

06-15-14ra PH Chan **The Conscious Mind**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, June 15, 2014, approximately 4:30 PM, Sedona, Arizona, on a warm summer day.

Summary:

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 harmony, and a world that needs nothing to be who and what it is. And here you sit once again, wanting to know who and what you are, wanting to experience God's love, (and) wanting to experience your own vastness of love (vast love).

You are the experience of life that God seeks. You are the breath of life that God seeks. You are the joy of life that God seeks. Without you Paul, there would be no life. There would be no world. There would be no Consciousness. Every unique individual is essential within this picture of God. Not one tree is out of place. Not one thought is out of place. Not one feeling or experience is out of place. The unfoldment of who you are, the realization of who you are, is within the perfect timing of the universe. You cannot move from room to room without the agreement of every thing within this ocean of things and consciousness. You may feel unnecessary and unimportant and even out of place, but that is only your perception and interpretation of who you are. There is only the enjoyment of the unfoldment. You are only describing (expressing) what has already happened. You are living a life that is the still picture of God. The still picture of

God exists now. It is the awareness of God. God is not unfolding and changing, nor is God becoming. God is That which He is. God can say, I Am That I Am. God is existence, or Is-ness, or Stillness. God desires to see That which He is. God desires to know and to experience That which He is. God is not constantly changing in the background, or becoming something different, as He asks and desires to know That which He is. God is this vast Stillness, and every thing exists, including yourself Paul, within this Stillness, and the Stillness is held together by the Existence and Is-ness of God. There is nothing outside of this Stillness. Even as we speak to you, and as you listen to that which we are, we exist within the Stillness. It is the place of perfection. It is a place of indescribable beauty, for it cannot be described. In fact, it cannot even be experienced.

The Stillness is just Awareness. It is a sense of Oneness, and love, and completeness, and wholeness. It is a sense of spaciousness and presence. You do not exist in the Stillness Paul as an individual, or as a thought of your self as an individual, or even a thought that you are a part of this Stillness. There is just the sense that you exist, that you are, and there is a sense of completeness.

Stillness must express its Self. It must show its Self what it is. It must display its Self. That is the nature and the characteristic of God. God lives within His Stillness, but His nature is to display and to express His Stillness. You may say that it is His desire to see Him Self, to know Him Self, and to be who He is in form, and color, and space, and time. (18:20)

You are an individual expression of God's Stillness, and since your consciousness is held within your body, and your perception is held within your

body, your world is small and defined. Your mind and (or) consciousness is not busy moving across this vast expression of God. You are in a particular body and it may seem frustrating, or even painful at times. It is where you are now, now.

You can only experience your self Paul, and even know your self from your particular consciousness, your particular point of view, and your particular mind.

You are expressed from the Stillness, and your point of view, and perception, and consciousness is housed within this vast ocean of expression, (this vast ocean) of love, and what you might call movement of time and space. (21:42)

And so, your consciousness, that which witnesses your body in time and space, that which seems to have consciousness, (is) housed within this body, and the body feels and seems to be separate from other bodies and from this earth, and even from the Sun and the stars. You suffer do you not Paul, as an individual mind, as an individual body, as an individual perception, for you long for home? You long for unity and the warmth of God, and yet it is there that you live and exist. Your small consciousness can focus within this world, but it also has the ability to experience loneliness and suffering. If you could see or understand, and even experience, that you are in the perfect place, within the perfect moment of time, within the perfect development within time and space, you would begin to relax. There is nothing to do tomorrow Paul. There is certainly nothing to do with the next hour. God is not waiting for you to catch up. God is experiencing you now. Now. God has given you everything to show Him the love that you are.

The small self and the small mind, you might call it the pretend mind, or the focused mind, is frightened and fearful, because it does not know what it is for. It does not know what it is, and it needs a constant comforting mantra, or constant comforting sound. It will never be satisfied, or at peace, as long as it thinks that it is a self, or a person, or an expression of who you are. It is not who you are Paul. It has its own identity with its own fears. It thinks that it is the body and it is not. Your body does not identify with this small perception, or identity of Paul. It is the 'I am' of Paul, and yet it is not the 'I Am' (the I Am That I Am) of Paul. It is simply a partitioned self, a belief system, or a system of identification, which moves in front of Paul and the world. It is Paul's conditioning and personality. It is useful for this body, and for your existence within this world, Paul, but it is not who you are. It is only, and mostly, a misrepresentation, or a misunderstanding of who you are. The less attention you give it, the less it will come forward and represent who you are. It is simply a servant unto Paul, and the mask that Paul wears in public.

