

04-20-14ra **Shifting Attention Into God's Mind**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, April 20, 2014, approximately 4:00 PM, Sedona, Arizona, on a beautiful spring day.

Summary:

Song: "Row, row, row your boat gently down the stream, merely, merely, merely, merely life is but a dream."

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 love, a world that needs nothing to be who and what it is.

There is nothing that you need to do to be who you are. You do not need to study, or write, (and) you do not need to find a teacher, or read a book, or to live another 20 years in order to study. You do not need to have students and you do not need to be taught anything. You are as you are. God is and God needs no thing to be who and what He is. God does not need your help Paul, and the world certainly does not need your help, and your pretend mind does not need your help. (??) Your pretend mind is just what it is, a pretend mind that interprets what it sees and feels, so that it might understand its self and the world. It believes that it is a self, an individual entity that can control this body, and even control your neighbor, and it has fantasies of controlling the world. It has been part of you for so many years, that it feels like a natural part of you. It feels like it belongs inside of you, and it feels like your friend and companion. It is not your companion, and

it does not love you or your body, because it has no concept of love, no real experience of love. It is a collection of ideas and concepts, patterns and habits, and it borrows from the power of God's mind in order to exist. It is mental and it is a mind, or you might say a mental concept, but it does not exist as real beyond this body, this form. It served you somewhat as you grew up, and (as) it grew up, and (you) went to school. It developed its personality and its name, that became Paul the architect, Paul the lover or husband, Paul the boyfriend, Paul the friend, but it is not who you are. (09:42) It is like the clouds that obscure the sun, or a mist that obscures the landscape, or false concepts and beliefs that obscure the truth. The death of ego mind, or even the ignoring of the ego mind, can be a painful, and maybe even extremely painful, if you identify with it, and if you believe it is who you are. If you believe that the body is who you are, you will be extremely disappointed as it ages and dies. If you believe that your (ego) mind is who you are, you will be extremely disappointed as it becomes confused and even angry, and as it begins to fail in its function as an entity, as a person, and as Paul.

God moves you naturally Paul, through His Mind (and) His presence, but in reality God does not move you. You are simply being moved by the existence of God, or by the will or desire God to see That which He is. You are the projection of God, and you move naturally as the projection of God; God simply witnesses and experiences who you are. God does not manipulate you, or tell you what to do, or judge you, or suggest the right path for you to take. God simply watches the unfoldment of Who He is. If you receive an intuition to move to the right, or to

move to the left, it is simply your natural movement. It is simply your existence being the existence of God. (The ego mind thinks, perceives, that it is doing something.) You appear to be moving, but you are of the Stillness. God can only witness you from the Stillness, from this present moment. (And you can only witness your Self from this present moment.) From your perspective, you appear to be moving. You appear to live in time and space. But you can only (truly) see your reality, and Reality, through the eyes and witnessing of God. God lives your life as you perceive movement, as you experience movement, (and) as you experience your body. God can only love Him Self, for that is the inherent characteristic of God. God cannot judge you, nor condemn you, for God cannot not love Him Self, and God cannot condemn Him Self. God is in total joy as He witnesses the beauty and the love that He is. There can be no other expression of Him Self, and there can be no other expression of your Self. You can only express love and beauty, for that is your nature, and That is who you are. (21:50) God declares, "I desire to see the love that I am, I desire to know myself through the expression of My Self. I desire to be some thing in order to know My Self.

The Mind that you share with God is God's desire to see Him Self, God's desire to know Him Self. God's Mind is vast and unknowable to your small petitioned pretend-mind, but you do share in God's Mind, and you are God's Mind, and you are God seeing Him Self through His desire to see and to love and to be Him Self. You understand and know God's Mind by becoming That which is God's Mind, and That which is God. You can become That which is God, and you can point to That which is God, but you cannot fully describe God, nor can you

give the experience of God to someone else, for they already have the experience. You cannot give them what they already have. You cannot fully explain to them what they already know. God is experiencing you in His own particular unique-way, and you cannot interpret, or even know how God is experiencing you. You can witness your Self as you move naturally from room to room, or as you speak of God through these particular digital recorders. And as you move into the voice of God, the characteristics and nature of God, you will learn and witness your own particular movement, or your own particular doing. You are not the doer of life, but you are the witness and the object and the thing of God's experience of Him Self. You are the picture of God as God witnesses Him Self. As you witness your self without resistance, or judgment, you move closer to God witnessing Him Self, and you move into the realms of joy and bliss, and fulfillment, and comfort, and a profound sense that you are indeed loved, and valued. (29:00) As you become the witness of your self, you become That which is the nature of God. As you become the witness of your Self, you move more and more into the present moment where you truly live, and where you are truly witnessed. As you are moved by the presence of God, you then become the presence of God, and then you become the joy of God seeing Him Self. If you are moved to express love and joy, then it is most likely God moving through you, or the presence of God within you expressing the love and the joy that He witnesses. If you love mountain biking, then God loves mountain biking. If you love another person then it is God loving that person. If you are loving yourself,

