

07-06-14ra **Dissolving The Small Mind**

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It is June 6, 2014, Paul R. Huffman speaking, Sedona, Arizona, at approximately 5 PM, on a cloudy and humid summer day.

Is it not a beautiful day today Paul? The birds are singing, and the sun shining above these clouds, and all is well in your world, a world of great harmony, a world of great peace, a world that is nothing to be who and what it is. And here you set once again, wanting to know who and what you are, wanting answers to the mystery of life, wanting to know the best way to perform your life, and to be your life.

You are tired of suffering your mind are you not Paul? You are tired of feeling unhappy and lonely, and you are tired of being tired and sick. You want to be loved by a woman. You desire to be touched. You desire happiness. You desire to wake up and to know the true self of Paul. You desire to *feel* the love of God and *feel* the love of the Self. You desire to see who and what you are, and you desire to know who and what you are, and these desires are the desires of God. Your desire to know is God's desire to know. Your desire to see yourself, to demonstrate yourself, is God's desire to know and to demonstrate him self. You are a thing of God, a manifested picture of God, a projection of the interior substance of God. (07:10)

Your small pretend mind desires to have a life, and its own particular belief system, in order to enjoy this life. As limited as it is, *it* desires to be who you are, and to move you about this world. Your mind is not the cause of you. It's not

even close. It is an entity that is surrounded by fearful thoughts, and fearful fantasies, and it has nothing to do with your life, or with reality. It is a habitual pattern of thinking. It is a habitual pattern of thoughts, and you borrowed this technique and this mind structure from your parents, and from your environment as a child.

Your mind exists to witness that which you are. It is not the cause of you. It is not your body. Your mind is the *seeing* and the *knowing* part of you. It watches and observes and feels this body and this Earth. Your body is part of this Earth and it is here, on this earth, for a very short period of time, and there's nothing you can do about it. Your mind cannot change this reality. Your small mind cannot change this reality. Your small mind thinks that it is who you are, what you are, and that it will live forever. And if it cannot live within this body, it will somehow go to heaven, and live in some type of light body, or some other image of Paul, and it will not. The body of Paul will die, and the mind that is associated, and identifies with the body of Paul, will also pass on in time. The mind, or the pretend mind of Paul, is a veil. It is a fantasy, and it can hold your attention all day. It can interrupt your life for days, and years, and years, and years, until this body dies. And when you finally wake up from this dream, from this non-reality of a mind, from this fantasy you call your mind, you will realize that you have not indeed lived your life. That somehow you believed your mind, and you believed what it told you. (15:05)

It is now time to lose interest in your mind. It is now time to give your mind almost no power, and to remove it from your body, and from your field of energy,

and from your attention. And this may seem very difficult, or almost impossible to do so. If you notice, your mind, or your pretend mind, is not speaking, nor does it have the power to speak at this moment in time, nor does it have the *power* to speak now, in time. If you are present and aware, your mind cannot exist, for your mind is made up of the past and the future. It has only a vague concept of this present moment, and it is *terrified* of this present moment, because it cannot exist *within* this present moment. It has no structure to exist within this present moment. It has no *means*, or *way* of presenting itself within this present moment, and if it could be present, it would dissolve into the background, and have almost no power to interrupt your life. It would have almost no power over *you*, as a body, and *you* as the consciousness of God. You are God in form, in manifestation, in a field of light and projection. Your Power of Mind has the ability, and even the ease, in which to overwhelm your fantasy mind. Your fantasy mind is not happy, and it *suffers* each moment that you give it attention. The suffering and the loneliness that you feel are *from* this mind. Your unhappiness is from this mind. You may feel it in your body and you may even see it projected out into your world, but all of this unhappiness, and suffering belongs to your mind, and once the mind is in the background, there is no fear, there is no panic, there is no doubt, there is no unhappiness, there is no loneliness, there's no boredom, and there is no disease. Everything that is *not* in harmony with your body, and this world, can be traced directly back to your mind, and your beliefs, and your thoughts. Your mind believes that you cannot speak to us, to God, to the mind of God, to the manifestation of God, to the things of God,

because it believes that those things, or concepts, do not exist. It only believes in its self, and its own particular suffering, because that is all that it knows. It does not have the *ability* to know what it is beyond its limited belief system. It is not willing to open up, because it fears its own death; it fears it will dissolve. It fears it will dissipate and have no power over this body, over its life, or what it would call your life, its life. (24:45)

