

ADAPTATION

To adapt means to be in harmony. These two words are complementary to each other. How can one be in harmony in a fast-changing world? It is by adapting. Adapting in our mind and thought process.

One of the life lessons, you have come to Master is the quality of adaption - the combined energy of flexibility and openness. This allows you to be in the flow of life.

Adapting does not mean that, you accept as your final truth, of what you are presented with. But it allows you to look at a situation from a different set of eyes and then make your response from this new perspective. Adaption is a difficult concept for most human beings.

Almost all the experiences of life - human beings want to experience from a predefined notion or how the experience should be. There is very little spontaneity in human creation.

But the scientific community, when they embark on an experiment, if they are open, does not hold the notion of how the experiments should turn out. They adapt to whatever is showing up in the experiment.

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This gives them a new perspective on doing things in a new way. In adaptation, there is openness. In openness there is harmony.

The challenges in adapting come from many pre-conceived ideas and thought patterns:

Fear and Insecurity
Lower ego and superiority complex
Set beliefs of right and wrong
Control issues

Adaptation is a quality you can awaken within you. There is a being in the universe who holds this consciousness. They are the Fish Spirit. Fishes always adapt to all environments very quickly. Shrimps and Lobsters also hold this consciousness.

You are a Water Being. You came through water and your birth represents the swimming of you, out of the ocean. Water naturally adapts to all environments even when it is trapped in a dam.

Connect to the water within you and these three beings - Fish Spirit, Shrimp Spirit and Lobster Spirit.

The sounds which can support on this are
For Fish Spirit - Manayae
For Shrimp Spirit - Krrrrmmm
For Lobster Spirit - Rannae

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There is also a plant which can support
in opening the quality of adaption. It is
the Willow.

EXERCISE

In the region of your stomach, there is a
geometrical pattern in the shape of X.

Bring your awareness to this pattern and
breath into it and this will shift the
energy of rigidity within you.

Rigidity creates stagnation
Stagnation creates emptiness
Emptiness creates blind stillness
Blind stillness creates non-action
Non-action creates repetition
Repetition kills Creativity.

Creativity revives enthusiasm
Enthusiasm creates aliveness
Aliveness creates spontaneity
Spontaneity creates new beginnings

And new beginnings, are the budding
lights of a New Doorway