

The Unreality Of Fear

Summary: Your mine is of the Mind of God and the Mind of God is pure, full of truth and love, and therefore your mind is pure, full of truth and love. Fear is an idea, or concept, that you have adopted and believe in, and thus you have distorted your own mind. Fear is not based in reality. Fear does not exist in creation. It does not exist within nature or God, yet you have adopted it. Fear wishes to live within you and have its own experience of life, yet it is a false energy, a false entity, and in God's reality it has no life of its own. You must agree to give it life, feed it energy, recognize it, and make it real in order for it to exist. It has no place in God's world and it has no place within your mind.

Fear distorts and corrupts the mind. Fear gives birth to untruth, misplaced ideas, and misplaced concepts of life. Fear is indeed the great barrier to the awareness and the presence of God. It blocks your understanding of who you are, and who God is. Dissipating fear opens your heart, and you feel and see the presence of God in your life. And your life becomes the one true Life, with its joy, happiness and love.

It is November 13, 2011, Paul Huffman speaking, Sedona, Arizona. I would imagine it's about to 10:30 AM, on an overcast and cloudy day, with sprinkling (light) of rain and (fog) foggy, very foggy for Sedona. Bell.

Is it not a beautiful day today Paul? The sun is shining above these clouds. The rain is falling and nourishing the ground. The trees are happy, the animals are happy, the plants are happy, for this moisture gives life to your earth.

[Life is life.] What is life, Paul? What is living? What is the way of life? You judge life, do you not? You say that some parts of life are better than another parts of life. You say that some people have a good life and some people do not have a good life. You do not think of yourself as particularly happy or successful. You look forward and you can see your own death. You can remember the past and remember when you were young. But life is now, Paul, now. Life is not this afternoon, or tomorrow. Life cannot be defined or analyzed.

Your (small) mind is busy having its life. Your (small) mind is busy directing you, the body, and the personality in doing its life. It thinks and reasons that it knows about life. It has rules of life, and it more or less conforms to society's view of life; make money, own a house, have a family, have a car, have so much money, and if you obey the rules, you will be happy. And most people who follow their minds, their personality, their ego, and follow the rules, or let's say even the cultural rules of life, are not necessarily happy. They may think that they are content, and that they have done their job, and they have raised their children, but they feel that they have missed something, they have not captured life, or performed life, the way in which their spirit wishes to perform and to do life. (8:45)

Most people do not follow their hearts. They do not follow what they love to do, or they are confused as what they love to do. They are confused how to do what they love to do. If you grow your own food and you have shelter, and you

have enough money to buy the necessities of life, why can't you do exactly what you wanted to do? Why can't you do that which you love to do? If you love architecture, do architecture. If you love writing, do writing. If you love to walk in the woods, walk in the woods. If you enjoy, with your heart, speaking about God and God's wisdom, then speak about God, Paul, speak about God's wisdom. Speak about the truth of life.

Fear is a great tool of the (small) mind. It is used by the (small) mind so you, Paul, and your body, and your life will move, right or left, or up or down, so you will move from one room to the next, or drive your car here or there, or you will use your mind in order to plan your way out of fear.

Fear is an event, a place, a concept, and an idea. Fear says that fear exists, that it is real, and that you must plan your way around fear, over fear, under fear, and protect the body against fear, against a future (fear) happening. Fear can be seen as a great wall, a barrier to happiness, a barrier to your heart and your heart's desire. Fear stands between you and God, and yet fear does not exist.

Fear does not exist in nature. An animal attacks another animal, and the animal that has been attacked, is killed, (and) it dies. That animal (be attacked) feels the rush of movement. It feels the flight (response). Chemicals move through its body and (it) says, "run." And when the animal is caught, it feels helpless, it feels the unknown, and it goes to sleep. Its spirit leaves the body fairly quickly, or very quickly. The body is eaten and the rest of the body returns to the soil. (16:34)

And so you do your best, Paul, to stay warm and find shelter from the rain, and eat food that is good for you. But one day you will surrender. Your body will become tired, and more tired, and you will be at peace. Then you will lie down and say your prayers, and you will surrender to life. You will say, "God's life (on this earth) is over. That which I think I am is over." And you will surrender to the great unknown, to the Great Spirit, and the sounds and the rush of God. You are then held by God, and you hear the music of God, you feel the breath of God, you feel and witness and experience all that you are. And if you are fortunate in this lifetime, you will have learned that your (small fear) mind is not your life, that it has a life of its own, and that it has almost nothing to do with your life. (20:50)

The mind can be a companion and it can be useful, but the mind cannot, cannot, contain the idea, or the concept of fear. It (fear) belongs not in your mind. It belongs not in nature, and it certainly does not belong to God or creation. Fear is simply a vehicle used by your personality-mind-ego, small mind, in order to drive you from place to place, in order to move you, in order to control you, in order to dominate you.

