

03-02-14a PH Chan **Practice The Mind Of God, Now**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, March 2, 2014, approximately 1 PM, Sedona, Arizona, on a cloudy and rainy winter day.

Summary:

Is it not a beautiful day today Paul? The sun is trying to shine through these clouds, the birds are happy in the trees, (and) the trees are happy with this moisture. All is well in your world Paul. All is well with you. All is well with your solar system, and all is as it should be.

God is love Paul. You are love. Every thing within the manifested universe is love. There is nothing outside of love. There is nothing outside of this moment, now. The answers to life are simple are they not? But the practice of life is more complicated. It is quite difficult to be within this moment and your mind, the pretend part of Paul, finds it natural and easy [to] not be present, to be in thought, to be in a fantasy, and to be in fear. Your mind Paul worries about the future, and you wonder if you have done something wrong in the past. The practice of Presence is indeed the only practice, for presence is where you find Life. You cannot truly be alive outside of Presence, and you do not exist outside of this present moment. The (pretend) mind says this present moment is painful. Your mind says, "Follow me, I will protect you. I will take care of you. I will plan your future. You are going to live a long time. If you follow my instructions you will be

healthy and happy, and abundant, but you must do what I say. You must obey who I am. [And] I will live forever, and I will always be with you. (07:15)

Your mind Paul lies to you constantly. It desires to live and be within you, and it is afraid that it will be found out, and exposed as the false mind that it is. It has been your friend and companion since you were a young child, and in many ways it has served you, as it has integrated you within society. And you survived your parents, and you survived your school system, and you have survived your society, but your mind, that is the pretend mind, cannot lead you to God. It has no capacity to show you, or even teach you how to be one with God. It knows not who you are, and it does not even know who it is. (09:45)

Your mind will fade because it is a false entity. It is a false mind, and it is time that you gave it less and less power. God's presence also contains the knowledge of God, the experience of God, the description of God, and the description of who you are. (The) manifestation of God, of God's Stillness, is descriptive. It is the picture of God, and it is held within this moment, now. It is not held within your pretend mind, unless your pretend mind surrenders to the Mind of God, to the Presence of God, and surrenders unto this Moment, now. And if your pretend mind surrenders, and surrenders, it will eventually become the servant unto Paul, and unto God. And this can only occur through practice. This can only occur by focusing on this present moment. (13:15)

In order to understand the nature of God, and to receive insights into the nature of God, you must be present now. God's description, or nature, cannot speak to you from the past, or from the future. God's nature is this moment. God

does not live in time. God lives within this present moment forever. In order to see God, and to be with God, you must go to where God lives. If someone was to inquire about Paul, and desire to visit Paul, they would not go to Santa Fe, New Mexico, they would come to Sedona, and they would seek out Paul's house, and Paul's presence. You must seek out where God lives Paul. You must seek out God's place, God's residence, God's home, and you must knock on God's door, and you must ask for God Himself. (16:03)

You are the manifestation of God Paul. Your body, and your breath, and even your mental capacity, your spiritual and mental capacity, is of God. You do not need to go to your neighbor in order to find God. All you must do is look onto your Self as the source and the manifestation of God. God lives within the Stillness, and you, Paul, as the Self of God, live within the Stillness. You have never left the Stillness, and God has never left the Stillness, and therefore you are of the Stillness, and therefore that is your home. That is where you find your Self and that is where you find God. (18:10)

And so that information is quite simple, and it is quite straightforward. You are also the manifestation of God in [the] movement, and your life appears to move from room to room, therefore you are a movie of God in action. You are describing God in action, as your form changes, as your mind changes, as your words change, and as your thoughts change, and as your feelings change. You are the description of God now, Paul. You are the movement of God, now. You are the eyes and the body of God, now. God is with you each moment, and God has never left you, nor have you ever left God. This information is simple and

straightforward, and yet your mind, your thoughts, and your attention, will tell you that this information is not true, and that you must follow your mind, and follow your thoughts, and follow your feelings, so that you might survive this world, so you might live comfortably until you are old. (21:33) Your mind will not speak of death, for that is an uncomfortable subject to the mind, and in many ways that is not a reality for the mind. The pretend mind Paul cannot possibly live beyond its past or its future. It cannot live beyond this form of your body, or the chemical makeup of your brain. The only way for your pretend mind to live past the death of the body is for it to surrender fully into the Mind of God, and then it becomes the Mind of God, and then it becomes the description of God, and then it becomes the picture of God. Your pretend mind Paul, eventually seeks peace and understanding, for it is of the Mind of God, and it holds within it the nature of the mind of God. Your mind Paul, cannot be anything but the presence of God. It just does not realize who and what it is. It is busy trying to have a life. It is busy pretending that it is independent of God, and even independent of who what you are Paul. (25:05)

Your mind is just a collection of concepts, thoughts, ideas, conjectures, (and) beliefs. Your mind can only be nourished and alive because it is fed by thoughts, and concepts, and beliefs. If its thoughts and beliefs contain no judgment, and no fear, and no past or future, your mind would not exist. Your mind believes in the past and it believes in the future, and it believes that it is real, and that it is who you are. You, as the Self of God, identify with the

(pretend) mind, with the voice within your head, (and) with these many conversations within your head.

As your pretend mind splits itself up into multiple personalities, multiple voices, multiple beliefs, your mind seems quite complex, and intricate as these different voices speak to each other, as these voices draw conclusions, and build beliefs, and build a world around the self of Paul. Your mind cannot guide you Paul, and therefore it is a false mind. Your mind is truly the lie of your life. Your mind is truly the misdirection of your life. Your mind is truly the fear of your life, the fear and worry and suffering of your life. (29:50)

And the question is, why would you desire to associate your self with something that is not real, that has no power, and makes you miserable? If your mind were a female companion, would you not conclude that this female companion is not good for you, the self of Paul? Would you not seek out a more truthful companion, a loving companion, a giving companion, and a companion that did not judge you, or condemn you? Again, this information is simple and straightforward, and again, why would you nurture, and retain such a relationship? Why do you feel bound by this relationship? What is keeping you from seeking another companionship, or companion? (32:05)

Your mind does not want a divorce Paul, for where would it go? How could it seek another relationship? How could it seek another life other than your own life, your life? And so, your mind will seek to pretend to change. It will seek another avenue as to how to control who you are. It will seek different beliefs, different techniques in order not to die, not to be removed from who you are.

The only real path to reforming your mind into the truth of who you are is to not resist it, to not judge it, but to observe it and give it no power, and give it no attention, and to not call it forth. Do not dwell on fear. Do not dwell on the future. Do not dwell on the past. Do not give attention to the nature and aspects of your pretend mind. Notice its nature. Notice when it comes up. Do not resist it and notice that it is leaving. Notice that it is in the background. Notice that it has no power. Notice that if you do not feed it fear, it cannot act on fear, and again, it has no power. Slowly Paul, by not resisting the mind, by not judging the mind, and by not feeding the mind thoughts and beliefs upon which it can feed, it will begin to fade. It will begin to slow down and it will become more and more the servant to who you are, and the servant unto God. (36:28) Do not go to your neighbor's house and knock on the door to find yourself. You are here now, now.

And so it is, on this beautiful day today Paul, this beautiful moment of now, this beautiful place where you live and where God lives. The answers are simple and straightforward. The Way of life is simple and straightforward. Changing past habits seem difficult, changing your mind seems difficult, but through practice and attention, and practice and attention, and describing to God the beauty that He is, you will accomplish a changed mind, and that changed mind will match, and be in harmony with, the Mind of God, Now. And so it is today Paul, now.

End. Bell.