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9:30 AM

Practicing True Identity

Summary: There is only one identity, one Self, one Life of God. Practice joining, this Moment, this Now, with all things. Attempting to save the world is a distraction of the small mind. The small mind is an entity that surrounds you, and it has given itself life where it has no life, it has seized power, because it has no power, and it distorts the truth in order to exist.

It is 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, a world that is alive with the breath of God, as you are alive with the breath of God.

Everything that is alive, that lives, breathes the breath of God. All of creation is alive and present within God. You are within God and God breathes you, through His mind, through His desire to see and know Himself. His nature is to express that which is inside of Himself, that which He is. And by Him expressing Himself, he sees Himself, He recognizes Himself, and He can declare, 'Here I am. Here is what I am.' And through His seeing, there is joy, and there is ecstasy. And God's ecstasy is your ecstasy. God's bliss is your bliss. God's seeing is you're seeing. God's knowing is your knowing. All that is God, you are, Paul, because you live within God, and God lives within you.

As you recognize God, as you acknowledge God, you acknowledge your existence. Therefore you can express, 'I am.' And therefore God can express, 'I am.' Your identity is with God, and God's identity is with you. There is no other

identity. You are all of creation. You are all that God is and God is all that you are. Even though your mind distinguishes forms and objects, and perceives a difference between your Earth and yourself, or the stars and yourself, God recognizes you and the stars as the same.

There is only one 'I,' and that is the 'I' of God. There is only one singular happening. There is only one singular event. There's only one singular mind, or thought. There is only one Identity, and that is, 'I am that I am.' God expresses this Identity in the moment, 'I am that I am.' When you express this Identity in the moment, 'I am that I am,' then the two seemingly separate beings, (God and the individual self,) become one. The Moment, the singular event, bonds all the individual parts together. All that seem separate, join in the Moment. For you to know who you are, you must join all things, including God, in the Moment.

You can spend lifetimes searching for your self, but it is not necessary. You can read and absorb all the great inspired books of the world, and still have no understanding of who you are. You can live [for] millions of lifetimes, contemplating who you are and you will get close, you will have great knowledge, you will have a great understanding of yourself and the world, and God, but you will not understand your identity until you join God and all things, all of creation, in the moment. All knowledge, all wisdom, points to the moment of God. All knowledge, all wisdom, points to the Moment that you surrender to God and identify with that which is God. It is that simple. Your small mind says that it is work, that it is complex, and that you must do certain rituals for many lifetimes, and then many more lifetimes to find God.

In order for your mind to live as an individual mind, it must have you, its adopted self, recognized the small individual mind (with its thoughts and beliefs) as who you are and who God is. Your small mind says, 'I am that which you are and that which you seek. Identify with me and we shall be successful, we shall be safe and abundant. We shall be important and special.'

And therefore your mind not only has an identity, but it has a life, a life through the power and existence of your body. It has power through the existence of Mind. It has power through the power of Creation. It has power from all the gifts of God, and that all that God is. (17:01) But it is a false identity, a false entity and it must live by placing you in a state of sleep, or a state of unconsciousness. If you are unconscious of who you are then it can assume your consciousness and your identity.

It has its own language, its own voice, its own words, which give meaning to its particular expression. It takes the truth of reality, the truth of God, and distorts or reverses the truth, in order to exist. This entity, Paul, wraps itself around you as you would wrap a coat, or a blanket around you. This may appear odd or foreign to you. And the thought of an entity that wraps itself around you is at first frightening and even unbelievable. In fact, to your small mind, the thought is untrue, preposterous, unbelievable, and insane. If you say to this identity, to this small mind, that it is not who you are, it will look at you as if you are insane. In fact, the small individual minds of other persons will perceive you as insane. The truth that there is only one identity, one source of life, and that is the life of God

and the Identity of God, that truth is an insane idea to the small, false mind.

(22:26)

And what is unusual even as we speak these words is that you, your self, with your mixed feelings, mixed identities, cannot quite believe this truth, this idea that you are not your mind. This untruth, this entity, this falseness that you identify with, with its words and meanings, colors your life. Its particular truth to its self, its particular meaning and its particular reality is evident as you watch TV, or if you speak to your neighbor, or if you go to the grocery store and look at the selections of food. Your identity with the smallness of you is held in your conversations and in your magazines. You are surrounded by a false identity and it appears to be your reality. It creates a false world. It creates an aging and painful body. It creates suffering. It creates non-solutions, or false solutions to the problems of life.

