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Showing up for Life

The Disappearance of the Pretend Self

The Return of the True Self

Summary:

Paul's defended and pretend self/mind disappears as Paul falls asleep

While sleeping, there is no longer any energy to sustain the false self.

We do not identify with the false self when asleep.

Because it is an illusion, it disappears when not being identified with.

By taking responsibility for showing up in this body and world, God will show up and be present and our guides will be present.

If we are not present in this world, God cannot be present in this world.

We cannot fully live our lives until we overcome the fear of being and living in this world.

We may experience suffering but we will also experience the joy of life.

God shows us the way to be present in life.

Is it not a beautiful day today, Paul? The sun is shining and the birds are singing and all is well in your world. A world of great beauty and harmony, and a world without end.

There's nothing for you to do now at this moment other than sit and to enjoy the Presence of God, enjoy being led and taken care of, moved by the energy of God and the energy of who We are. And so you wait and you surrender. You wait and you surrender.

The world is before you, is it not? You sit within your home but you also sit within this world as it speeds along very, very fast around your central sun. It revolves around its axis and slowly turns away from your central sun as it moves into noon time, afternoon, mid-afternoon, late afternoon and then into the evening. And as it rotates it rotates toward darkness and you begin to see the stars shine. As you turn away from your central sun, you relax, you have dinner, you watch a movie and you eventually put this body to bed where it lays down and begins to dream its own dreams. Your mind relaxes and you seem to disappear. Paul seems to be no more. For six to eight hours Paul's mind quiets. It has an occasional dream or occasional thoughts that you may not remember. Your mind slows down but it does not really stop.

Where does Paul go? The body goes into a suspended state of rest and the breathing changes and it relaxes deeply and the mind also goes into a state of rest where it more or less leaves the body alone. It is not demanding anything of the body. It is not trying to move the body or to try to control the body. And it finally gives up and it too rests.

Yet during the night you are alive, are you not? Your heart continues to beat. Your breath has changed but you are still breathing, deeply now, pulling oxygen into the body, pulling awareness into the body. And the body begins to heal. The systems of the body continue to function. They are more or less at a rest state. But your kidneys continue to function, your pancreas, your liver, your lungs, your skin and the liquids within your body

circulate, a bit slower but they circulate. You are warm beneath the covers. And the body moves on its own. It might turn many times, over and over, while you are asleep. You might twitch and occasionally you might even snore. But you are alive and functioning. And Paul the personality has left.

It is important for you to know that God enters you during these sleeping hours. That We enter you. We work with the body and the mind. The personality mind has stepped away. You might say it has left the scene, left the body, for it is not real. It only exists when you focus upon it. When you go to sleep it disappears as if it was not ever there, ever there. The mind with its memory and memories of stress and worry, with its brain function, fires off thoughts which you call dreams and makes up fantasies. You are chased by a bear or maybe a fear comes up for you. Or you dream of a beautiful woman who kisses you.

And so your mind and memory and chemical brain go through a series of electronic impulses which mean almost nothing except to release an idea, to release a thought or a worry or a fear. When you first awaken in the morning and open your eyes, you have no idea of who you are or where you are. You must remember, you must identify with something for in those first few moments, few seconds, there is absolutely no identity. If you were to awaken and there was a mirror in front of you, you would recognize your body and you might say, "Oh, there's Paul." But when you open your eyes, you might see the color of your sheets, you might begin to see your room and you are drawn back into your mind. Paul's personality mind that absolutely does not exist for most of the night.

You often ask where you go or what happens to you at night. And the answer is, the personality self disappears. It is no longer there for it is mostly an illusion, a fantasy made up of thoughts and beliefs. You might say that you disappear but the truth is you were never there. You feel comfortable enough at night as you lock your bedroom door and move between the sheets. You feel secure enough to let go. And that is exactly what happens. The pretend self, the personality self, has no business being with the body, being present, being within you as you heal, as you rest and as We enter you, as We move the energies around you, as We love you deeply. And so as God is within Us, We are within you.

If the personality self can move away from the body and the identity of the body and move itself into a quiet position as it waits for the body to awaken, so too can this personality mind remove itself from this body and identity during the day, very much like it is doing at this moment. Where are you, Paul? Are you not in the background somewhere, over to the side? Are you sitting in the corner? Are you listening? Where are you? Do you have the ability to stop this channeling just as you have the ability not to begin or start this channeling?

