

# COMMUNION WITH ONESELF

Welcome Brothers and Sisters.

Today our guest is Hiranya.  
Let us welcome Hiranya.

My humble love and gratitude are  
placed at the lotus feet of my  
Master Lord Buddha.

My time with Master Buddha was  
short - only for short few years.  
During my time with my Master, I  
learned a lot about respecting and  
honoring ourselves.

He taught us that when we respect  
anything - our body and all other  
people and all of nature, we are  
expressing our Love to them.

He constantly told us to be mindful  
of our thoughts about ourselves.

He taught us that when we love and  
respect ourselves, we are making a  
statement to God and Mother Earth  
that, we are worthy of our lives and  
we thank them for our lives.

Coffee with Master Buddha's Disciples  
Channeled Irhaan Rae Chandran

He taught us that Mother Earth is our true mother, and she holds us in great love and from her heart, she constantly sends love to all creations existing on her body.

He told us to be aware of the soles of our feet and he said that through the soles of our feet, we can draw forth the love and essence of Mother Earth into our body.

He also taught us about valuing everything in our life as they are extensions of Mother Earth in different forms.

He taught us about night sky. He told us that the moon and the stars contain great knowledge and wisdom, and we can access this wisdom when we are quiet and in stillness. Many of us did not understand about this when he taught us this.

He taught us that from very ancient times, people travelled in boats and wooden ships over great waters, following the movements of Stars and Moon.

They help us find our way in water and in similar way, they can help us find our way in our life stream.

He also taught us about Unity. He taught us that Unity starts within us first, when we are united in body, mind and soul. Only when we are in unity with ourselves, we can have unity with others.

He taught us that one of the ways of practicing unity is by being observant of our human body. All the organs like hands, legs, shoulders and neck etc., look different and have different functions but they all unite in harmony and balance to create our life.

He taught us that when we unite, we are showing the Oneness of Life.

He also placed great emphasis on the upbringing of children, and he taught us that, children learn by observation and their first teachers are their parents.

He taught us to give our full attention to the children when we are with them so that they may grow up in fullness and wholeness and in love.

The most notable quality of my Master was, whatever he taught, he practiced it fully.

I have been blessed to have met my Master for it changed my life completely. I met him when I was 16 and stayed with him till 19.

In humble reverence I take leave now.

Hiranya.

Hiranya became a community leader spreading the wisdom of her Soul and attained Nirvana in that lifetime.

She is presently on the earth plane and is a leader of a country.