When the reality of who you are knows that peace and love is the only solution, the only outcome of life, the small mind, the falseness of who you are, will state that war and aggression, and possession is the only solution. It will state that peace is a weakness, or that non-action is a weakness. The small mind uses terms like nationalism, patriotism, safety, protection, and possession. The small mind has words and meanings that justify its actions, and make the insanity of its thoughts and actions seem sane. And so you project your false mind, and you project it and you project it, until there becomes a collective mind, a national mind, a world mind. And the largest of these ideas, thoughts, and untruths,

creates its own reality, its own common place within society, and therefore the untruth becomes the truth, the unreal becomes the real. (29:34)

It is not necessary, Paul, for you to change your world. It is not required by God. It is not required by Creation. It is not required by one angel that exists in heaven. But what is required and demanded is for God to see and to know the love that He is through you, now. For all that is of creation and all that is creation, will in time, return to God, and embrace that which is God. And so God calls to all peoples, all trees, all animals, and all things, 'Return unto my arms, my heart, my will, and my desire to see and to know Myself.' God calls forth for all things to recognize themselves as the beauty and the love of God. And eventually all of creation responds and returns home to God.

And your purpose, Paul, is to do just that. Your purpose is to take your body and mind and all that you are and return to God. And this purpose, this intent is impossible as long as you identify with the small false mind. (34:31) As you join in the Stillness, as you join in this moment, now, in this Stillness that binds all of creation under one identity, one truth, one understanding, you are focusing on your real identity. If you focus, in any way, on saving the world or saving your neighbor, you will become distracted and distracted, and mis-identify that which you are. You will miss the truth of your Self and you will miss the truth of God.

Not identifying with this small, false, entity mind, appears to be a paradox, appears to be even a false effort, and even another trick of the mind to hold you close to the untruth. Since this false mind has no power of its own, and has no reality of its own, it must be ignored. In other words, you must pay little attention

to what it thinks and what it tells you to do, and you must surrender to that which is God, even though you may not have an idea what God is, or who God is. You might think that you are surrendering to something unknown, unfamiliar, or even unsafe, but the practice and process of surrender builds upon itself. It creates a new language. It creates new meanings for words. It creates a different way that you arrange thoughts, just as you would rearrange words within a sentence. The practice of being here now, this moment, and the practice of joining with God in the moment, begins to build a true reality, a true identity of who you are. (40:35) And by forgoing the old mind, the old beliefs, the old thoughts, and surrendering to God, you are now able to rearrange your thoughts and words, restructure your thoughts and sentences, and the truth begins to be revealed to you. Your true identity begins to be revealed to you. And the old identity, since it has no real power, or no real truth of itself, will weaken and lose its power over you. It will lose its thoughts and demands over you. The more you surrender and commit to God, that is surrender your thoughts, your words, and your time, the faster you move into God's life. For in truth, your life is God's life, God's truth, and God's nature.

It is not your job to shout to the world that it is insane. It is your job to shout to your self, to that which surrounds you, to that which you call your mind. Shout that it is insane, and that it lies to you, and lies to you, and deceives you most of your time, most of your day, and most of your life. You have a very large assignment to change your mind, to change your identity. You do not have time to change the world, or to change your neighbor, or to change your friends.

You can certainly express these words, if it is helpful to you, if these words move you into the moment, and help you join with God. So be it. The mind wishes to heal others, so it can avoid healing itself. The small mind wishes to project the untruth, so it will not examine its own untruth. The small mind wishes to speak loudly, so it cannot hear itself, so it cannot know itself, and so the truth will remain hidden.

God will not sacrifice Himself for you, Paul. He will not change his identity, or change Himself, or His nature to accommodate you, or to save you in any way. God knows that you are already Who He Is, that you exist within Him in perfect form, in perfect thought and in perfect action. He does not need to change you in any way, for you already exists as perfect in this Moment, in this Stillness, in this Now. All of these words, meanings, thoughts, sentences, and ideas are given to you to lessen your suffering. And so we speak to you from the perfection and the truth of who you are. You are who we are. You are what we are. (50:00)

And so we say to our One self, hurry home, come home. See and recognize the perfection that we are, that you are. See your identity as the perfection that you are, the creation that you are, the image of God that you are, and the perfection of God that you are.

And so the 'I' says to the 'i,' 'Heal thyself.' And so the Self says to the self, 'Heal thyself.' And so God says to you, 'Come home, come home to the perfection that you are, to the love that you are.' Come home through joining with

all things and God in this moment. Join with what you are now, in this moment, in this Stillness.

And so it is Paul, today, in the perfection of your world, now.

Bell. End.