

10-30-11a PH Chan

The Body and Mind of Mankind

Summary: There is only one spirit of man, one body of man. Paul has a deep fear of mankind and thus he fears himself and he suffers. The individual mind and individual body does not exist in reality. These words did not belong to me, but they belong to all of mankind, all of creation. Bell.

It is October 30, 2011, Paul Huffman speaking, Sedona, Arizona. It is approximately 10:30 AM on a beautiful Sunday, beautiful blue skies, very slight wind. It is going to be a nice warm day today.

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, a world of great harmony.

It is a new beginning, is it not? It is a new day. You can renew your life each day. You can change your mind each day. You can overcome old fears, old thoughts, old patterns, and renew your self each morning. You can look at the world different each morning. You do not have to accept the way you were yesterday, or the day before. If you feel, or think that you made a mistake in the past, the new day will give you an opportunity to correct your thinking, correct your mistakes, and to be more in joy, more at peace with your self and your world. If you felt poor yesterday, you can feel rich today. If you felt unloved yesterday, you can feel loved today. How you feel about yourself can be greatly altered day by day, and your life can improve day by day. Your comfort, your

abundance, your sense of joy and your sense of love for the world, can increase every day.

As (the seed of a) flower grows in the ground, it sprouts green leaves, and then a long green stem, and then a beautiful, colorful flower. It grows, develops, and flowers over time. The seed germinates and the plant grows and takes form. It dies [back] (and) it goes back into the earth, and it reemerges through the seeds it has produced. Instead of now being one flower, there are many flowers, there is a field of flowers. And the flowers move in harmony with the wind, and their color and form bring great joy to your eyes and to your self, to your being, Paul. (8:55)

And so you grow, Paul, each day, and you change. One day you will die back into the soil, but you will return again and again. You will multiply your self over this earth, as you have done in the past. There was one seed of man and now there are many seeds of men.

You think of your self as an individual, but you stand with mankind. Your form is a part of mankind. Your mind and consciousness and awareness, and even thoughts, are of mankind. As you move about, mankind moves about. As you grow and flower, mankind grows and flowers. What you do Paul, effects all of mankind. What you think, what you write about, effects all of mankind. Mankind moves with one spirit, with one thought, and in many ways with one body. Even though there appears to be billions of men and women upon this earth, there is only one mankind. Just as the flowers within the field, you can individuate one flower, and look closely at that one flower. And that one flower represents the

entire field of flowers. When it speaks, when it becomes, when it exists, it represents all the flowers of that field. When you speak, when you perform, when you think, when you exist, you represent all of mankind. Your actions and thoughts and being, effects all of mankind.

You are not an individual self. You belong to the body of man. You are not an individual thought, for you belong to the thoughts of man. You are not an individual action, or an individual movement, for you belong to the movement of man. You can hide within your house and pretend that you are alone and isolated and protected from humanity, from mankind, but you are not. You can say, or speak, "leave me alone, I'm doing my individual life, I am bothering no one," but you are to doing the life of mankind. And every moment you effect all of mankind, for mankind is connected by Spirit, by the essence of the root of who and what it is. Mankind is of one Spirit, of one God, (and) of one universe. Mankind can be defined as one entity, one body, one thought, (and) one action.

You do not think of your fingers as different and separate from your body. You do not wiggle your toes and think that they belong to someone else. You can not think a thought Paul, and claim it as your own. You cannot move up and down the stairs and claim that movement as your own. You cannot speak a word out loud and expect it to be your own word. You cannot expect ownership of that word, and you cannot expect that word not to have an effect upon the spirit and the body of man.

You have a tendency to think of yourself as an individual, Paul, as isolated, as having private thoughts, private desires, private ambitions, private anxieties,

(and) private fears. And they do not exist. There is no such thing as private actions, private thoughts, and even a private body, (or) a private spirit.

These words that we speak belong to all of mankind. God belongs to all of mankind. Your body and all that it is, belongs to all of mankind. Your thoughts of great value, or of negative value, belong to all of mankind. And all of mankind belongs to this earth and to the stars. And all of mankind belongs to the creation of God.

God is not a private individual, and you Paul, are not a private individual. The only thing about you that has a concept of privacy, is your mind-ego. The personality Paul, considers itself an individual and private, with its own particular name, its own particular social security number, its own particular form and shape, (and) its own particular identity. But in reality, this concept, or idea about yourself, does not exist. It only exist within the illusion of your mind. If you think that God cannot witness your every action, you are mistaken. If you think that God cannot witness your every thought you are mistaken.

