

Importance of Valuing Simple Things

My disciple Punnika will speak

With great reverence to my Master and Teacher Buddha, I speak.

Master Buddha always taught us about the importance of valuing the simple things of life.

He taught us that, if we take care of the little things of our life, naturally it will impact and change the larger things of our life.

Life is fraught with challenges and difficulties - big and small.

He taught us that the bigger challenges are a combination of many small challenges.

He also taught us that our life is a Sum Total of all our life's experiences. So, one small change can affect the whole.

We never understood this when he taught us that.

Coffee with Master Buddha's Disciples
Channeled Irhaan Rae Chandran
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Now we know that he was teaching us about our Quantum Aspect - that one thing affects the many.

He taught us these and asked us to practice this in everything we do in our simple lives then.

Smile every day to at least one person.
Share your kindness at least with one person per day.

Speak kindly with at least one person per day.

Help at least one person per day - whether it is to draw water from the well or in gathering firewood for cooking.

Have good thoughts about at least one person per day (not your family member) but outside your family circle.

He also taught us about being kind to our animals and the nature kingdom.

He taught us that to pluck a flower from a plant or tree, will diminish its beauty. He taught us that all are children of God and we must value and respect all of creation.

So he asked us to gather the flowers which are fallen down and if we pluck, then ask in reverence and in love to share its gifts - in the same way, he asked us to Honor all the fruit trees and all vegetable giving plants and taught us that it is through our Mother, we are gifted.

We did not understand much then about this concept - now we are aware that all of life's gifts comes from Mother Earth.

He also taught us to share our humble food and taught us that in sharing we will have more. He also taught us about having unity and the strength we can have in unity.

What I see is that, the challenges and difficulties you are all having is parallel to what we had then.

He taught us about the importance of chanting mantras and how voice travels very far and can affect everything.

I will share with you three Mantras he taught us along with a Mudra he gave us.

1. Mantra

JAYA OM JAYA OM
HAYA OM HAYA OM
DARIL SEVA

2. Mantra

INAHOMMMMMMM

3. Mantra

SARVOM SARVOM SATYA

Mudra

In both of your hands - bend the thumb and touch the bottom of the pinky finger.

Bring your left hand in front of your heart center.

Bring your right palm facing outwards (in front of the belly button area).

You can also chant any of the above mantras silently when you do this.

I will close now with my deepest gratitude to my dearest Master and Teacher - Lord Buddha