



The Vishuddhi Chakra



Mantras Series 5: Shri Radha Krishna



Vishuddhi Knowledge

Qualities

- Witness state and detachment
- Diplomacy
- Good communication skills
- Being collective
- Represented on index fingers

Physical Manifestations

Neck, arms, mouth, tongue, teeth, nose, face, speech, inner and outer part of ears, movement of the eyes

Centre deity



- Shri Radha Krishna
- Krishna came at around 3228 BC, after Shri Rama
- Shri Krishna introduced the concepts of having fun, enjoying life and not sticking to too many rituals. Being joyful but not frivolous
- He is the epitome of diplomacy- he was the guide for Arjuna in the 'Mahabharata' and his teachings are in the Bhagwad Gita
- Shri Radha is his shakti/power



Left vishuddhi deity



- Shri Vishnumaya
- Sister of Shri Krishna
- She incarnated as lightning to announce the birth of Shri Krishna who was to destroy an evil king at the time called Kansa
- Also incarnated as Draupadi in the Mahabharata
- She looks after any guilt we accumulate and gives us the self-esteem and power to speak the truth
- She also looks after the brother-sister relationship



Right vishuddhi deity



- Shri Yeshoda Mata
- The foster mother of Shri Krishna
- Shri Krishna is often regarded/depicted in his childhood as well
- She gives the power of diplomacy and having a 'sweet tongue'



The mantras



**Left: Shri
Vishnumaya**

**Centre:
Shri Radha
Krishna**

**Right:
Shri Yeshoda
Mata**

AUM twameva sakshat, Shri (insert deity's name) Sakshat, Shri Adi Shakti Mataji, Shri Nirmala Devi Namoh Namaha.

Amen, O Divine Mother Shri Mataji, verily You are (insert deity's name). Salutations to you!

