

The Power of Words

Blessed Souls,
Divine Blessings and Divine Love from
my being to you.

Our guest for today is Kapilani, a pious
and devout Soul who attained Nirvana.
Let us welcome Kapilani.

Kapilani here.

My deepest gratitude and deepest love
are offered at the lotus feet of my
Divine Master Buddha.

Master Buddha taught us the great
importance of our words. He taught us
that words can harm us or help us. He
taught us to practice silence. And to
speak only when it is needed.

He taught us that by speaking
constantly, we lose our inner strength.
In silence, we cultivate our inner
strength.

When we speak from this inner
strength, then our words will carry love
and our truth of our Soul.

Coffee with Master Buddha's Disciples
Channeled Irhaan Rae Chandran
25th Aug 2020

Master Buddha taught us that one of the physical organs in the body is the vehicle we express ourselves with. It is not only the throat which produces the sound of our words, but the brain plays a bigger part in our speaking.

We did not know what brain is and what it can do then. He explained about various organs inside the head and he taught us that our organs inside the head makes us think, act and speak.

He taught us that the entire nature kingdom is aware of us and when we step on the earth, the nature kingdom knows, and it is waiting to be acknowledged by you.

He taught us that they are our brothers and sisters and to always acknowledge them and speak to them through your hearts love.

He taught us to use right expression of words to convey our truth and our full essence for when we speak, we are expressing, who we are.

EXERCISE:

He taught us to gently place our hand on our head and massage our head in the morning and evening.

He taught us to do that when the hair is wet. He taught us that when we massage our wet hair, then all the thoughts we have can be released.

He taught us that our thoughts create our suffering. We practiced this technique every day in the morning and evening.

He also taught us to massage our throat area and taught us that by massaging our throat, our feelings and thoughts can be expressed in a truthful way. He taught us to use our throat area to speak only the truth, and to resolve to speak in love and harmony only.

He taught us that what we utter through our mouth, can cause us either misery or joy. So, he taught us to speak only after careful thinking.

One of the practices we did was - we sat in silence for one full day and night in every period of moon cycle. This was done for Self-Reflection.

He also taught us that in many instances, we cannot speak, or we have to stay silent.

So we were asked to write in the sand what we wanted to speak to that person or persons and then when we meet that person or persons, we simply and silently breathe out what we have written in the presence of that person. The person will receive the seed of our communication at their heart level.

This way we could communicate with many priests and others who came to debate with us on religious practices.

This was one of the ways my teacher Lord Buddha communicated to the Kings and other nobility, and who were new to our teachings.

He taught us that when we speak, our entire body hears it and stores it in our organs. Many illnesses of the body come from stored ill thoughts (or not loving thoughts). He taught us to speak to our body in a loving way and taught to thank our body always.

I bid you goodbye now and I offer my humble heart at the feet of my Divine Master Lord Buddha.

MUDRA:

Before I leave, I would like to pass on a Mudra as taught to us by Lord Buddha. Open your left palm fully and bring it in front of your heart chakra. For your right hand - keep all fingers closed except the Index finger. Bring your right hand and place it in the opened left palm.

You will feel a deep silence enveloping you very quickly and the thoughts of your mind will slowly start to disappear, and you will feel an emptiness or void.

Practicing this for ten minutes will increase your awareness and your inner connection to your inner Divine Buddha.

Kapilani

I Lord Buddha, thank Sister Kapilani on this important message.