

## GARDEN OF OUR HEART

One of my most devoted follower was a little maiden named Itayana.

Her parents had passed away and she was all alone. She met me in one of my walking tours and I initiated her, and she stayed with me for several years as part of our entourage.

Let us welcome Itayana.

My deepest love to the noble one. I bow my head in deepest gratitude to my Lord Buddha.

My master taught me many simple things. He taught me to observe nature and told me, they are the greatest teachers, and they are the gentlest teachers.

Even when I was very young, I was fascinated with flowers and the brilliant Colors captivated me and I always felt that flowers were speaking to me.

So, every day in the morning I gathered flowers and placed it near the feet of my dear master.

One day my dear master told me - our body is like a vast garden. All our body parts are like different flowers and all work in harmony and that is why we are able to live our life.

He pointed out to a field of flowers and told me that in this field also exists weeds, ants, spiders and other little ones.

All are nourished by Mother Earth. But if the weeds get stronger and grows big, then the flowers cannot grow to its full size. In the same way, if the ants and the spiders multiply and grow in the field, the flower plant cannot grow to its fullest size.

He told me our human life is like that. Our mind has many layers. It can produce beautiful flowers.

Our mind also has weeds, ants and spiders and other little creatures like in the soil. Human beings are made up of both these. We can grow the flowers beautifully or give power to the weeds and others through our thinking.

He taught us that we have to be attentive to our inner fields lest the weeds overtake us. The weeds he spoke of was disharmony in mind which is created through anger, jealousy, unforgiving, violence and inaction.

He told me to take time every day to cleanse my garden with the Water of Love, Pluck the Weed through the combing of my mind, and to gently pull out the ants and spiders and others through, letting go and forgiveness.

He taught me that when we take care of our inner garden, we become like a beautiful butterfly whose beauty is seen and appreciated by all.

He gave me guidance to teach this simple tool to all and told me that it is through the purity of ourselves, we attain Nirvana.

I stayed with my master for over 15 years and then my master asked me to go and teach what I have learned and to share my life with others.

He also taught me a simple poem.

Life is beauty personified  
Love is beauty lived  
Grace is beauty expressed  
Truth is beauty of our essence  
Caring and sharing is Our  
Naturalness  
And harmony is our birthright

With eternal gratefulness to my dearest master, Lord Buddha.

*Itayana*

Itayana went on to create a monastery, the ruins of which can still be found in the northern plains of India. She also travelled to the county you call Sri Lanka to spread my teachings.

Lord Buddha.

Coffee with Master Buddha's Disciples  
Channeled Irhaan Rae Chandran  
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