

## AHISTA

The guest for today is Kundalekesa.  
She attained enlightenment in that life  
stream.

Let us welcome this great Soul.

In deep reverence I offer my love and  
gratitude to my beloved Master.

I was known as the curly one, for my  
hair was in thick curls. This made me an  
object of laughter among some people and  
admiration in others. But I was not  
born like that, it grew after I plucked all  
my hairs to remove all the impurities of  
memory stored on my hair. After a  
rebellious time during my childhood and  
subsequent marriage which ended not in a  
glorious way, I decided to follow the path  
of a mendicant and sought truth in life's  
experiences.

Then I met the Noble One - Lord  
Buddha and in an instant, I felt like a  
heavy burden has been lifted from me.  
Merely being in his presence, was like  
being loved by the dearest of mothers  
and being embraced by her in her caring  
arms.

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When I met him the first time, he merely lifted his hands in front of me and I felt like many threads of chain which was tied to me broke and fell away. I felt a complete release - although I did not have words at that time to describe what was happening.

He showed me a Mudra (hand gesture) in silence and I followed it and did the same and in an instant I felt a tingling within my spinal column and warm air and energy poured forth from my spinal column and it rushed up to my head and I bowed my head in reverence and was in that silent posture for much time. When I came back much time had passed, and tears flowed from my eyes and Buddha beckoned me to sit in front of him and he placed his hand on my head to bless me.

He told me that I had attained instant Nirvana and now my life is to serve others and to bring them to the Dharma within themselves.

One of the most notable qualities of my Master was his calmness and his composure in all instances.

He taught us that, it is our mind which rules our life and to be observant of our mind by observing our thoughts. He taught us that, other's words and actions cannot harm us, unless one interprets it through the mind and gives it a meaning.

He was referring to the hurt and sorrow we feel through the words uttered by others. He told us that we have the power to reject the hurtful words which can be lodged in the mind by continuously thinking about it. He taught us that wherever we place our attention, that experience can grow.

He taught us simple exercises to clear our mind. One was to sit around a fire and share your thoughts with the fire. Fire is a living spirit, and this spirit will lift our heavy thoughts just by being in front of the fire. I believe that in many cultures, they use fire in sacred ceremony to release dark thoughts.

He also taught us to use water to release deep held thoughts. He told us to be with any flowing water and placing your feet first for few minutes and then placing your hands in the water and being with it will release all the heavy thoughts.

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He also encouraged to go under the water if it is safe to go (by bringing your head fully immersed under the water) as this will also loosen the grip, thoughts have on you.

Now I would like to bring forth the Mudra as shown by my Master to me. Bring your thumb to the bottom of your pinky finger of right hand and in your left hand all fingers are closed except the index finger.

Bring both the hands in front of your heart. You need not touch both the hands together.

This Mudra is called AHISTA.

I depart now. I thank my Master for inviting me to have this experience.

Kundelekesa carried my teachings to many and taught them from her loving and compassionate heart. She planted seeds in many and went to train others into the order which was created to propagate my teachings.

She is again on the earth plane and is a wise politician in one of the European countries.

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