

02-09-14a PH Chan, **Understanding Consciousness, Awareness And Mind**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, February 9, 2014, approximately 2:00 PM, Sedona, Arizona, on a beautiful warm winter day.

Summary:

It is February 9, 2014 approximately 2 PM, Paul R. Huffman speaking, Sedona, Arizona, on a beautiful warm winter day. Copyright 2014, by Paul R. Huffman, Sedona, Arizona.

You are the breath of life Paul. You are the breath of God now. You are the proof of the Self. You are the proof of God. You are the breath of God without the story of Paul. You need do nothing to be who you are Paul, and need do nothing to be That which you are. That which you are is the proof of God. That which you are is the child of God. That which you are is the love of God for Himself. You are the proof of love, and you are the demonstration of love.

"I am the demonstration of love. I am the breath of God. I am that which breathes life. I am consciousness before thought, and I am awareness before thought and consciousness. I am conscious, therefore I exist, therefore I Am. My consciousness is limited, but my awareness is all-inclusive, and unlimited. God is conscious of me, Paul, the 'thing' (or object) of Paul, and therefore it is possible for the 'thing' of Paul to be conscious of God, as God is conscious of Paul."

Consciousness always involves a subject (that which causes observation) and an object. (07:12) Something must be conscious of its self. Something must

be conscious of its self. Some thing must be observing and aware of its self in order to be conscious of its self. Awareness must always be present before consciousness. The awareness of God must be present for you, Paul, to be conscious of your self and to be conscious, or aware that you exist. You are the proof of God's presence and awareness, if you are conscious of your self. You do not need to be aware of God to be conscious of your self, or to be conscious of another human being, or to be conscious of this microphone. You can be conscious of your self and your relationship with the rest of the world, without being conscious, or aware of the presence of God. You must begin with the consciousness of your self, and your self in relationship to the things of your world, and to the other selves of your world. (11:00) You always start from where you are now. If you are conscious that you are held within the arms of God now, and that God is looking at you now, then that is where you begin. If you are conscious of your body, and your hands, and your feet, and this room, and you are also conscious that you are seeing, tasting, and smelling, and touching the things of this room, and again, that is your focus, then you start there. You start with what you are conscious of now. You can invoke the awareness of God to help to guide you, but notice where the consciousness of Paul is now. If you are focusing your consciousness of a beautiful woman, then you notice that now. If you are conscious that you are worrying about a problem tomorrow that may occur, then you start there now. If you are thinking about your past, and your consciousness has shifted to the past, start there now. Notice that if you focus on some thing, some thought, some past memory, or some future projection, notice

that you will begin to think about what you are focusing upon. If a thought enters your mind, you may focus upon it and create more thoughts. If you are focusing on your breath, (and) for that moment there are no thoughts, you will notice that your consciousness will begin to expand, and you may touch upon and experience the awareness of God. You may notice that as your mind desire is to focus on some thing, some object, or even some idea made up of thoughts, your consciousness begins to expand around that object, or around that thought.

(17:50)

If you desire to make a painting, you might begin to think about the format; whether or not you are going to use acrylics or oil, canvas or board; where you might paint this painting; when you might paint this painting; where you are going to get the paint, and maybe how you are going to get the money to buy the paint. You might desire some instructions on how to paint a painting. In other words, the life of the painting begins to expand. The story of the painting becomes busier and more complex until you either do the painting, or it just remains an idea, or a concept, or a desire. As you think about painting, dream about the painting, and even while you are doing the painting, you might notice that there is something doing the painting, and conscious of the painting, with you, the self of Paul. It is not just Paul focusing on the painting. It is not just Paul having a desire and being conscious of his desire to paint a painting, but there is an outside presence, or you might even say an inside presence, that also is conscious of what you are doing, and conscious within your own consciousness. (21:40) As you desire to do something Paul, your consciousness and focus begins to

expand, and expand, until you reach the realm of awareness, or all-ness, or That which is conscious, and also That which is beyond consciousness, and That which makes up what consciousness Is. Consciousness simply is the focusing awareness. You Paul are the focus of God's awareness into a thing, or life form upon this earth. If you are not conscious of your self, you could not walk across this room. You may not know that you are within a body. You may not know that you are suppose to be within this body, and that you are suppose to walk across the room. Your consciousness may be merged within every object within this room. You may be the bed and the wood. You may be the window or the tree outside the window. You may be the wall and the floor and carpet. (25:00)

Your purpose Paul is to focus your consciousness within this body, and not focus your consciousness into the body of your neighbor, or your pet, or the tree outside your window. You have a certain affinity for your body for that is your vehicle, and that is where you have placed your consciousness, that is the awareness of God, into this small body. Even though you perceive the body living 60+ years, you have been here, and you have focused upon this body for a relatively short time. The consciousness of the earth, the thing of this earth, the focus of this earth, may focus within this earth for 10 to 15 billion years,

And even that is a relatively short time. (28:00)

