

# JUDGEMENT AND CRITICISM

Our guest for today is Pajamati Let us welcome her.

Pajamati here.

I offer my love and gratitude to my dear Master - Lord Buddha.

I learned many things from my master. One of the things he taught us was about judgement and criticism.

He taught us that all human beings are created equal and no one is above or below another human being. When we criticize or judge others, we are judging them from the narrow window of our thought. We do not know that soul's path in this life stream. How can one judge someone, when we do not know?

By judging someone or criticizing someone, we are only polluting ourselves through our harsh words and harsh thoughts. We are harming ourselves only.

He constantly reminded us about the need to be mindful in everything we do.

He also taught us to do everything as an offering - as a gift - to ourselves and to others.

He told us to look at nature and its bountiful harvest year after year. He taught us that this was a gift of Mother Earth and she offers us this gift without asking anything in return.

Since we are a part of Mother Earth, our life should also be like that - a gift to those who cross our path. This gift he was talking about, was the gift of Love, gift of kindness, gift of caring and sharing.

He taught us that every human being has love inside him or her. Human beings look for this outside. But if they look inside of them, they would find it and only when they find it inside of themselves, they can truly love another human being.

He also always reminded about letting go and moving forward. When we resist and hold on, we are resisting life and it brings sorrow.

He taught us about being in the flow of life. He taught us that everything in our life is created by us

Letting go and moving forward is one of the important lessons we have come here to learn.

He also taught us about reverence - first to ourselves and to everything that supports us - the animals that support us - cows, sheep, donkeys etc. nature and Mother Earth, the waterways, the mountains and forests etc. He taught us that although the nature does not talk to us directly, they love us immensely and this is their gift to us - their Love. Their love is Pure and Unconditional. It does not seek anything in return.

He taught us about cultivating the innocent childlike qualities of children, for they are pure in heart and deed.

He taught us that by observing children we can learn a lot - especially about harmony, forgiveness and unity.

His teachings impacted every aspect of my life and I am eternally grateful to meet my dearest beloved master.

Pajamati attained nirvana in that lifetime.

COFFEE WITH MASTER BUDDHA'S DISCIPLES  
CHANNELED BY IRHAAN RAE CHANDRAN

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