Your (small) mind was born within the fear of your society. As your society is driven by fear, so to you Paul, have been mostly driven by fear. You have moments of enlightenment, moments of joy and happiness, but fear is a great barrier, a great container in which you have entered. And it (fear) moves you about, in a non-life, in a non-reality, and you suffer because of this great container, this great vehicle. (23:55)

It (fear) has (been given) a life of its own and it experiences life, Paul, with your help. You must serve fear, Paul, for it to become real, for it to manifest in your world. It has absolutely no power. It has absolutely no reality. It cannot even move a feather along the top of the table. It is an aberration of nature. It is indeed a false idea with no foundation. You must believe in fear in order to make it real, in order for it to manifest, in order for it to display itself, and do its self and have a life. It has absolutely no life of its own. It must be given life. (25:50)

Your mind has adopted it. Your mind has said, “This is an important element, this is a building block of my mind, or this is the foundation of my mind, it is the structure of my mind. I use it for the scaffolding, in order to build my life. I am afraid of this, I am afraid of that, I am afraid of the dark, I'm afraid of people, I am afraid of the animals in the forest, I am afraid of the wind, the cold, the heat, the snow, the rain. I am afraid that my body is getting old. I am afraid that my neighbor will hurt me. I am afraid that I will not have enough money in the bank. I'm afraid that I will not be able to climb stairs when I am older. I am afraid that there will be an earth change and I will die of a flooding, or a fire, or an asteroid as it hits the earth.” (27:50)

You might say that the earth is your enemy and that you must protect yourself against this earth, or that creation is an enemy, or that God is the enemy, or that your body is your enemy, that all things plot against you, and that you must protect yourself.

If your life is the life of God, if your life is the experience of God, if your life is held by God, and seen by God and loved by God, why would God invent the

concept of fear? Why would God imagine fear, or desire fear, or have even one thought of fear. Why would God create suffering for Himself, and therefore why would God want you to suffer, Paul? (29:58) Why would God want you to lack something? Why would God close down your heart, close down the love that is within you, in order to control you? Why would God make it difficult for you to breathe, to move? Why would God keep you in the dark, under the covers, and suffering? Why would God wish for you, in any way, to hate your life? If God is the love and the joy of life, are you not the love the joy of life? If God is all things, all minerals, all flowers, all trees, all foods, all nourishment, are you not connected to all things, connected to this world and its abundance? Are you not connected to love and joy?

And so you lay your self down upon the ground on the last moments of your life. You surrender unto the soil from which you came. You allow your life force to move back to this earth from which it came. And so you were born from the soil and so you (will) return to the soil. And you are reborn and reborn, again and again, and you die again and again. Why is this so fearful? Why is so unusual or strange, or odd? Do you fear the (your) next out-breath as it leaves you? (34:00) You cannot take the in-breath, can you, without releasing the out-breath? You cannot live or change, Paul, unless you die back into the earth to be reborn. You cannot have a new mind or a new form, or a new perception of the world and life, unless you die back and surrender and surrender. Each evening, each night time, Paul, you die back and into the void, into nothing. Each evening God returns you to this (void, this stillness) [earth]. Each morning God wakes you and

breathes life into you, and you open your eyes and life begins anew. But in many ways, Paul, you die, you die, you die, each night.

And each morning God places you back upon this earth. Each morning you can see life differently, you can be a different personality. (Each morning) you can be a different mind, (with) different concepts, different perceptions, [each morning]. Each morning you can wake up and you can say, "I have almost no memory of yesterday. Who am I? What am I?" And God will say, "You are my son. You are from me. You are of me, and we moved about, on this earth with love. Fear is not in our consciousness, for it is the opposite of love, and therefore it has no substance, it has no reality."