Your personality mind is a collection of energy, thoughts and beliefs about who you are. It began very early as you begin to grow within your mother's womb, as you began to witness her heartbeat and your own heartbeat, as you began to move in the womb. You knew nothing of life, you just were within this womb, moving occasionally, your lungs

full of fluids and your body growing. And you were at peace, carried by your mother, held by your mother. And then one day you moved out from this warm, moist, wet environment into the world as you became independent and released from your mother.

And so, too, you awaken in the morning, Paul, from this womb of your bed, from the warm covers. Not much is happening. We are within you and God is within you. And you move automatically in bed in order to adjust the body, in order to heal the body. And so you rest deeply. And so the systems and organs of your body are held and loved by God and We enter you at this moment and hold every cell within you. We examine your body, we become your body and God becomes your body.

To experience the first moments of awakening from your sleep state is also to experience your birth, to experience a new beginning. If you went to bed with worry, it is possible that you will wake up after the first few seconds and pick up your thoughts of worry or your thoughts of self-hate or failure or lack of money or time. Let us repeat. When you awaken in the morning it is like being born again. You are open, you are fresh and in many ways you are new. You do not know who you are. You do not care who you are, you just are. You are fresh to see the world fresh. You are fresh to see and to be curious about the world. You do not know who you are, you do not know what this body is for or what this world is for. But as you look around you, you see something. You see color and light.

What we are saying today is that you are not burdened by this pretend mind, by this personality mind, at night. As you fall asleep and change your breathing patterns, it also, in its own way, falls asleep or disappears. For you must activate it, you must set your intention and identify it. You must make it real. And if you made it real during the evenings at night, your body would eventually sicken and die. You would have a very, very short life. For in many ways, the pretend personality mind interferes with the natural function of the body. It craves and eats food it should not eat. It has thoughts and worries and fears that it should not have. And those thoughts and worries and fears should not be a burden of the body. It has fantasies during the day which disturb the body. If you go to a violent, scary movie, it is similar to having violent and scary thoughts. And these images and sounds in what you see and perceive, frighten the body, stop the body from working properly. If you feed the body the wrong foods, the body does not work properly. If you stress the body too much with let's say physical work, too much sunlight, not enough water, the body is stressed and begins to become unhealthy. And so unhealthy thoughts and unhealthy food, unhealthy liquid that you drink, interrupts the natural healing function of the body. In some ways, the more that you sleep, rest, and the more that your mind, personality, pretend mind, leaves the body, the more the body is at rest and is at peace and functions optimally. Functions as it should function as an organism upon this Earth.

If you are tired, exhausted, weak and have no energy, your body is telling you to rest, your body is telling you to allow the personality/pretend mind to leave, to disappear, to not bother the body. Certain foods stimulate the body. Just as you drink this tea in order to be elevated, heightened with your mind so your mind becomes let's say, a little higher

pitch. It moves toward the realms of God. It becomes more acute. And it can hear these words and it seems to be stimulated, does it not, by the caffeine or this green tea.

And so the personality mind becomes addicted to certain substances, certain foods or liquids that it can put in the body, ingest into the body. Alcohol affects the body and the moods. Certain drugs, as you know, affect the body and the moods. Certain drugs can even quiet the mind and have the pretend mind disappear all together. But those certain drugs may stress the body and make the body unwell, even if it is for a short period of time.

If your body craves sugar, it may be for the mind (pretend mind) to ask for that particular stimulation, that particular high for the moment. For the body feels good for a few moments and then it feels bad, depressed, let down. If the body craves salt, it actually may need the salt, but too much salt will also depress the body. If you can imagine going to your garden and picking a fresh red tomato off the vine and placing it in a salad or just cutting a slice and tasting it, you know that it tastes wonderful – fresh- and the body receives this nourishment and the body is probably is healing because of this fresh vegetable. If you cook a fresh fish, let's say on your grill outside, the fish tastes wonderful, does it not? If you wash and clean your vegetables and dice them, slice them and sauté them in steam or water and a little bit of oil and salt, is this not good for the body?

