

# *You are the Gift*

*You are the Gift to yourself and the world. Life is a gift. Your body is a gift. Everything which supports you is a gift. The very air you breath is a gift. Everything in life is a gift. How do you express these gifts of you? The very purpose of you being born is to express the gifts of you through the many moments you experience. Hence it is called the present moment - you are presented with an opportunity to express your gift.*

*Each of you express these gifts in multitudes it ways. Some through a kind word, a smile, a touch, a look or any other form.*

*Some express their gifts through fear-based emotions and actions. But in all instances, we are expressing these gifts.*

*Now two things to note - when you express these gifts - Is it natural and spontaneous or it is coming with a hidden agenda or need fulfillment.*

*When you express yourself, you are creating an energy field which goes out into the Universe and through the subtle laws of the Universe, you draw forth, what you sent out.*

*Your expression of yourself in all moments is a statement of who you are in that moment. It is your message about yourself to the world.*

Second point to note is - when you express yourself in all moments, your body records all what you express and sent out, and these create an imprint on your auric field and on Mother Earth's body. These imprints through the power of resonance will attract similar energies and it will start creating powerful thought patterns on Mother Earth's bodies and it will affect all the supporting energies which support humanity on a moment to moment basis. There are many unseen energies called the Invisible Ones and they are in service to humanity and they are in support of the four basic elements with in you.

These will be weakened by the cumulative energies of these expressions if you express your gifts coming from a place of fear or need.

Human beings are a very important component in the earth's evolution. What you do and how you live has a big effect on Mother Earth. So today I want to ask you, what are the gifts you wish to express and experience today?

Make every moment of your life as a Gift to yourself and Humanity

Master Buddha - Channeled by  
Irhaan Rae Chandran  
(28<sup>th</sup> June 2020)