

04-27-14ra PH Chan **The Interior Substance Of God Expressed**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, April 27, 2014, approximately 3:00 PM, Sedona, Arizona, on a beautiful spring day.

Summary:

What is happiness Paul? What is peace of mind? What is the joy of being alive? What is contentment? What is the purpose of the body? What is the purpose of the body mind-mechanism, or the body-mind unit, or the body-mind consciousness? Why are you here within this particular body, at this particular time? What is the purpose of life? And what is your primary purpose? And what is your secondary purpose, and so forth?

Your primary purpose is to do exactly what you are doing now. Your primary purpose is for you to be contained within the body fully, feeling the body, and feeling, or knowing and experiencing the presence of God, as you exist within God's awareness, and as you exist within the arms of God, and as you exist now within the Stillness.

There are two things happening at once. You are fully present within your body, conscious and noticing the movement of the body and the feelings of the body. And second, you are expanded and fully present within the Stillness of God, and even within the Stillness of God's Mind. God witnesses you and experiences you through His Mind. You share the same Mind; therefore you share the same Seeing, and the same Awareness. You are focusing now within

this body, and this body is speaking, but your Mind has expanded into the Mind of God. The body is alive because it is the picture of God. It is the moving picture of God as the earth is the moving picture of God. You are the interior substance-picture of God. You live and exist within the Stillness, and yet you can be seen, and you can experience life and movement, and dimension, and space, and time, within this great show of light and energy and movement. You are held within God, yet you are displayed as the particle-picture of God in movement. You are part of the whole picture of God, and yet you are able to focus within this particular body, as all the (your) cells, and molecules, and electrons, and atoms with their own particular consciousness, are focused within this body. There are billions of 'you' Paul, within this body, and you represent the wholeness of your body and you have this one particular voice that describes your self to your self. And it also describes your self through feelings, and experiences, unto the Oneness and the Wholeness of God. God views Him Self from the Stillness, and He sees at once, all at once, That which is He is. He is able to experience Him Self through these pictures of His interior light of Him Self. (16:39)

There are almost unlimited particle-pictures of God, and they are a reflection of God's inner Still Self. You have a thought that moves into your consciousness, and you call it a thought, or an idea, or a concept, or a belief, but your thoughts are pictures. If you look at your words that you write on paper, the word itself, with so many letters, is actually a symbol, or a picture. Try to think of a thought that does not produce an image. Even the thought 'air' produces an image, or (the thought) 'happiness' produces an image. 'Beauty' will produce an

image. 'Despair' will produce a color, usually gray, and a feeling-image. If you look at an abstract painting at a gallery, or a museum, that picture will evoke certain feelings, and even an interpretation of thoughts and feelings. You are not unlike God Paul. You can project what is inside of you. You can project what is inside your mind. You can speak your mind and you can express your mind in many different ways. How you speak to your neighbor is a reflection of your inner self. How you walk is a reflection of your inner self. If you paint a painting, that picture is a reflection, or image of your inner self. As you surrender to God, as you become more and more God atoned, and more and more identified with the nature of God, then your inner self reflects more and more the inner Self of God. If you become sick and disabled, that reflection is what is occurring within your mind, within your interior consciousness.

Your body loves its self Paul. And the billions of cells, and molecules, and electrons, and protons, and atoms naturally love who they are, but your pretend self, your pretend mind, can bring disease to the body, disease, discomfort, and it can bring self-hate to an organism that does not know what self-hate means. Your mind, and the picture of your self, can bring great stress to the body. And it can weigh upon the body as darkness or a disease. The only way to heal the body is to return the body into this vast Picture of God. Give your mind and body to God, and God will receive the mind and body in love, and wholeness, and the body and mind shall be returned to you Paul, your collective consciousness, your

collective focus (focused) consciousness, as a whole and well. Your body will return to the earth one day, and it shall be as it is, and it shall be as it should be. No part of you truly dies Paul. Your body is transformed into fire, or gas, or it is transformed into minerals and water, and air, and food for the tree outside your window. Every thing within the seen universe is a picture of God. Every thing outside of the Stillness, or the no-thingness of God, is a picture of God. Whether it be a planet, or a thought, it is a picture of God. Whether it be one dimension, or two dimensions, or 10 dimensions, it is still a picture of God. If you identify with the body of Paul, and even the small mind of Paul, you will become more and more unhappy, for the body of Paul and the mind of Paul will eventually dissolve back into this earth. And the image of Paul will eventually be reabsorbed within this earth, but the original picture of Paul, lasts almost forever within the picture of God. True thought, or pure thought, comes from the interior substance of God, as it is projected out from the interior substance of God. (34:00) True thought describes the love of God. True thought is always in harmony and never in conflict with God.

What does it feel like, and sound like, to speak from the Mind of God, or this picture of God, or from the Stillness of God. It sounds like, and it feels like the way that you are speaking now, the way that you are allowing the higher Mind of God, the higher thoughts or the higher picture of God to enter your field of awareness, or your field of consciousness, and allow the small mind to interpret the picture-thoughts into words and meaning, or small pictures. Whose words can be placed upon a piece of paper and the consciousness of Paul, the

thoughts of Paul can expand, and the interior substance of Paul can be realigned with the interior substance of God. (37:00)

Paul moves upon this earth and functions as an animal upon this earth, as any animal would move and function upon this earth. Paul has self-awareness. Paul knows that he is some thing with thoughts, and he perceives him self as having a history and a possible future. Paul has an identity that is superimposed upon this animal self, but Paul is just an animal having an experience of life. And this animal has a direct connection into the awareness of God. It feels its self to exist, or to be, and to experience what it is at that moment. (40:40)

The only true solution, or answer, is to surrender the identity, the consciousness, and the mind of Paul into the Mind of God, and simply witness how that feels, and witness what happens to the body of Paul. Your purpose now, is to be within and experiencing this body, and tomorrow, which of course is not here now, the 'I' of Paul, the self-consciousness of Paul, may be experiencing something totally different. The present moment within the interior substance of God is joyous, and peaceful, and secure, and complete, and without wanting, and without the need for some thing other than what it is this moment. As God witnesses Him Self, He is in joy of what He is witnessing. As you witness your self Paul, you are in joy of what you are witnessing. There is the movement of the body, and there it was the silence within the body. The body can receive thoughts and it can express those thoughts through pictures or words. The body can perceive, and feel, and interpret its environment. It (the body) can even see and interpret the body of the self. The purpose of the body is joy, and the

expression of joy. The purpose of the mind is joy and the expression of that joy.  
The purpose of God is to see and to know the love that He is.

God does not make any thing for God is everything, every thing. God is the expression of love and God is the source of love. You are the picture of God Paul, and within that picture is the description of love and peace and wholeness and contentment.

There is nothing that you need to do to be who you are. There is nothing that you need to express to be who you are. You are Who you are, and joy is held within the expression and demonstration of Who you are, or the demonstration of the picture of Who you are. You are God's picture, and you can express that in many ways, and that expression brings great joy to the consciousness of Paul, and to the body of Paul. If you desire to express yourself in words, that expression will elicit and bring forward great joy. If you decide to express yourself on canvas or paper, that expression of color, and form, and line, will bring you great joy.

And so it is today, now, as you express who and what you are, which is the expression of the interior substance of God. As you move towards God, you always move towards love and joy. And that is the definition of happiness. And that is the way of happiness. And that is the way of living one's life on this earth, at this time. And so it is today, now. End. Bell.

Working title: "The Picture of God," or "The Reflection of God," or "The Interior Substance of God Expressed."