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Freedom at Last

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, a world that needs nothing. Nothing. A world that does not have to change or be judged. A world that is alive, self-contained, as you are alive and self-contained. The blood moves through your veins. Your heart beats and you breathe. And the oxygen fills your lungs and into your blood. And all is well in your body.

Your mind sits on top of this body, directs it, judges it, criticizes it, shames it. And yet the body is independent of the mind. The world turns, the rivers flow. Oceans move up into the air and down the mountains. And the Earth has absolutely nothing to do with your mind. Nothing.

So why do you think that you must do something? Why must you be concerned about the economy? Or eating, let's say....or shelter. Is there not money in the bank now? Is there not food in your cupboard, storage? Are you not in a house where you are sheltered? One of these days you will not need money or shelter or food. You will be gone from this place. To make yourself safe is not a solution to your life. To make yourself comfortable, secure, is not a solution to your life.

We are who you are, Paul, and we are not concerned about your economy. We are who you are and we are not concerned about your shelter or your money.

There are millions, millions of possibilities of what may happen to your country's economy or the world economy. There are so many factors, probabilities involved. You are not safe. For you are a fragile being upon this Earth. The tree outside your window is not safe from being cut down. Your house is not safe from fire. The world is not safe from a large sun flare or electromagnetic burst of energy from something outside of your solar system. Your Earth is not safe from an asteroid. And you are certainly not safe tomorrow.

But you are safe today. God loves you today, not tomorrow. God loves you now. You breathe now. You may not breathe tomorrow. And so your mind chases shadows and possibilities. It fears for its life yet it has no life. It fears for control and yet it has no control. Let's say it fears to be in control, but it is not in control. Do we care about your economy? No. Do we care about how long you're going to live? No. Do we care about what you think about this? No. But we do care about you, Paul, as we care about ourselves, about God, your world, even your neighbor. We care about this tree outside your window. But there is absolutely nothing permanent about your world. Or about your ideas or mind or writings or channelings. There is absolutely nothing permanent about who we are. Only God is permanent. Only God breathes you. Your focus is God, Paul. If you are not thinking about the love of God and the feeling of God each moment, you breathe less, you live less, you are less and less. If you are not in the arms of God now, why should you worry about your economy or shelter or food? If you're not being

held by God now, in the arms of God, in the life of God, you do not fully exist. In fact you barely exist.

For your neighbor to worry about the coming crisis, for you to worry about the coming crisis, is another breath that you do not take with God. It is another step that you do not make with God. It is another moment that you do not live. It is another moment that has been truly, profoundly wasted. Without God in your mind and your heart and your body, you are not here, you are not present. Nothing is happening. And you have died unto yourself, to the world.

Will you regain your life tomorrow? That is unknown. Can you regain your life now? That is possible, now. Now. You live in this world, so you read your magazines, you do the best you can with your money, shelter, food. If your house is on fire, you leave your house. There's no reason to stay within your house if it is on fire and there is a door through which you can exit. If your wallet is lying on the table, and there's time, pick up your wallet. Or your pet or important papers. But your house is not on fire, is it? The world is not on fire. The country is not on fire. There is no great asteroid moving toward your Earth. So why are you concerned? Who and what is concerned? Is that not the better focus, the better question, who is concerned? If God is not concerned, and we are not concerned, why are you concerned? What part of you is concerned? What part of you wants to know? Where are you, Paul? Who is running your body and your mind and your possibility and your greatness?

If you have too much stuff in your garage and it is weighing you down, then you have a garage sale. If you have too much money in the bank and it is weighing your mind down, concerning you, worrying you, give it away. If you have land that is worrying you or has too many weeds on it, give it away. If you have a rental house that is a problem to you, it takes up your time and you worry about it, sell it or give it away. The end of the world is coming, Paul. For you the end of the world may be 10 years, 20 years, 30 years, maybe tomorrow. Is the end of the world your business? No, it is not your business. Is your economy, in any way, your business? No. Is your life your business? What you do in one hour from now your business? No. If you cannot control the next hour of your life, how can you control your economy? The devaluation of the dollar or not the devaluation of the dollar. How can you control the economy of Greece or Italy or Ireland or Europe or Russia or China? Would you stop breathing now, next moment, and maybe stop breathing the next moment? Why would you stop breathing? What would possess you to entertain the idea to stop breathing? And yet you entertain the idea of your economy stopping all the time. Or that poverty will strike your country. You think about it constantly. Why don't you just stop breathing and get it over with. But you do not stop breathing, do you? You desire to live, to be here. To look out the window and see the trees, the greenness, the blue sky, the mountain. You enjoy your walks in the morning. You enjoy your house your shelter, your food, your money.

