

Ya Riaz

(RIYADH)

To receive The Spirit of The Holy Name.

Close your eyes and put your hand on your heart. Try to feel your heartbeat and then say (seven times)

Ya Riaz, Ya Riaz, Ya Riaz, Ya Riaz, Ya Riaz, Ya Riaz, Ya Riaz, and then blow on your heart.

Repeat this meditation as often and as many times as you like.

The Lord is most merciful and most kind, and will shower his love on the pure of heart.

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