

A NEW PROCESS OF INTEGRATION

Blessed Souls,

Today I would like to introduce one of my disciples named Anuvana.

She attained Buddhahood in that lifetime.

Anuvana here

My deepest love and reverence to my beloved Divine Master Buddha.

Today I would like to bring forth a simple tool - a new process of integration. All human beings are working towards mastery and self-realization, whether they realize it or not, through all the things they do on a moment to moment basis.

Take a moment to reflect on these four points -

What you think?
What you feel?
Why you act?
What you believe?

Coffee with Master Buddha's Disciples
Channeled Irhaan Rae Chandran
19th Aug 2020

Analyze each moment of your life from these four perspectives.

Self-Examination of these four principles will lead you deeper into yourself.

You will notice then that, what you think, is mostly coming from an outside source - not original thoughts of yourself, but somebody else's thought.

What you feel is not genuine most of the time, as many a time, thoughts are masquerading as feelings.

True feelings are emanating from your soul and is loving, empowering and uplifting.

How you act is coming from a place of conditioned mind and from repetitive past experiences.

Very rarely, does it come from a new moment of creation.

What you believe about yourself and your reality is again coming from thoughts and ideas which others have planted - from cultural myths and stories, from books, from your elders and others, in whom you have placed your values.

Can you untangle from these four things which has ensnared you?

Are you a prisoner in any of these four cages?

EXERCISE:

Breathing from your toes and taking it into your third eye area (both the toes) and making a triangle will help to see the cages you are in more clearly. Recognizing these cages is the first step in dismantling these cages.