

06-23-14rax **Consciousness Is The Knowing Of Mind**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, June 23, 2014, approximately 2:00 PM, Sedona, Arizona, on a warm clear summer day.

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 an understanding of life, and an understanding of who you are. (02:40)

Life is simply the expression of Life. Life is the expression of Stillness. The Stillness is vast and unknowable. It cannot be described and it cannot be experienced, but it is real and forever, and it is where every thing, form, time, feelings, is held still. It is the picture of God without movement, and without the image of God. The Stillness is the Existence and the Is-ness of God. God must desire to see, and to know, and to experience Him Self before this Stillness can become (an) alive moving-thing. Desire is the beginning of Mind. Desire is the first moment in which Mind becomes alive. Mind is the expression of the Stillness. Mind is the Stillness in movement, in space and time and dimension. Your mind Paul is connecting with our Mind, and our Mind is connecting with the Mind of God, and we are all connected to this vast Mind of God. We are helping you connect to the Mind of God, because the Mind of God is vast and overwhelming and powerful. Your mind has been reduced down and down into a

small part of That which you are. Your mind surrounds this body, which you relate to, and you identify with. Your mind surrounds your earth and your environment. Your mind has a certain understanding and interpretation of your body and your environment. Your mind is not busy rearranging (the) rocks and hills and mountains of Mars, nor is your mind busy and focused within some other galaxy. If your mind is not focused, or lets say present, and here and now, you would not be able to function, you would not be able to have a personality and an identity of Paul within this house, and within Sedona. (10:00)

Your body has consciousness. It is connected to this earth and it is connected to God. It knows how to deal itself and it has certain instincts as to what to eat and how to find shelter. It does not judge itself or judge its neighbor. Your mind desires the experience of this body. Your mind desires that this body express in a certain way, that the body make a certain noise, or have certain thoughts, or draw certain pictures, or writes a book. There is no mistake Paul, that your mind is associated with this body, that it appears to live and to feel this body.

What is the relationship between God's awareness, or God's existence, or God Stillness, and your awareness Paul, or your consciousness, or your feelings, or your interpretation of who you are? And what is the relationship between God's awareness and God's Mind, or God's desire to see and to know Him Self? Mind is God's desire to be seen, and to know, and to experience, and therefore to become alive in movement and time, and for God's Picture, or That which God is, to be to be projected into this vast space of things, and movement, and time.

If you look at a distant galaxy captured by a telescope on your earth, you will see that it spins as a great wheel with a center, and is made up of stars and matter and space. It is a beautiful thing to see as it moves through the darkness of space. It has light form and color and movement and contrast. It is a beautiful display of that which is God, and it reflects back to God the beauty and the love of God. It communicates with God through its presence in form and movement, and God is in joy through His seeing and experiencing this galaxy. God's Mind has been opened and His desire to be seen and known is being fulfilled, and there is overwhelming joy within God's Mind and God's presence. God can now see that which He is. [The stars in] The galaxy has never left its home within the Stillness of God, yet it is displayed in a grand picture, a grand movement of form. God's Mind sees this beautiful moving picture of who He is.

God's nature is love and beauty and peace and harmony and inclusion, and thus God's Mind sees His Stillness in movement and beauty and love. The Interior Substance of God has been projected out to this vastness of space, and God sees Him Self within this beautiful galaxy form, and the galaxy witnesses its own display of light and color, and feels the presence of God, and feels the joy of God as it moves in space, and displays its love and beauty for God. The galaxy has become conscious of its Self, conscious of its Self as an expression of the picture of God. It knows its Self as the Mind of God experiencing its Self. It knows its Self as the Interior Substance of God displayed in light and color and movement. It knows that it is not forever, but it will one day return to the Stillness where it lives. (And) as God sees Him Self, the galaxy sees its Self, for it is a

thing, or expression within space, and it, the galaxy, is conscious of its Self being a thing of God, alive, living, (and) thing-movement of God. It feels the joy of God and it feels its own thing-ness. It feels its own particular joy of existence. It is conscious of its existence, and it is conscious that it is being witnessed and experienced by God. It has no desire to be anything else. It has no desire to return into the Stillness, for it is busy being the body of God. It is busy being the extension of God's Mind and expression. It has a pure relationship with God. It does not try to be some thing that it is not. It does not try to move over to the right or the left a few billion light-years. It knows its Self as the expression of God, and it delights in its own aliveness, its ability to move and to be alive. (29:48)

Consciousness is simply the knowing that you are the expression of God.

Consciousness is the knowing that you, that it, is a result of God desiring to see Him Self. Consciousness is simply the Mind of God communicating with that which it has expressed in time and space. Consciousness cannot be outside of the Mind of God, nor can it be outside of the expression of God, nor can it be outside of the Stillness. (31:48) Consciousness is simply the picture of God in movement knowing Itself. Consciousness knows that it is God's desire to see Him Self expressed in movement and time. Consciousness is not unknowing (unknown), or hidden from the Mind of God, or even hidden from the thing(s) of God, or the expression of God. If you take the consciousness of Paul, and Paul's neighbor, and the tree outside this window, and all the trees of the earth, and all the things of this earth, and all the galaxies in space, and the consciousness of all expression of the Picture of God, you then have the Mind of God. The Mind of

God is made up of not only the expression of the picture of God; it is made up of the awareness or the consciousness of these things being expressed in space and time.