And yet you worry deeply about tomorrow, or two, three years from now. You worry about your health. You worry about producing a book in the future. Not today, not now, but the end of the year or next year. And you'll be famous and have money. You worry about being lonely and yet at this moment you are not lonely. You worry about not having money and yet you have money. You worry about not having shelter and yet you have shelter. It might be more proper to worry about your insanity. Your insanity of thoughts, your unreasonableness. Your illogicalness. You might think about getting a new mind, new thoughts, new beliefs. If you had a new mind you might not worry about your economy. Do you see how ridiculous this all is, Paul? How silly it is? How unreasonable this mind, this smallness, this absurd smallness, how unreasonable it has become?

And so you worry and you stop breathing, you stop living. And so you worry, you stop loving, you stop the joy. And so you worry and your body dies just a little bit. And so you worry, and so you isolate yourself. And so you worry and worry. And the worry comes true. You lose your house, you lose your money, you lose your friends, you lose your economy, you lose your health. And so you create from that place of worry. You create from your beliefs and thoughts. And that is the truth.

And so if you want to fix your economy, fix your mind. If you want to have more money, fix your mind. If you want to have more shelter or happiness or joy, then fix your mind. Get rid of it. Put it up for sale at the garage sale. There might be

someone who would actually want it. We don't want it. God doesn't want it. It's possible that you might get ten cents to the dollar for it. You've put a lot of time into it. Maybe it has some value to someone. But we certainly do not recommend it. And we certainly do not wish it on anyone.

And so, sadness arrives, sets into you, yourself, deeply. And so depression arrives and houses itself within you. And now worry, despair, frustration rolls itself within you and turns and churns and scurries about your mind. If you have a disease, dis-ease within you, do you not work diligently and tirelessly to rid yourself of that particular disease? And yet the disease of the mind, you nurture, you encourage, you water, you give it vitamins, you listen to it, you bow down to it, you worship it. And yet the disease continues. And somehow you are happy, happy to be miserable. Happy to be unhappy. Happy to be depressed and in pain. Happy to be lonely. Happy to worry.

And so the smallness of mind continues to move the life out of you. The smallness of mind continues to become heavier and heavier with the weight of untruth, the weight of worry. And instead of kicking it out your front door, you embrace it, take it to bed at night. You massage it, you make sure it's happy. And it is never happy for it cannot be happy. It is not designed to be happy. It is designed to be who you are, to be your life, to be your consciousness, to be your awareness, to be the boss of you.

And so we stand up, we say we do not approve of your mind. We do not like your mind. We do not want your mind. We do not want the questions, the silliness, the absurdity. We want you, God wants you. God wants your greatness, your creativity. God wants your happiness, your joy, your lightness, your laughter. And so you hang onto this weight, this anchor that moves you about so slowly. And we say, cut the rope. Cut the rope. Cut the rope. Every time you have a worry, cut the rope. Every time you have a thought of the future, cut the rope. Every time you have a thought of unworthiness, cut the rope.

And so move down the stream of God's life. God's life. Abandon Paul. Keep Paul in the garage. Put him in a box. And then, once in a while, you can go down and visit him. You can ask, "How're you doing down there?" And he will complain about his small quarters. He will complain about not having enough food or water or money or entertainment. He will say it's too hot in the summer and too cold in the winter. And you can say, "Thanks for sharing. See you next year."

And we say to you, Paul, thanks for sharing. But we will never leave you. God will never leave you. And we say thanks for sharing even though your sharing is not always that important to us. We say thanks for sharing so that you might hear yourself. You might release yourself, release these ideas about yourself, these limitations, these unkind thoughts, unkind beliefs. Release yourself into happiness. Release yourself to God. Freedom now. Freedom at last. Life at last. Life at last.

Life at Last

Freedom at Last

The worry of the small mind is like holding your breath; it is a waste of time. The small mind is an anchor, a weight that disallows the fullness of life. And when you cut this anchor, this rope and allow this smallness to sink to the bottom of the sea, you can float and be pulled by God, be pulled by life, the joys of life.

And so it is, today, now. Right now, this moment.