

05-06-12a PH Chan **The Joy Of Being Who You Are**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, May 6, 2012, 10:30 AM, Sedona, Arizona, on a beautiful spring day.

*Summary: Mind is your doorway into Creation and the Kingdom of God. Mind is your path. Your heart will open through your Mind. If you desire to be some thing other than that which you are, you will experience suffering and depression. Self is always the Self of God. The Self seeks its Self, for that is its nature. God seeks Him Self, for that is His nature. God's Self is held within His desire to see Him Self. God gives Him Self that which He needs in order to discover Him Self. Happiness lies in being who you are. God's power is held in His desire to see Him Self, and that power moves all things in the same direction of love. Creation does not create. Creation already exists. And it is the discovery of that which exists that is the joy of life. Your path is simply describing what already exists.*

Is it not a beautiful day today Paul? The birds are singing and the sun is shining and all is well in your world, a world of great beauty, a world of great harmony, (and) a world that needs nothing to be whom and what it is. And here you sit once again, desiring to know whom you are, desiring to know what you are, and who God is, and your relationship with God, (and) your relationship with all things.

Your mind is busy with thoughts and fantasies, worries and concerns, but it is rarely at peace. It is rarely happy. Mind is the joy of your being, as God is the

joy of your being. Your thoughts are important to you, or we might say that you have given your thoughts priority within your life.

Your life is not a life of the circus (performer), let us say, in which you are trapeze artist, or you walk upon the high wire, and you have perfected the balance of your body. You seek the balance of mind, and even the acrobatics of mind. For you, Mind is your path. It is your discovery of your Self and your discovery of God. It is your doorway into Creation and into the Kingdom of God. It is your path. As we have said before, mind, ideas, beliefs, (and) inspirations, are the highs and the excitement of your life. The lows are (thoughts of) self-hate, doubt, worry, fear, and the embrace of that which is unloved. Your peace lies within the relaxation of your mind, and the surrender of your mind to God. You can relax your body through exercise and yoga, and you achieve a certain amount of peace with your body. Your mind must be exercised, and you must develop techniques in order to relax the mind, for it is the strongest part of you, Paul. (8:35) It desires to know its self, and know its self, and it loves deeply that which it is. It loves its self. It loves its existence. It loves its ability to think and to reason. It loves its ability to have an idea, or a concept, and then move out from that idea or concept, into action, into action!

God loves His Mind, Paul, for it gives Him a picture of Him Self, and His Mind teaches Him about Him Self. God enjoys His Mind, because His Mind brings Him joy, and Self-love, and what you might even call the excitement of seeing Himself, the excitement of the discovery of seeing Him Self. That which you feel, God feels, through His Mind. That which God feels, you feel, through

your mind, Paul. Your relationship with God and to God is through your mind. That is how you are built, that is your particular vibration. Your heart will open through your mind. The heart and the love of your Self will open through your mind, Paul, for that is your path, that is your particular color and vibration. You cannot be something that you are not. (12:40)

This tree outside your window cannot be other than the tree that it is. It is in joy about itself. It is in joy upon that which it is. And it has no desire, no desire, to be other than a tree. If you desire to be other than that which you are, you will experience suffering, depression, confusion, and eventually pain within the body.

Your mind desires to know itself, but it desires to know itself through its (small) self, through its own perspective, through its own desire to know its self, through its own small limited self. And therefore, it tries on this self, and then this self, and then this self, as it searches for its self. And (it) eventually, at the end of its life, it begins to surrender, maybe in confusion, maybe in frustration, but it begins to surrender, for it knows not what it is. And it cannot get there from where it is, and (from) whom it thinks it is. (16:40)

You cannot cross the Great Ocean in a small boat that is full of holes, a small boat that is not equipped for the Great Ocean, and you will turn back many times, until you realize that you have the wrong boat. The smallness of your mind knows not what it is, and it can never know what it is, never. For it looks at its self, and it says to its self, "You are who I am. It is (you are) the best that I have, and we will row our selves out into the ocean until we conquered this ocean." And it will never conquer the ocean, and it will never venture very far out into the

ocean, for it has no direction and no knowledge of the ocean, nor does it have even knowledge of its self. And thus is the frustration of man, and thus is the depression of man, (and thus is) the confusion of man. (20:00)

