

# SELF LOVE - THE KEY TO LIBERATION

Dearest Souls,

I wish to introduce another senior  
disciple INDASTRA.  
Let us welcome her.

I am Indastra speaking from the  
timeline when our beloved Master  
walked the earth. I am honored to  
be in your presence. It is a great  
privilege.

When I met my Master, I was a lost  
soul. I ran away from home when I  
was in my teens and wandered  
around looking for what I do not  
know.

There was a longing - but I did not  
know what was the longing for? I  
felt dissatisfied in the mundane  
things of life, like farming, tending  
the animals, marriage and so on.  
Many a night I lay awake, for my  
mind was filled with many things,  
many questions of why things are the  
way it is.

Channeled Irhaan Rae Chandran  
6th Oct 2020

Then I heard about the great one passing through the village I was in. I had found refuge in the corridors of an ancient temple and my Master walked past by this temple.

When I saw him, there was a feeling of stillness within me. My Master saw me and came towards me. I went into a trance and I saw what I was looking for, imprinted on his heart - bathed in color and the word was simple - LOVE. Then I felt that this word came into my heart and immediately I felt at ease and my thoughts became clear. I stayed in this thought for a long time and by the time I came out of my deep stillness, my Master was gone.

Luckily for me, he was in a neighboring village and had camped there for the night. I quickly found him, and I asked him - who are you with this incredible power to change one's mind and thought so quickly.

His answer stunned me. He simply answered - I AM YOU, YOU ARE ME. WE ARE ONE.

He said that I found me - I found the Divine Lord within me. You have the same Divine Lord within you. You are a Buddha inside of you. It is the belief cage you have built around you that you are not worthy of Divine Love.

He said that all the cages make us a prisoner. Now I understood and my mind settled down into a deep peace. I asked him permission to join his entourage and he blessed me and invited me.

He gave importance to maintaining a healthy body and he taught us that a healthy body produces a healthy mind. He taught us about hygiene and cleanliness and told us that our outer cleanliness is a reflection of our inner cleanliness.

He taught us to chant holy sounds for he told us that holy sound uttered in the early morning hours will purify our environment and the wind will take this holiness and spread it around.

Channeled Irhaan Rae Chandran  
6th Oct 2020

He taught us that certain body postures can and will create stillness in our body and quiet our mind. I would like to share two of the body postures he taught us.

1. Let the thumb of right hand touch the middle finger of your right palm and bring this hand into the fully opened left palm. Your left palm is in front of the heart center in a horizontal position. and your right hand is in a vertical position. This body posture he called it -  
**EKAME.**

2. One other body posture he taught us was - let your right thumb touch the index and middle finger of your right palm and then touch your heart with it. Let your left index finger be raised while all other fingers are closed. Bring the left hand in front of the right hand which is touching your heart.

This position he called **GYAN.**

He taught us that it will open the inner wisdom which can help us.

After seven years of my life with his entourage I was encouraged to go and teach others what I have learned and this I did for the next thirty years of my life.

When I was ready to depart this earth plane, my Master came to escort me to the other side. I have not taken reincarnation since. I plan to return to earth in 2100.

It has been a great privilege to communicate with you all in this way. In Honor and Deep Reverence, I take my leave now.

## Indastra

She went on to become a wise and gentle teacher and attained Nirvana.