What we are saying to you, Paul, is that your personality pretend mind, with its own particular life as a separate entity from you, desires certain foods that are not good for you. It desires certain thoughts that are not good for you. And in this way it remains in control of the body and in control of you, the body, the entity. And has its own particular life. It has its own particular feelings, desires, beliefs, thoughts, wants, cravings, that have nothing to do with you. It wants to live forever and it wants this body to live as long as possible. But since it does not know who it is or what it is, and has almost no connection to God or love or life, it moves in a direction that it thinks is right and reasonable. And since it has a life of its own, it identifies with you, this body, and wants this body and you to come along with it and to obey it and to do what it says to do.

And it always says, “Trust me, I know what is good for you. Trust me, I will protect you. I will keep you safe. I will interpret the world for you. In fact, I will interact with the world for you. And therefore you are who I am. I am your master. I only exist for you. We are partners. You provide the body, the vehicle, the energy and I provide the thoughts, the beliefs, the direction, the training, the schooling, the image. And therefore we are in partnership. We work together, we play together. We live together. We sleep together. And when you die (that is, the body), when you age, become older, I will take care of you. I will do the best to take care of you. And when you die, I will move on. I will go with God into heaven and sit next to God in heaven. I will become an angel and I will continue to learn and learn and live forever. And if you become my student, I will teach you what I know. I will protect you, I will educate you and teach you and you will survive as long as you survive. You are inferior to me, less than I am. I am your master and so it is. So be it.”

Is it not interesting, Paul, that this so called ‘master’ leaves you at night because it is an illusion, it is a complexity of mental images, thoughts, beliefs that when the body sleeps, your life form, consciousness sleeps, it disappears. For it has no power. It has no power to stay awake. And if it did have power on its own to stay awake, it would disturb you and disturb you until the body was exhausted and sick and the body would eventually die and therefore this entity, this pretend self personality, would also disappear.

What we are saying to you today, Paul, is that this very seemingly real self/personality, a mind full of ideas and fantasies, has no power and cannot exist except through the power of this body and the power of its mind, the power of its consciousness. There is only one mind and that is the mind of God, the will of God, the desire of God to see Himself. The body exists because God creates a form that is in His likeness. God desires deeply to see Himself, to see the love that He is, and therefore you exist as His image, as His projection, as His love in movement.

You exist as God upon this Earth. The tree outside your window exists as God upon this Earth. The flowers, the bugs, the water, the sky, the clouds, the mountains, exist as the life form of God. The personality/pretend mind exists for itself. It was born in order to protect you in a very, very limited way. It remembers where the food source is, or it remembers how to get back to the shelter. It is a voice that keeps you company. It is a friend, it is a servant, it is a tool. But now that tool and servant and friend has become your master. And it claims to be who you are. It claims to be God. It claims to be all-knowing.

It says, “Trust me. I know what I am doing.” And We say do not trust this mind. It does not know what it is doing. You have willed it into existence and you have made it the master of you through laziness, inattention. You have chosen it to do your life because you are afraid of life. You are afraid of doing your own life and taking responsibility for your life. You give this entity responsibility for your life and then you blame it when it fails or when it does not know or when it lies to you. You must understand, Paul, that you created this pretend self in order to avoid what you would call the difficulties of life, the feelings of life. You do not want to feel death or feel pain or discomfort just as your body does not want to feel cold or too hot.

You have retreated from life Paul, for life seems too difficult, too complex. Life seems to be without love and therefore, why should you participate? If the world is what love is not, why not present yourself as an entity that understands what love is not and can face what love is not and defend the body and attack its neighbor? And so you hide, Paul, afraid of the world.

And so who you are, Paul, is so frightened and in some ways so ashamed, so unsure of itself, so timid that it must have a body guard. It must have something in front of it that acts as a shield to filter the negativity, to filter the fear, to stand up and shield you, the body from the difficulties of the world.

And so you, Paul, as an energy, an energy of God, an image of God, entered this world. You found it at first interesting and you were curious. But soon you found it difficult, harsh, unloving, cold or warm. It was not a place of unconditional love. This was not within your Father's arms. And so you left and you assigned a substitute, a substitute self, pretend self. And that pretend self learned how to battle and protect the body against the world. It learned how to be cordial to its neighbor in order to get along. It learned how to please its mother and father in order to survive. It learned the language. And the God part of you, Paul, the truer, more real self left and was no longer present within this body.

