

Wane Eihemet Manasorayaa

(May you all be enlightened by the teachings of Lord Buddha)

Today my disciple Soumitha will speak

She attained Arahant (arhat in Sanskrit) in that lifetime.

Let us welcome Soumitha...

Highest reverence and deep devotion to my beloved Great Teacher Lord Buddha.

I was an early convert to the teachings of Buddha. I walked many a distance to see him and meeting him was like a big jolt as I felt a deep remembrance and reverence and I fell at his feet and beseeched him to teach me the truth.

Buddha took me under his wings, and I became a part of his entourage moving from place to place to share his love and wisdom.

Buddha taught through his own practice and set an example for all of us. He was a keen observer of human beings and was very attentive to all - humans and the nature kingdom.

He considered human beings and nature to be sacred. He taught us that paying attention to all the things we do on a moment to moment basis was important and asked to think about only what we were doing in that moment.

He taught us about one of the most important things which all human beings do on a daily basis, but seldom give importance to it.

That is about EATING.

He taught us to eat in silence, for through eating, you are in communion and communication with your divine body which is a holy temple housing your Divine Soul.

The very act of conscious eating also helps one to acknowledge and appreciate the nature kingdom which provides all the nourishment your body needs and through this acknowledgement you also Honor Earth Spirit.

When you acknowledge the food you eat, then it has greater capacity to share its minutest essence with you.

There is wisdom and love in all of creation and you will feel uplifted and empowered through the wisdom imparted from the food you eat.

Since all life is connected, one small act of kindness can create a big change in our mental and emotional make up.

Look at a lute or any stringed instrument. When we pluck one string, the rhythm or vibration from this one string causes the other strings to be in a resonance frequency.

The food you eat causes a note or melody within your body and this note when matched with the notes of your body will create a vibrant and healthy body.

He taught us not only to eat in silence and appreciation of what we eat, but also to observe the breath we are breathing when we eat. The breath contains the essence of the Creative Force of the Universe and when we observe our breath while eating, this creative force will get embedded in the food we eat.

He also taught us about the water we drink. Water is the liquid essence of Mother Earth and when we drink in Honor and Gratitude, we are drinking her very essence - she is feeding us through her breast which is full of love for her children.

Exercise:

Now a simple mantra / quote

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With deepest gratitude to Lord Buddha, I retreat now.

Coffee with Master Buddha's Disciples
Channeled Irhaan Rae Chandran
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