And God says to you, "You are my body upon this earth, and all that I am I give unto you. All my love, all my power, all that I am is within you, and you are without limit, for your mind is connected and within my mind. Your body walks upon this earth, for it is adapted for this earth, and it breathes air of this earth, and it touches the flowers and the trees, and it eats the food of this earth. You are of me and we are connected with the energy of mind, the energy of thought, the consciousness of awareness. I am aware of you and you are aware of me, and thus we are together. We are one. And so you wake up, Paul, as you did this morning, and you say, "I am the voice of God. I am the hands of God. I find shelter, I find food, and I lack nothing, I lack nothing."

And as fear moves towards your mind, it has no entrance, it has no relationship, (and) it cannot find an opening, for nothing and no one welcomes it. It is but a mist in the morning that dissipates in the light of day. And so the fog

lifts and the clouds part, and the sun shines upon you, Paul. Fear has no home within you, for you recognize it not. You cannot relate to fear and fear cannot relate to you. (43:30)

So what is life, Paul? For you, Paul, and for most everyone, life is the absence of fear. Life is the love and the spirit and the presence of God within you. And that which cannot be in God, cannot be in you. Look to this earth, observe nature, observe how the water falls [down] from the mountain and returns to the ocean, observe the animals of your earth, observe the trees of the forest, (and observe) the bugs, the butterflies, (and) the birds. If you look at them very closely, they will show you the way of life. If you look at your own earth and its solar system, it will show you the way of life. The way of life, Paul, is not a mystery. It is not held within the fog of fear. The way of life is the experience of life, as you breathe each moment, as your body moves about this earth, as your eyes see the sunrise and then sees the sunset, and as your eyes witness the brightness of the moon and stars. (47:20)

Take a look at fear if it knocks on your door, or (if you) find it within your mind. Look at it, examined it, how real is it? Where did it come from? Who invented it? What invented it? Does it have a place in your life? Is it practical, [or is it duly unpractical,] or impractical? Does it serve you, or does it not serve you? Is it of God, or is it not of God? Why would you embrace such a dark concept? Why would you embrace suffering? Why would you embrace a shadow? Fear corrupts the mind. Fear distorts the mind. The mind is love and openness and purity, for it originates from the mind of God. The mind of God does not contain

fear, nor is the mind of God distorted, or corrupt. The mind of an animal or a tree is pure and uncorrupted, much like the small child or a baby. [Its mind is pure and uncorrupted.] And if you look into the eyes of a (small) child, it most likely will not have fear in those eyes, but openness and love.

The mind must enter the body. It must enter this world. The mind (of man) is of the mind of God, and it has no life of its own. It has no purpose or direction, or agenda (other than God's purpose). The mind is the tool from which God communicates with you, Paul. It is not to be distorted. It is not to live separately from you (and your life with God). It is to contain the truth and the ideas and concepts of truth. Fear is a distortion of the mind and it is a false concept, it is a false idea. It is of the shadows of distortion. It is of the shadow of not knowing who you are and who God is. Fear says its purpose is to protect you, and yet its purpose is to have its own separate life, and for you to be the servant unto its self. It says it is the god of you and that it is you. And it says all of these things in order to have its own life, its own existence. But it is indeed an aberration, a false idea, and it has no life unless you give it life. And it has no way of being unless you recognize it, give it substance, give it attention, and give it meaning. (55:19)

Fear is a huge barrier that stands before you, but over time, you have weakened this barrier, and now it is a thin wall that stands between you and God. You know in your consciousness that it is of little substance, and that it is a false idea. And as you disbelieve it, it becomes thinner and thinner, and more and more fragile, and it begins to dissipate, for it is an idea, [a vision that is] a false vision. It is a mirage. It is a shadow of the mind. And so as you disbelieve and

disbelieve and disbelieve its substance, disbelieve its value, it begins to die. It is reabsorbed in your mind as love. It is reabsorbed in your mind as energy, as clarity.

And so life (life-energy) is given back to your innocence, Paul, to your purity, to God Him Self, which welcomes Him Self back, which embraces you as Him Self. And so life opens for you, Paul, and opens, and opens for you, for life is to be examined, life is to be contemplated, and once the truth is revealed, life becomes easier. Life contains less suffering and life becomes the joy that it is. Life becomes a celebration of God upon this earth, through you, through all things of this earth, through all people of this earth. (100:25)

And so it is Paul, on this beautiful day, this quiet stillness, this moisture that hangs in the air, and feeds the plants that surround you, and the trees that surround you, and feeds the mountains and the soil.

And so it is, Paul. And so life is. Bell. End.