Do not be in a hurry Paul, to expand out this body, or to leave this body, for that exit will happen soon enough. You will leave this body in due time, and your consciousness will shift into a different type of self, a different type of

consciousness, and that in turn will shift into another kind of consciousness, and so forth. You can certainly shift your consciousness while in this body, to other forms and other things of That which you are. You have the ability Paul, to sit quietly and expand your consciousness, and expand your consciousness, until it merges with the consciousness of all things, and the awareness of God, but it is not necessary to do so, each moment, or each hour, or even each day. Once you know who you are, once you know that you are firmly held within the arms of God, once you know that you have never left God, you can play within this form and you can enjoy your focus and consciousness within this form. If you are focused on fear and 'lack of' while you inhabit this form, this experience, this life of this body, can be painful, unpleasant and even destructive to your self and to your world. What you are having Paul, is a shared experience. What you are having, is the focus and the consciousness of the self of Paul being observed, and witnessed, by the consciousness and the awareness of God. Your life is the life of God Paul, but you must identify with his body and your particular life in order to be within this body and in order to move this body about the room. Once you realize that this is a shared experience, the consciousness of Paul, or the consciousness of the thing or body of Paul, allowing God to enter, and to become aware of Paul's consciousness and presence, and Paul becoming aware of God's awareness, and conscious and aware that God is moving this body, that God is breathing this body. God is the force behind the consciousness. God is the force behind your consciousness Paul. God is the life force of who you are. God is the energy behind what you are. As you examine your self, Paul, you will

discover that there is a living Presence within you, and even though it seems to be in the background, it is that which powers you. It is that which gives you consciousness, and gives you purpose, and gives you desire to do and to be. You can be conscious of God Paul, and you can also share in God's awareness, as God shares your consciousness, and shares your focus, and shares your mind. Everything occurs within the context (field) of mind. (37:55) Every thing is and exists, and has life, within the context of Mind. Mind is the field of energy in which you swim and exist, and breathe, and have consciousness. Every thing exists and is, and is seen, and has movement, because it first exists within the Mind of God. God desires to see the love that He is, and to experience the love that He is, and to experience all that He is, and thus He projects Himself from the Stillness, and that projection, and that desire to see Himself, is what you call Mind. This projection of light from the center of God, from the stillness of God, creates what you call life, and form, and movement, and time, and space. You are held Paul, within the movie of God's life. God is seeing and experiencing Himself through you and you are sharing God's Mind, because every thing, every thing that exists, not only swims within the Mind of God, it is the Mind of God. So that which you are Paul, your substance, your aliveness, is made up of the Mind of God. Your substance and energy field is the Mind of God, and so when you speak of Mind, you must speak of Mind in the broadest of terms, the broadest of concepts, and even the broadest of your imagination, for who you are is the image of God. What you see before you is the image of God. (43:18)

As thoughts pass before you Paul, and through you, you say that is your mind, but thoughts are only a small part of Mind. Thoughts are objects, or forms. You might even describe them as balls of light, balls of concepts, balls of perception, and they are not necessarily real or accurate. You can have a thought that is not true, and you can also have a thought that is very profound, and very close to the meaning of truth and reality. Thoughts are pictures or images, and if you notice your thoughts, they are words, or a mixture of words, concepts, and images. Notice that your thoughts Paul are images that you translated into words. If you will notice, you have an image-thought, or picture, and then as you try to describe to your self what you saw, or experienced, it (image-thought) is reduced into words that you can speak, or write about. (46:30)

So, I am quoting now, "And there she stood, beautiful and desirable. What was I going to do about this situation?" And so you saw an image, did you not Paul? You felt the image, but you also desired, and desire, to translate that image into some meaning, some understanding or some form. And therefore, you put the image into words, and now you can describe the image by speaking about the image, or about writing about the image. Another a series of thoughts, or images of Paul singing, tapping his toe, and generally performing for some people (is now being imagined). Where did that image come from and how did you interpret it Paul? What was the experience of it? What is the relationship between mind and consciousness Paul, and what is the relationship between mind and awareness? Notice as you begin to focus on the question or questions,

your mind begins to wander, and it begins to create a story on the side, and then another story or concern, and now, more stories and images.

Mind is descriptive Paul. It is a picture of that which is held within God. God communicates with Himself, that is, what you would call His 'creation,' but it is really that which already exists inside of God. God sees Himself through His Mind. Consciousness uses Mind in order to describe its self, and to become aware of its self. Consciousness is part of awareness. Consciousness is aware that it exists, that it is, and Mind describes what it is, who it is, and even describes the experience of being a Self. Consciousness is not a thing. It is no thing. Awareness is no thing. Consciousness is just different shades of awareness. Just as you have one color of white, but white is made up of many colors; reds and blues and greens and yellows. (53:00) But all color combines into what you would call white, or pure color. All consciousness combines into what you would call pure Awareness. Consciousness uses Mind to describe to its Self what it is seeing and feeling. Consciousness sees its Self through Mind.

Consciousness and Awareness is before Mind. The Stillness of God is the pure Awareness of God. (54:33) There is no Mind within the Stillness, because within the Stillness, God does not desire to see Himself, for God just is Himself, without question, or what you would call without curiosity, and without movement. There is no story of God within the Stillness. There is no story of Paul within Paul's stillness. There is no story of this tree outside your window within the stillness of the tree. Paul's stillness contains no thought, and Paul's stillness contains no description of him self. Paul's stillness is simply pure Awareness,



which is the shared Awareness of God, and is the Awareness of God. Every thing in movement, and in what you would call 'creation,' has within its self, stillness, for that thing, or movement, has never in reality left God's Stillness. So every object, every thing, has the awareness, or the memory of the Stillness.

And for you to experience who you are Paul, all you must do is drop it into your stillness, your non-description of your self, your non-thought of your self, the non-mind of your self, and there you will discover, through Awareness, that you live within the Stillness of God, and you will know this is true without having to think about it. You are the Stillness of God Paul, and you have never left.

And so it is on this beautiful day Paul, this day of sunshine and birds singing, and the day of thoughts arising and thoughts receding, the day of who you are and a day of who you are not.

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