So, Paul, you left. You withdrew from this world and you watched, you watched, you looked, you observed. And when you were required to interact with the world, you sent out your substitute, your armored self, the self that could be unloving, that knew how to be unloving and knew how to attack and to get what it wanted. You said, "If I'm going to be here for any length of time, I need a self that is armored, smart, that can do a job, make a living, speak the language. And I will not be involved. I will step aside."

And so you left and you are more or less still gone, are you not? You feel comfortable without a relationship within your house. You feel comfortable in retreat and so you enter again your body as you are doing now. You feel safe enough to speak even though you are afraid of these words. If this written material gets in the wrong hands you must retreat again, must you not, for you will be harmed, punished, for who you are. If you are, indeed, yourself, you may die, you may suffer.

It is so important, Paul, that you show up again in your life, that you become present. Because as you become present and responsible within your life, God becomes present. And your life becomes the business of God. And your life is the business of God. It is not the business of this defended and protected and illusionary self.

If this illusionary personality self can disappear at night within a moment, within a change of breath, then it can disappear now, in a moment, in a change of mind and a change of breath. You think that you need this protected, defended attack self. You do not. It says, and confirms in many ways, that you need it. It tells you this nearly every second, moment of the day. It says without it you will die, you will be no more. It is, indeed, a phantom voice, a phantom thought, a phantom idea, a phantom complexity of memory past and future. And it does not exist. You are terrified of life, Paul, because of your early experience of life. Why should you be here?

But your not being here, Paul, at least most of the time your not being here has caused you great suffering, has caused you a missed opportunity to be in life, to experience the joy of living. And yes, you might have to experience the suffering, the pain of life. But you will miss the texture, the love and the joy of being. If you allow us into your life, if you allow us to be who you are, to substitute ourselves for this pretend self, you will discover yourself within us. There will be a blending of who you are, who We are and who God is and what creation is, all under the identity of who you are.

You have a name. You have a body. You have a place to live. You have a history. Your name does not need to change. Your history cannot change. Your body is what it is today. It may become healthier, even younger. Or it may stay the same. But there is a large, large part of your pretend personality that can literally disappear, just as it disappears each night. Your personality mind/defended self is not expected to function while you are sleeping. And you can will it not to function while you are awake. It can, indeed, become less and less of who you are and more and more a servant unto you, a tool to call upon. Just as you would enter your car to drive to the store or just as you would reach into the drawer in your kitchen and retrieve a screwdriver to fix something, you can call upon this personality self. You can use its language, its history, its experiences in order to aid you within this world.

But it, indeed, is not who you are. It indeed has no power, no power, unless you give it power by retreating. Retreating in many ways in fear away from this world as you do not want to take responsibility for being here. You said to God a long time ago, "This is a mistake. I will agree to be here but I am off to the side. I will not participate in this particular world, this mess of a world." Therefore, you more or less left. You said, "I have absolutely no power here, or in some ways I have no right to be here." And over time you created a pretend self, a façade. A façade. It looks like you, speaks like you. It's nice and sometimes not so nice. It tells the truth when it is to its advantage and it lies when it is to its advantage. It interacts with the world and it has caused you, Paul, great suffering, a missed opportunity to be alive, to feel. To feel. To even understand this world by being present within this world.

If you are not present within this world, Paul, then We cannot be present within this world. God cannot be present within this world. And you cannot discover who you are within this body. You cannot discover who and what you are while you are alive in a body with eyes and hands, with legs to move about. You cannot truly see the flowers or see this tree outside your window. You cannot truly experience the beauty of this world and God cannot truly experience the beauty of His world.

The Presence of God cannot be here and now without your presence, without your energy, that which you are to come into this body, to be present, to take responsibility. Your presence here is not a punishment. It is a gift. Life upon this planet is a gift. You might call it a special condition. It is extremely short and then it is over. If you show up and be within this body and tell the truth and allow God to move through you, you may live a few more days or you may live another thirty years. But you will be taken care of. You will have enough food and shelter for two more days or thirty more years. You may feel pain and suffering but you will also feel alive, alive, more than you have every felt alive. You may feel the love of God, the love of your fellow man. You may be in joy and enjoy of this life.

There is no possibility of true happiness and joy until you arrive, Paul, until you show up. And so it is on this particular day, with this particular breath, in this particular place called Sedona, as you sit, as you breathe.