

# REMEMBRANCE

What do we remember? Life is a process of remembrance experience. It has been aptly said - nothing to learn, but just to remember. All wisdom is imbibed on the Soul. What is the meaning of remember?

True meaning is - Re-remembering with yourself.

Not just your physical self, but with your full essence of your Soul.

Remembrance of oneself is a process of self-discovery. Each time you remove, one layer of yourself, you remember more of yourself.

There are many layers to your remembrance.

Remembrance of the body  
Remembrance of the emotions  
Remembrance of the Soul

Body remembrance relates to the knowing or awareness of the materials you are made of - namely the elements. One hardly pays attention to these most important parts.

Your elements constitute the living organisms in your physical body and also produces the bone and bone marrow which in turn produces the blood.

Coffee with Master Buddha  
Channeled by Irhaan Rae Chandran  
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Get to know your body for there is much wisdom there.

Remembrance of the emotions relate to the feelings and the thoughts you choose to display. Human beings choose from a wide variety of thoughts and emotions, and this relates directly to their perspectives and their belief system they hold as true.

True remembrance of the emotions will guide you to be in a place of love and harmony. True remembrance also represents the loving qualities of your soul and the expression of it in your day to day experiences.

Remembrance of your Soul relates to the principle of Oneness and Unity consciousness. It also relates to the evolution of your Soul to its highest potential, that is to become once again part of the Creative force of the Universe.

Now the question arises - how can one remember in all these levels?  
The body level remembrance can be opened and enhanced through nature.

The elements in your body is part of nature and communing with nature will help you to remember this crucial aspect.

Remembrance of your emotions can be achieved through breathing exercises.

There are multiple ways of breathing and when you become aware of the breath and running this breath throughout your body, will open the emotions embedded within your cells and blood.

## EXERCISE

When you breathe, hold the intention to remember your true emotions and feelings of your Soul embedded in your cells.

Remembrance of the Soul can be achieved in being in Silence and in contemplation. Take time daily to be in touch with your divinity.

Observe your mind and emotions. Give intent to be in the frequency of your Soul moment to moment. With practice, you will start to peel layers of forgetfulness.

Life then becomes a process of remembrance and self-discovery.