God desires to see and to know who and what He is, and there must be a mechanism in order for God to see and to know who He is. There must be a way in which to see the Interior Substance of God, and to feel and to experience the Interior Substance of God. And thus God's desire and thus God wanting to know and to be seen produces Mind. And as the things of God, as the picture of God moves out into life and movement and time and color and space, it is given the ability, or gift to communicate with its Self, and even to know its Self as the picture of God, as the love of God, as the perfection of God being displayed and seen. And thus, Paul, you are proof that consciousness exists. You are aware of your self. (37:58) You are aware that you are sitting within this chair. You are aware that you are speaking these words. You are aware that you are a thing, a body. You are aware that you have mental images, or thoughts. You are aware that you can form ideas, and that you can form conclusions, and gather information. You can see your body in a mirror, and you can certainly see your neighbor, and the tree outside your window. You have consciousness, or awareness, because God desires to see him self and to know himself. If God did not desire to see him self, the individual Paul and consciousness Paul, would not exist. We would not be having a conversation with this individual call Paul. It would certainly be unnecessary to do so.

If you loose your connection to the Mind of God, or if you become unconscious to who you are, your consciousness retreats into fear and suffering. You were never designed to lose consciousness of who you are Paul. In fact, you have never lost consciousness who you are. That would be impossible. That would indicate, somehow, that the Mind of God could be stopped, or blocked, or that consciousness could be blocked. The only way that you can be unaware that you are not connected to this vast picture and mind of God is for you to pretend that you are unaware of the presence of God this moment, and the presence of God's Mind, this moment. (42:20) You must set up a mechanism that can block your relationship to the Mind of God, and thus to God's desire to see and to know Him Self. You must set up a reality, or an environment in which fear exists. You must partition your mind, which is related to and connected to the Mind of God, you must petition your mind in such a way that it does not have access to the Mind of God. You must create an artificial self that is unrelated to the self of God, and unrelated as the body of God, and it is unrelated to its neighbor or the tree outside your window. And you must convince the other bodies of your world and individuals of your world, to believe in this artificial reality, this fear-based reality. And also convince the world, the peoples of the world, that somehow not knowing their source [, your source,] is good for the world, good for your environment, and somehow this artificial reality makes for a better world. The tree outside your window certainly does not believe in your artificial reality, nor do the animals of your world believe in your artificial reality. Within this artificial reality, the individuals believe that they are the cause of themselves, that they

cause movement, and that they cause things to be better or worse. They believe that there is good and bad action. They believe that they can change the picture of God, and they believe they can change the mind of God. And so, the unconscious being and the disconnected beings of your earth create great suffering, and you as an individual Paul, have the choice to step out of this artificial reality, this artificial environment, and step out of this unknowing mind, and reconnect with the mind of God.

As the peoples of the world discover their disconnection with God, and their own individual unconsciousness, and as they also experience suffering, they desire to reconnect with their purpose, and their own particular God consciousness. You cannot change the world Paul, but you can elect to look at your own particular unconsciousness, your own particular artificial mind, and even your own particular suffering. You are a part of this vast Ocean of Mind, and your purpose is to show God the love that He is. Your purpose is for God to experience Him Self through your consciousness, your expression of love and joy. Your purpose is not to hide from the Mind of God, or to create an artificial environment of fear and unknowing and unconsciousness. (51:49) Your desire to see and to know your Self is God's desire to see and to know Him Self. Your true and open, and unblocked Mind is God's Mind. Your consciousness is God being aware of Him Self and communicating with Him Self. Your sense of "I Am That I Am," is God knowing that He exists, and your sense of "I AM" is God's expression of His own existence.

If you take apart your own artificial mind and environment and consciousness, you will discover that many ideas or concepts that you have about your self and God are not true. You will discover that fear is not a reality. You will discover that the self is indeed the Self of God and that your self Paul moves by the desire of God to see Him Self. It does not move in any way, which is caused, or appears to be caused, by the artificial mind and the artificial self of Paul. Paul moves as the expression of God, as the love of God, and as the joy of God, and as God moves without fear. Your mind Paul is held within the joy and wonder and bliss and discovery of God's Mind. There is only one Mind and there is only One movement of God. As God projects Him Self from His inner Stillness and Substance, so to, does Paul move upon this earth. Without the movement of God's Mind and desire, Paul cannot move, nor can Paul exist.

And so it is on this beautiful day, this day of understanding, this day of seeing clearly, this day of connecting to God's Mind, and experiencing God's Mind. And so it is. End. Bell.

Title: Paul's consciousness or Paul's individual consciousness