the object (or) the body of Paul, then it is God loving the picture-image of Him Self.

The final surrendering of the pretend mind into the mind of God is Awakening, and it is the unfoldment of the personal (singular) self into the personal God. It is all personal, because it is all One. True thoughts arise from the Still picture of God. True thoughts describe this Reality-picture of God. Thoughts can be silent and deep or thoughts can be expressed in words and language. The thought of God, the Word of God, the thought of love and how it is spelled in English, l-o-v-e, love. Love has no meaning, but it can be experienced. You can experience love, and you might have a sense that you know love, but it can only be expressed back to God in the demonstration of love. The demonstration of God is the expression of God. The knowing of God, or the is-ness of God, is the demonstration of God. It is the expression of God, the picture of God. And you are experiencing God within a reality of movement, within the reality of this earth with your senses. You can see and taste and touch this earth, you can smell this earth, you can hear this earth, and that expression is felt by God. That is God feeling, seeing, touching, smelling, and hearing Him Self.

(39:00)

Writing about God is not as important as waking up into the experience and the witnessing of God. If you find joy in expressing God in the words, then God finds joy in expressing Him Self in words. The song of God is always being sung. The picture of God is always being demonstrated. The Mind of God always exists within His witnessing and experiencing of That which He Is. You can only know

your self from the Stillness Paul, and God can only know Him Self from the Stillness. (41:20)

Can the small pretend-mind move the body through thought actions, or beliefs? The body is a neutral instrument. It is a thing of nature. Your body has two legs and two arms and it walks upright. It is not Paul, or let us say, it looks like Paul, but it is simply a human body borne from two other human bodies. It is not unlike the other animals of your earth. It is not unlike the moon or the sun, or the stars. It is of nature and it moves about this earth as it was designed, or let us say, as it evolved to move about this earth. It is not a fish or snake so it does not move like a fish or snake. It is designed to find food and shelter and to survive as long as it can upon this environment of Earth. The body is instinctual and can react and move with very little thought, but as survival became more complex the human brain develop the capacity for memory and reasoning, or analysis, and it could create pictures and thoughts within the brain. The body is made from the Mind of God, therefore its shares the Mind of God; it shares within this power of Mind. The mind of man can have pictures, or beliefs that are harmful to its particular body, and the body of other men and women. The pretend mind of man appears to be able to move the body, and make the body move against its own nature, or move against another human, and even hurt another human. (46:20)

As you drop into the body Paul, you will discover its own particular innocence, its own particular nature and spirit. It is alive and innocent, and neutral as this tree outside your window. It is not inherently bad, or good, or dangerous, or not dangerous. It is in many ways childlike, and desires comfort

and warmth, food, and the company of other humans. The body does not necessarily identify with this pretend mind, but the pretend mind, through concepts and beliefs, identifies with the body, and thinks that it is the body, that it owns the body, and that it is the master of the body. It interprets itself mentally as the body of Paul, and not as the body of Paul's neighbor. Paul's mind does not think that it is a tree outside this window, or that it is the bed, or the chair.

The Mind of God, Paul, is vast and its power of description is almost unlimited. Its power of knowing and understanding and experiencing is almost unlimited. Your mind is but a drop of water within this ocean of Mind, and yet somehow you are compelled to believe that you are this small drop of water within, and isolated from, this vast ocean of Mind. And since this small mind is so limited and so small, it really cannot comprehend the vastness of God's Mind, or the vastness of God's love, or the vastness of God's identity of Him Self. In order for it to survive, it must be separate. It must pretend to be a singular separate drop of water within the great Ocean, and it does this by identifying with the body, by giving the body a name, a gender, an age, a story, (and) a life. And when the story of Paul begins to fall apart, or the body of Paul begins to fall apart, then the small mind becomes desperate in order to stay alive, and to stay identified with some thing; with money, or the house, or the car, or its partner, or its importance, or its knowledge. But happiness, joy, (and) expansion of the experience of life is held within this vast ocean of Mind, where, as the body dies, and once again becomes part of the earth, (the) Mind of God continues. The Mind of God is

constantly being reborn into another form, or another expression of Its Self.