The Self is always that which God is. The Vessel of discovery is held within God's Mind, not within the mind of the small self. The identification with the small self leads to misunderstanding and misperception, and certainly leads to suffering, and certainly leads to an unhappy life. The discovery of your Self, Paul, is your path. The desire to discover your Self is your path. The self seeks its self, for that is the nature of Self. God seeks Him Self, for that is His nature. That is His love of Him Self. And by definition, God's desire to see Him Self is what gives Him life and movement, and (it is) what gives you life and movement. God's power is held within His desire to see Him Self. (Again, Paul's power and path is held within his desire to see Him Self.) God's image is held within His desire to see Him Self. God's Self is held within His desire to see Him Self. God is what He is, because of His desire to want to know Him Self. God's beauty of Him Self, God's love of Him Self, is held within His desire to know that which He is. (24:14)

Your path and God's path are identical. Your desire to know your Self is God's desire to know Him Self. There is only One purpose, and One desire, and One Self. As you surrender your self, and your limited knowledge, and your limited awareness, and even your worries and concerns, unto the Self of God, your awareness expands, your self expands, (and) your identity is expands. And this boat that you wish to possess, this boat that you wish to explore this Great Ocean with, becomes more durable, larger, and better equipped to explore this

Ocean of love and God. And so God gives Him Self what He needs, in order to discover Him Self, in order to see Him Self, in order to be in joy of Him Self.

Happiness lies in being who you are. This is a key to life. This is the great Truth of life. Your self becomes its true Self as it surrenders unto its Self. Your path becomes clear Paul, and in joy, as you surrender your path unto God, for your path is the same path as God's path. There is only One path. The small mind claims to have many paths, many desires, many images of its self, but there is only One image, One desire, One path. And you discover that path, not through trying, but through surrender, because as you surrender, you fall into the arms of God, and He carries you on your path. There is absolutely no effort on your part. You are not swimming upstream. You are floating down the river of love and security and joy, and the water is warm and the scenery is beautiful.

(31:17)

God's power is held in His desire to see Him Self, and that power moves all things in the same direction, in the same joy and ecstasy. God does not try to see Him Self. God simply is who He is. He is not making Him Self up. He is discovering what He already is. Creation does not create. Creation already exists. And it is the discovery of that which already exists, that is the joy of life, (and) that is the discovery of life. Nothing is ever created, Paul, for it already exists and you are simply describing what already exists.

God is so vast He does not desire to make more of Him Self, but He does desire to see Him Self. He does desire to feel the love that He is, and to see the love that He is. You cannot make more of your self, Paul. You cannot be different

than you are. And who you are is vast and complex, beyond your thoughts of power and complexity, beyond your thoughts of beauty, (and) even beyond your experiences of beauty at this moment. (36:30)

As your consciousness opens and surrenders, it moves into the consciousness and awareness of God, and within this great vessel of God's Mind, you will begin to discover the greatness of who you are, and the greatness of God's Kingdom. The identity of Paul begins to fade into the great identity of God Him Self.

And so the journey begins, does it not? And so the path has been opened unto you, and so self-discovery becomes the discovery of God, and so self-discovery becomes the total surrender unto the arms of God, as you are carried on your path, as you are loved on your path, (and) as you are held on your path.

A tree is just a tree, but in that it is a tree, it contributes to the beauty of God. You are just a person upon this earth, Paul, and within your being, you add to the beauty of God, you add to the Self of God, and that Self is God seeing Him Self. And therefore you become what you are, God seeing Him Self, God being Him Self, (and) God in joy of Him Self. And that is the relationship between the things of Creation and the God of Creation. (41:54)

And so it is on this beautiful day, this day of Mind and sunshine, (and) this day of wholeness and beauty. And so we are who we are in joy, and you are who you are in joy, and thus We join in Love. We hold the hand of God and We are led down His path, His purpose, (and) His desire. And therefore We have found

our own love, our own completeness and happiness. And thus You are who You are Paul, this moment.

Bell. End.