

01-09-14 PH Chan **What Created The Body?**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, January 9, 2014, approximately 9:30 AM, Sedona, Arizona, on a beautiful warm winter day.

Summary: The ego did not create the body. The ego has no power to create any thing. The body, like all things manifested, was not created, but it exists as form because it is a projection, or a reflection of the inner Stillness of God.

Who creates this physical body; [the body of Paul, the body of Daisey, the body of Dan]? How does this (physical) body come about?

All of nature is a result of God's love. The body, the physical human body, is a result of God's love for Him Self. Nature is a demonstration of the love of God. There can be nothing outside of God. The ego did not make the body, because the ego has no power to make any thing. The ego can move the body, it can command the body to do certain movements, but the ego has no real life, and it has no real power. It borrows from the Mind of God in order to exist, and you, as a consciousness, identify with the mind. To say that the ego created the world is not a reasonable statement, for how can something that does not exist, and how can something that has no power, create such a complex mechanism, as a body, or a world. The ego is simply an idea, and it is made up of ideas and beliefs, and the only power that ego has is that you, as a consciousness, identify with it. The original design of ego, and (its) purpose is to aid the body in survival, and to

acquire knowledge so that the body may survive, and even a group of bodies may survive in a community. (06:13)

The nature of the ego is individualistic. It needs certain amount of food, and air, and sunlight, for the body to survive. It identifies with the body even though the body in reality, in God's reality, does not identify with the ego.

The ego is partitioned Mind. It is like a grain of sand upon the beach. The beach is vast, but that particular individual grain of sand upon the beach makes up the beach. It is an element of the beach. It is part of the beach, but it is not the beach. Mind is vast and it is the communication tool for God to see the love that He is. God communicates with all things through the Mind, and as consciousness expands, that is the focus of awareness expands, it (consciousness) realizes it is beyond the body, and beyond the focus of the ego.

Who you are is the Self of God experiencing the Self of God. You are not your body and you are not your ego-mind. You have never left the arms of God. In other words, you have never left the Mind of God, or the heart of God, or the love of God. God experiences Him Self through you, and that is your purpose; to demonstrate the love of God, (and) to demonstrate the love that God has for Himself. His intention, or His purpose, (and) His desire is to show Him Self the love that He is. And since you are the Self of God, your purpose is to show God the love that He is. Your purpose is to experience this world, this realm, this reality, and to communicate through your experience, and through your mind, (and) through your consciousness, the experience and the feelings that you are having. What does it feel like to touch the skin or the body of another person?

What does it feel like to smell a rose? What does it feel like to walk upon this earth, and to breath the air of this earth? What does it feel like to love another human? What does it feel like to be born from the womb of a woman, and what does it feel like to die, and to return unto the Heart of God. (13:44)

God surrounds you Paul, and you are held within God, and yet your consciousness is also focused within this individual body, which is innocent and good. It is indeed, what you might call the creation of God, or the reflection of God, or the image of God, and it is therefore, a reflection of what is inside of the Stillness of God. God does not create the body, or the world, because the body and all things, all worlds, exist within the Stillness of God. God simply projects Him Self out from Him Self through light, through His Mind, through love, which is the essence of Him Self. There can be nothing outside of God. The ego can distort love, or (distort) the concept of love, or the idea of love, but love still exists. The ego can cause the body to do horrific acts of violence towards another body, or towards nature, but that is a distortion of God's Mind. That is a distortion of the Reality of God. Mankind distorts reality through misunderstanding, through ignorance, or through not knowing. And man misbehaves through what you might call innocence. Man is still learning the difference between love and what is not love, and God being love, only knows the Reality of love.

God watches man misbehave, but God sees man as innocent, and does not judge the actions of man, just as you would not judge the actions of the two-year-old child. Man dreams of what love is not, but it is only a dream. Man acts out

what love is not, but it is only a dream of what love is not. It is not real and has no effect upon God, or upon the consciousness (awareness) of God, nor upon the purity of what God is. And who you are Paul, is the purity of what God is. (20:53) It cannot be contaminated. It cannot be altered in any way. God desires to see the love that He is, and the Nature of God already exists. The Nature of God is not being created. It is simply being displayed to the consciousness, or to the Mind, or to the intelligence of God. God does not see Him Self as bad or wrong, because it is not possible for God to be bad or wrong, or to misbehave. The ego judges itself as bad or wrong, or misbehaving, because that is what the ego does and that is the nature ego, that is the survival instincts of ego, to know the difference between right and wrong. This right or wrong mechanism is what promotes survival, and what promotes power over another person. It makes one person right and in the other person wrong, and thus you have war and struggle, and thus you have conflict. The ego even judges nature as good and bad and right and wrong. And how can nature be good or bad, or right or wrong? That idea, (or) that concept is absurd. (24:00) How can the air be good or bad, or the sun be good or bad, or the rain be good or bad? But the ego must judge the rain as good or bad, or cold or hot, in order to survive. It must judge the sun as just right, or warm or hot, in order to know when to move the body out of the sun, or out of the cold wind and into the cave. Do you see this? There is a reason that the ego acts the way it acts. The ego is not inherently evil. It is not necessarily a bad thing, or an inappropriate thing, or an inappropriate idea or entity, because it serves to protect the body. It is a warning system for the body. Let us repeat, it is

a warning system for the body. That is its purpose. It is an alarm system for the body. When you, as a being of light, as the consciousness of God, as the Self of God, identify with the ego as your self, you give power to the ego, (and) you give it life. You give it an expanded function. You have given an idea, a warning system, with limited power, and limited abilities, and a limited purpose, power to be more than it is, (and) purpose greater than its original purpose. You have mistakenly identified with the ego, because you mistakenly identify with the body and this environment. The body is not your home and this environment is not your home. It is simply an experience, an experience of a reality that has texture, and feelings, and smells, and touch, and movement, and sensations. It is a dream reality, but it is the desire of God to experience this reality. This reality is not a mistake. This reality exists within the Stillness of God, and if you examine it, it is beautiful. See the beauty of your Earth. See the beauty of your solar system. See the beauty of your universe. How can something so amazingly beautiful be outside of God? The Mind of God is vast, and who you are Paul is vast. You cannot possibly know every thing through the smallness and limited capacity of your mind. You must enter the Mind of God to have an understanding of who you are. You must be outside of the body and outside of the ego mind in order to understand who you are. God desires to see, and to feel, and to know, (and) to experience the love that He is. It is that simple. There only exists love. There only exist unconditional love, without judgment, without judgment. (32:08)

Trust that you are hearing this message for your individual learning, for your individual understanding, for your individual point of light that you may call your

soul, but you, as an individual consciousness merge back into the Heart of God, into the Mind of God, and you feel the Oneness of God, and you become the Oneness of God once again.

And so, at this moment, at this very moment, your consciousness is experiencing many facets of this world, many sensations, many thoughts, many perceptions, many feelings, and that is good. That is your purpose.

And so it is on this beautiful day, within your world, within your body, within your individual mind, and within the Heart of God. And so it is. End. Bell.