(54:09)

Can the small pretend mind become so confused and unhappy, and kill the body? Yes. And it appears to do so. And it appears to live beyond the death of the body, but it eventually merges into the great ocean of Mind and expression of the substance, or picture of God. The (small) mind identifies with its self many hundreds of ways and experiences. The “I” or the consciousness of Paul, appears to be within this small mind. Paul says, “I am the body, I am the small mind, and this is what I know,” but that consciousness is within the consciousness of the small mind. There is a greater consciousness, or awareness, or presence, that surrounds this body, and yet it is unfamiliar, and yet it may appear to be foreign and even a threat to the small mind of Paul.

At this moment, you are focusing on this larger Mind of God. You are drawing from the description of this Mind, and from the substance of this Mind, answers to your questions, which may arise from your small mind. As your small mind begins to suffer, then it is more willing to share power, or to share its self with the larger Mind of God. What is important here, Paul, is to shift your attention from the small mind of Paul, into the larger Mind, or even the expanded Mind of God. Even your small mind Paul, can expand, and expand as it is doing now, and reach into the realms of God's Mind. And then God's Mind embraces this small mind, and speaks through this small mind, words and experiences that it is familiar with. It uses the language of this small mind in order to express the love of God, and it uses the language of this small mind to ask and reason with

the small mind to surrender, to become less of the identity of Paul, and to serve the Mind and the presence of God. And as the small mind listens, it becomes more and more comfortable with this new identity, and it also becomes comforted, and receives a certain amount of peace and joy. And thus the small mind is transformed, and thus the small mind surrenders, or begins to surrender. (1:01:21)

If your focus, and attention, and intention is held towards, or within the small pretend mind, then your consciousness is asleep, and unaware of the vast Mind of God, unaware of love and beauty and expansion, unaware of this vast reality of joy and peace in which it lives. Who you are Paul, does not live within the narrowness, or blindness of the small mind-consciousness. You may focus and give attention to the small mind, but that is not where you live. You live in the Stillness, and you also live and experience the vastness of God's Mind. Why would you want to be a drop of water when you could be the ocean? Why would you want to be limited and confused and powerless and not knowing, when you could, and are this vast ocean of God? The small mind does not want you to leave Paul, for you give it life, you give it credibility, you give it substance, you give it a purpose, and you validate its existence. If you withdraw your focus from the small mind, it will rebel and it will tell you that you're going to die, or that it will end your life. It says that it has the power to punish you, it has the power to depress you, and make you poor, and sick, and nonexistent. It has its own voice, its own particular pattern of thoughts and beliefs. And this voice and pattern of thoughts are familiar to you Paul. They are in many ways comfortable and

comforting. And to give up this small mind will indeed feel like death to what you call your consciousness, or your attention.

And so you are on the path to shift your attention. And so you are on the path to focus on these words, concepts and pictures. And so these words bring you joy Paul. And so these words bring you joy. And so your new focus brings you peace and joy. (1:09:10) And so today, these words are about shifting focus, and shifting attention to the vastness of God's Mind, to this vast Ocean of consciousness, and into this vast Ocean where you truly live.

Consciousness for you Paul is where you focus your attention. When you begin to feel the natural presence of God's Mind and description, you will begin to understand what is consciousness, or what is Awareness. You have had some limited experiences of expanded consciousness, but it is now time to focus, and to live with in this vast awareness of God's Mind. It will not harm you, it will not kill you, and it will not make you depressed, for it will do just the opposite. It will bring life to you and joy. For you Paul, desire, curiosity, wanting to know, desire for love, desire to express love, focus, (and) focusing attention, will bring you profound happiness. Give attention to, Paul, and focus on God's desire to see and experience the love that He is. Explore God's desire to see and experience the love that He is.

And so it is on this beautiful today Paul. And so it is that you have given attention to your greater Consciousness, to this greater Voice that is within you. And so you have practiced a different focus, and you have moved into the Mind and the description of God. And so it is today, now. End. Bell.

Title: Focusing on the Mind of God, Focusing on the description and love of God, Shifting your attention from the small mind to the large Mind of God, Shifting focus, or Shifting Attention. End. Bell.