

# THE LAW OF RETURNS

Today I would like to introduce Uppalavanna. She attained nirvana in that life time.

Let us welcome Uppalavanna.

My deepest offering of my heart's love at the lotus feet of my beloved master Lord Buddha.

Lord Buddha taught us through many ways - and one was through parables. One of the parables he taught us was about the act of Service.

Long ago, a sage walked into a village and a little boy offered him a ripe mango which the boy was about to eat. The sage accepted the mango with appreciation and gratitude and then thanked the boy.

This simple act of giving/ sharing what was important and precious to the boy, changed the destiny of the boy, for in the act of giving/sharing, the boy demonstrated one important aspect of the Universe.

That is, he demonstrated the Law of Returns.

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Channeled by Irhaan Rae Chandran  
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When you share freely and lovingly, and without any expectations in return, you will naturally attract similar or more energy.

Also, by sharing what was yours, you also change your destiny by changing the dynamics of the law of Karma.

He taught us that Mother Earth is constantly giving and sharing her life with us. The Sun and the Moon and Rain and the entire nature is always giving and sharing their love with us. We are born to share our life with others. And this sharing can come in many ways.

He taught us that when we do not share then we are afraid. He taught us that by hoarding things, we are demonstrating our lack of faith in God to provide us with our sustenance.

He taught us that, look at a bird - when they wake up in the morning, they sing. They do not go scrambling for food. For the bird knows, the food will always be there. In this knowingness there is freedom.

So, through parables he taught us about cultivating trust and faith in God.

He taught us not to get attached as attachments causes worry and attachments are like little cages, we build into ourselves.

He taught us about not being afraid. He taught us that most of the fear we have in our life is created in our own mind. He taught us that when we are fearful, we shut down our five senses and our chakras and our emotions and feelings get distorted and we will not be able to think clearly.

He also taught us about being truthful. He taught us that people tell lies because they are afraid. He taught us that when we tell lies, we add more weight to our Karma energy. He also taught us about cleanliness and good hygiene.

He taught us that being clean in body, mind and soul is important as it purifies our life and wellbeing.

He also taught us about sun and moon and asked us to sit in meditation under the sun in the morning and sit under the moon in the evening time and taught us that father sun and mother moon supports us to grow physically and emotionally.



He taught us much more about our life and how we can end our suffering. He emphasized the importance of silence and introspection on a daily basis.

I feel very blessed to have met my divine master - Lord Buddha.

I would like to share a Mudra which my master taught us.

Fully open your right palm. Bring the index and middle finger of your left hand and touch the middle of your opened right hand (right hand is held vertically. The lefthand fingers are also vertically touching the middle of the right palm) This Mudra is for creating balance in your life.



With greatest of love and gratitude to my master, I will leave now.

Uppalavanna

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