

Correcting the Vishuddhi Chakra

To keep Vishuddhi ok, we can do the following... eat the butter... take it on hot water, and if you drink it, so that it lines the epithelial cells... that soothes down all your sites... Krishna is soothed by that. Krishna is very fond of butter... so we can take vibrated ghee or butter, which is heated up... and put it in the nose.

But before that we gargle... with salt... we clean the throats every morning by gargling, Clear your throats... and tongues... is another thing that is very much on left Vishuddhi... and must be one of the reasons that your left Vishuddhis are bad. Clear your tongues... and throat... that is how you'll keep your Vishuddhis very clean.

There's another thing called Primrose oil, that you can get... 2 or 3 drops of that, if you can take it in the water, that will also soothe your Vishuddhi, So 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.

Olive oil can be used for a massage on the Vishuddhi, as well as the head and backbone. When you touch somebody with oil, you see, the Krishna tattwa acts... because Krishna is the one who represents the Madhuria, the sweetness of your character. In little little things are expressed Madhuria... like in poetry or in relating some events - Krishna's Leelas were all full of Madhuria... it's like a sport... it's like a sport. The voice should be melodious, and the language should be controlled... the tongue is first of all... for saying things which are sweet and beautiful... try to use language which is extremely sweet.

Protect the throat from cold conditions, and if we speak, speak of Sahaja Yoga. From very childhood, you should take care of your Vishuddhi... by having something around your neck.

To correct the left Vishuddhi, put left hand towards the Mother or the photo, and right hand on Mother Earth, give a bandhan to the left Vishuddhi, and say in your heart: "Mother I am not guilty". But these become rituals if you do not say it from your heart. Forget the past.

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For right Vishuddhi... basil can be taken in tea... and can then be followed by an Ajwain Dhuni treatment... and is corrected by Madhuria, sweetness, and also by going into Mona, silence, 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.

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... 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.

- Jai Shri Mataji -