

LIVING IN AWARENESS

Today our guest is Sanasena. He was one of my foremost men disciple. Let his welcome him.

Sanasena here.

I thank my Master, Lord Buddha for inviting me to commune with you today. I met my Master when I was 11 years old. I was an orphan, and my master took me under his wings and the parents I did not have, I found in him.

He was gentle and loving and even when I did not do the chores assigned to me or the tasks assigned to me, my Master was never angry but instead showed me, how my inaction affected others.

I could not comprehend this valuable lesson at that time, but as I grew and gained experience, I realized the significance of it.

My master taught us that our very existence on earth is a gift to ourselves from Mother Earth and to others - meaning other people in our lives - whether it be a stranger or our relatives or colleagues

We are the gift. He taught us that, the gifts of our Soul were the highest gift - the gift of Unconditional Love.

We have come here to earth to share this first with ourselves and then with others. Again, we could not comprehend the depth of this teachings and gradually over time, we started realizing the full meaning of it.

My Master displayed this trait through his actions - meaning, through his words, body language and gestures. He taught us about the cyclical nature of our lives.

He taught us to look at nature and how they adapt and adjust naturally to all changes - not only seasonal, but also to great winds, rain or other natural disasters.

He taught us that, nature always tries to balance and harmonize with its surroundings and with all changes and hence it feels less pain and sorrow with the changes it is experiencing.

In the similar way, he taught us to harmonize with the changes in our lives when it occurs, and he taught us that Resistance to change causes Sorrow.

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He also taught us about our speech. He taught us to speak only when it is necessary and to speak with our full essence.

He taught us that our random talk depletes our life force. He taught us that when we speak, to bring our attention from the center of the body (the belly button area) and then becoming aware of our breath, then speak. Then our words will carry the full essence of who we are.

He taught us that, in any human interaction, whether it be with a human being or our animal brothers and sisters or with our plant brothers and sisters, we must give our full attention in our interaction with them. By giving full attention to all experience, we offer our fullness to that experience. And that experience will always remain as a part of our treasured life experience. Be fully present was his message in all times.

He also taught us to see beyond. Beyond Meaning - to see the larger reality than what is being presented - to see the forest than the trees. He taught us many hand gestures to center and balance us. I would like to share a few here.

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MUDRAS

1. Bring your right thumb and touch the bottom of the pinky finger of your right hand. In your left hand - only the index and middle finger is raised. All other fingers are closed. Bring the left hand and touch with the raised fingers of your left hand to the bottom of the right hand. Bring this position in the front of your heart center. This will help to calm one's mind quickly.

2. On your right hand, your thumb is touching the tip of the middle finger. All other fingers are raised. On your left hand, thumb touching the index finger. All other fingers are opened. Bring both the hands together - touching the wrist of both the hands together and in front of the heart center.

This hand gesture is called MAHILYA MUDRA meaning the opening of the Golden Heart.

We practiced these and other mudras regularly to open and cultivate the essences or our body wisdom.

I will depart now. I thank my Master, Lord Buddha for inviting me to speak with you.

Sanasena

Sanasena is presently on the earth plane and is a teacher of truth and great wisdom.

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