Openness and inclusion is terrifying to the mind, for its identity and self, and existence, depends on privacy. It depends upon hiding out and being less than what it is. It depends upon being small and insignificant, and of no consequence, and therefore, if it is of no consequence, it is not responsible. It does not have to respond to God or the universe, or the world. It is a non-thing, a non-form, a non-movement, and yet it sees itself as powerful. It sees itself as moving and manipulating people and things in the world, behind a closed door. And yet the spirit of mankind, the God of mankind, sees every man moving in harmony,

thinking in harmony, doing in harmony, with this greater self, with this greater body, and with this greater action. (29:57)

If the flowers of a field would move against each other, instead of with the wind, with the earth, then the flowers would interact with each other in such a way, that their forms would collide with each other, and the petals of their flowers would be ripped off, and fall to the ground. And certain flowers would become bare and die, earlier than they should die. The flowers would be in chaos, erratic and would not move together as one body in the wind. The mind of man is designed to move in harmony. The bodies of man are designed to move in harmony. The spirit of man is designed to move in harmony with all of mankind, and God.

If part of mankind is starving, in a particular place on your earth, then all of mankind is affected. If a part of mankind is suffering, then all of mankind is affected. The higher mind of man moves man. The higher mind of man moves man together and in harmony. And if you think that these are your private words, private concepts, private ideas, you were wrong. The higher part of you, Paul, moves through these words onto paper, onto sounds. These words are gift to man, as you are a gift to mankind. Helen Schucman's words were a gift to mankind. They were not private words, private thoughts, and her words upon her paper did not belong to her. She believed that she had a private life, and she did not. You believe that you have a private life, Paul, and you do not. You believe that you must hide your mistakes. In fact you believe that you make mistakes, or have mistakes, and you do not.

Every movement of your life, [every movement of your life,] every thought within your mind, is a movement and expansion towards the truth. Every moment of your life moves towards the glory, [and] the truth and the joy of God. Every moment of suffering, every moment of agony, or feeling of lack of, is in truth, a movement towards God. Every death is a rebirth towards the joys of God. Every morning is a rebirth into God. Every morning is a new day, a new advance towards the higher self, a new advance towards that which you are, a new advance towards joy and beauty. (40:30) Every word that you speak with your body, Paul, with your higher mind, is a movement towards God. Every misstep is a movement towards God. Every understanding of the self is a movement towards God. You cannot possibly do anything that offends or is against God. God sees you moving towards Him and His arms were opened unto you. God also sees you within Him, already within His heart.

It is indeed a strange world of individual minds, [and] concepts and perceptions. The body of man moves upon this earth as part of nature. The body of man touches and feels the earth, and smells the flowers, and sees the sunrise and sunset. And yet the lower mind of man sees not the sunrise, (and) it sees not the sunset. (for) It sees individual action, feels individual thoughts, and it perceives the chaos of the world. And thus man suffers and thus man feels disconnected, cut off from his source, cut off from his larger body, and certainly cut off from the beauty and joy of God. (45:45)

Man feels fear that his thoughts will be exposed, or that he somehow will be exposed to the world, and thus ridiculed or shamed. And yet exposure to illusion

and wrong thinking, [wrong thinking,] and forgiveness is what heals man. Man forgiving man is the movement of man towards God. Man forgiving illusions is the movement (of man) towards God and joy. When man punishes man, he confirms privacy, confirms the individual, confirms mistakes or wrongdoing. When man forgives man, he denies the illusion and he praises God.

You have a great fear of mankind, Paul, and thus you fear your self. You have a great fear of exposure, and thus you fear your self, and you fear your own mind. You have a great fear of losing your identity and your individuality, and thus you fear the essence of God, the Mind of God. Your mind says that it is all right for God to know your thoughts, but it is not all right for mankind to know your thoughts. And thus your thoughts run wild, and thus your thoughts run destructive, and thus your thoughts are of no consequence, and they are born in illusion. (50:17)

And thus it is a new day, a day without fear, a day without the possibility of mistakes, a day in which your body moves with the body of man, a day in which your mind moves within the mind and the spirit of man, a day in which the individual self has disappeared and has been replaced by the joy of God's presence.

And so it is Paul. And so it is. Bell.