(32:20)

Your Stillness is your identity. It is the permanent you. It is your permanent unchanging existence. It does not need to do anything, or even to become anything, or to achieve anything, or even to wake up, for it is awake, and it is all-knowing, and it is aware of its Self. You as an individuated thing, as a unique particular thing, can still claim itself and identify (itself) as a unique Stillness of God. There is only One Stillness of God, and that is where you live Paul, but you express from a unique portion of that Stillness. You express from the Still picture of God. The picture of God is unique and vast and complex, and [you are a part]

by expression, you are a part of that complexity. And without that part of who you are, the picture God would not exist. There can be no holes or blank spaces within the picture of God. You must find your particular Stillness Paul, your particular forever-ness, your particular inner substance. And when you find your particular inner substance and characteristic and nature, you will see that it has been reflected outward from your unique Stillness, and thus you exist. If you look at your particular expression, and movement and (in) time and space, it will give you a hint as to who you are, (and) what you are. You can see that you have consciousness, awareness, that you are a particular form, (and that) you have particular ideas, interests and desires. You can hear our selves speak, and therefore you can hear God speak. You cannot see us, but you can feel us. Your unique Stillness projects its Self out into time and space through Mind, and your awareness, your forever-ness, connects with this seeing Mind and Knowing Mind, for the Mind is within movement. And yet your awareness, the part of you that exists in the Stillness, sees through Mind what you call consciousness. Mind is pictures, images, feelings, and things and forms, time and space. Mind is a great tool of knowing and seeing, and it interprets experiences. If you use your mind to dig a hole in the ground, it will dig a hole in the ground successfully. If you use your mind to understand That which you are, and to describe to its self That which you are, it (the mind) will do so (will describe who and what you are to That which you are). Mind connects with who you are Paul, and the forever-ness and safety of the Stillness, and yet mind can become conscious within your form at this moment. It can speak these words. It can hear our voices and it can hear

the Awareness and Is-ness of who you are. Awareness desires to see and to know itself. It is pure, pure, Awareness or what you might call pure Mind-Consciousness. Mind describes and even interprets (the) expression of the Stillness. Mind perceives correctly That which it sees. Pure Mind perceives purely and correctly. Pure Mind describes to awareness, to the Stillness, the expression of that Stillness. (46:27)

If you were a bluebird within a tree, mind would report back to that particular bird's Stillness and awareness, the beauty of that bird, and that bird's particular song and color. The bird is just being its Self, which is the pure expression of its own inner Stillness. It is not doing it right or wrong. It is just the energy and the image and movement of That which it is. You are not doing anything right or wrong Paul. You are just expressing the energy and the image of That which you are. As you surrender and surrender and surrender to That which you are, your expression of That which you are becomes more and more refined, more and more joyful. And the picture of who you are becomes the pure expression of your Stillness. You are not an individual form trying to do the right thing, trying to have the right thoughts, (and) trying to have the right actions; you are an individual form because you are the expression of your particular Stillness, and there is nothing that you must do except to witness, and to see, and to experience, that which you are. (50:12)

As the small mind steps aside, or becomes part of the background, pure Mind, pure Consciousness, witness the actions of this form. This form moves with the consciousness of Mind. This form displays and expresses beauty and

love, which is its nature. This form always moves towards harmony, and joining, and inclusion, which are its nature. This form loves its environment, for it is part of this environment, and it has been born from this environment. You might say it loves the stars because it is made up of the same substance as the stars. It loves its oceans and waters because it is made up of its oceans and waters. This form feels the family of its earth, for it has been born here, and it shall die here. But the Consciousness and the Mind that makes up this form, continues to explore the expression of its Stillness.

As you shift into pure conscious Mind Paul, you begin to understand That which you are, and you leave behind false beliefs and misunderstandings. You leave behind a fearful personality, (and) a fearful life. You really have no choice but to move into surrender, and move into Stillness, for that is your true existence, your true nature, and (your) true characteristic. And as you spend time in the Stillness, you will realize that you have never left, nor can you leave. And as your conscious Mind expands, you will discover that the Stillness of who you are will also expand. (57:12)

And so Paul, you breathe in the Stillness, the Consciousness, the pure Mind that you are, and you breath out Expression, which is the picture of who you are, the image of who you are, the action of who you are, the love of who you are, the display of your Stillness. And then you rest, and you draw in with your Mind and Consciousness the Stillness of who you are. Breathe it in with expansion and with desire to expand and with desire to express, and see that which you are.??

And so it is on this beautiful day, this day of Stillness aware that it exists, this day of Stillness that desires to see what it is, and (this day of) form and expression communicating through consciousness and Mind the love of its Self, back into the love of its Stillness and home.

And so it is. End.

Working title: The Conscious Mind.