and trachea - it soothes down all your sites... Krishna is soothed by that. Is also good for sinus problems, and can be administered warm with a dropper, to the inside of the nose for 3 to 4 days... one drop in each nostril, morning and evening... where it lines the inner dry and cracked membranes... butter is softening in it's effect (810330; 830202; 850502; 870408); The ghee can be kept in a small bottle, which may be heated in hot water prior to use (870408); To keep Vishuddhi OK, we can do the following... eat the butter... take it on hot water, so that it lines the epithelial cells, and clean throats every morning by gargling; Protect the throat from cold conditions, and if we speak, speak of Sahaja Yoga (830202)

- Jai Shri Mataji -

## Tape References:

### Date/Ref - Title - Qual - mins

810330 Vishuddhi & Agnya, Sydney Poor 170

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

Chakras affected: Vishuddhi