

Allah ho Akbar

Is said with fingers in our ears for the correction of the Vishuddhi Chakra (820711); 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); 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. There is also the mantra of Radha Krishna, or Vitthala... but '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)

- Jai Shri Mataji -

Source:

www.sahajvidya.org.uk/jsmsy

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

- end -

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