And so, what is happening right at this moment? Where is it (your small ego mind)? Can you bring it forward? You would have to stop this tape recorder, or tape recorders, and put your self into a state of fear of the future, or guilt of the past, in order to resurrect this mind. You have the ability Paul, through who we are, and who God is, to disassociate your self from this mind. You adopted this mind, because it was the beginning of mind, it is what your mind told you who you were. Your mind put a veil over you, in order to exist, and now the veil has been broken and lifted. You could use your mind in conversation and in social settings. You can use your mind to go to the bank, or drive your car, but in time you will use your mind less and less. As you realize that your body is being moved by this great Ocean of Mind and manifestation, this great ocean of God's desire to see Him Self, you will allow your body to move and do things within your world and earth, that are in harmony with the Mind of God. Your fantasy mind, or pretend mind, may object and may have many opinions upon what to do, but it no longer has any power to make you act in a certain way. It no longer can command this body, or even pull your attention towards its self. All of your unhappiness Paul, all of your depression, all of your loneliness, is associated and

is caused by this mind. These feelings have nothing to do with who you are. They are totally unrelated to who you are. They belong to an entity within your Self, that you have allowed to use part of your power and your Mind to exist. It has been a guest within your body, and within your house, and within your field of energy, and there is nothing romantic about it. It has constantly been a source of not knowing, and a source of unhappiness. It has never served you, because it serves its self. *It does not know who you are.* It cannot serve some thing that it does not even know [that exists]. You Paul do not exist except as a body that allows this mind-(entity) to have control. Your mind, by its nature, is fearful that it will lose this body, and therefore it will have no transportation. It will have no means in which to control its world. It will not be able to do what it wants to do in this world. If your mind has no body, no transportation, no mechanism, where is its function? Where is its power? Where is its substance? Your pretend mind is made up of thoughts, and fantasies, and beliefs, and not knowing. The largest part of your mind, the space within your mind, is blank, because it does not know what it is. It does not know who you are, and it knows almost nothing about the body, and almost nothing about your world. (34:00)

It says, in the morning, as you wake up, "I am who you are. I exist and I serve you, Paul. I'm concerned for you, Paul. And I am a good mind. I am a good entity and I will protect you." And so, it talks to its self, because it is divided up into thousands of parts, thousands of voices, thousands of ideas and concepts.

And so now Paul, as you sit in this chair, you are using what you can identify as our Mind, or the Mind of God, in order to function. If your (ego) mind

was to come forward and to say, "Paul you are lonely, you must get a girlfriend." Your new Mind, or our Mind, or the greater Mind would say, "Is that true? Are you lonely? At this moment, you are not lonely are you? (36:31) You are not unhappy and you are not suffering. You have the *power* now Paul, to become disinterested in your mind, and disassociate your self with the mind that is not your friend, and a mind that does not serve you. It is an entity that moves you when it can, when it has your attention, and when you identify with it. As you choose our Mind, which is your real Mind, which is the larger expanded Mind, and knowing Mind, you are able to step out of your small fearful mind.

It is like using your DVD disc for your Apple computer, your operating system disk, in order to erase the hard drive on your computer. So you erase all the misinformation on your computer, all the bugs, and discrepancies on your hard drive, and you reinstall your operating system. And now, you have a new operating system that function better than the old operating system.

You need to place your old mind in the background, and give it less and less attention, until it dissolves, until it dissolves, until it dissolves, and exists no more. You can use parts of your memory to recall stories, or friends, or knowledge, but you can do so without judgment, (and) without attachment. You can reinstall information without the fear of the information, without the anger of the information, and without judgment about the information.

You must be very vigilant about this pretend mind Paul. It is not serving you, but some of the information can serve you; like how to drive the car, or write a letter. You do not have to have an opinion about the world, or an opinion about

your friends, or an opinion about the politics of your world. *You not have to have a belief system.* You do not have to have misinformation about your world. You do not need to know if the information that you receive through the Internet, or on TV is right or wrong. It is just information. You do not have to have an opinion Paul, about yourself, or about your neighbor.

What you need to know today is that your mind is the source of your suffering. The Mind of God is not the source of your suffering. Your body is not the source of your suffering. You as a body, and as a mind, and a field of energy, are connected to who we are. And we are connected to billions and billions of entities, things, that are also who you are. We move with you within this great ocean, within this great wave of consciousness. Your purpose is to express love to God, and to your body, and to your neighbor, and to your world. Your purpose is not suffering and it is not worry about the future. *Your purpose is found within the joy of expression.* Every thing manifested from the interior substance of God and God's Stillness, [is to] expresses *back* to God, back to the Stillness of God, the love that God is. Your purpose is to show God the love that he is. Your purpose is to *become* the experience of God. God desires to know himself and to feel himself, and when you open your heart, and your mind, and your body, God enters and becomes, and feels, who you are. That is awakening Paul. That is becoming alive. That is becoming the joy of God. (49:00)

Your small fantasy mind has no concept of these words. It is a life form. It has been given energy in order to exist. As you withdraw energy from this idea of a fantasy mind, it will dissolve, because it has never been a reality of God, and it

has never been a reality. It is simply a ghost entity, a false entity, that has form and some power, because you have given attention to it. When you withdraw your attention, it may attempt to depress you, to make you extremely unhappy, but it can only attempt this (action). It cannot make you unhappy, or make you do anything that is against the desire of God to see the love that He is. That thought is a Reality. That movement is a Reality.

Take the knowledge Paul, from your mind. Take the information without the judgments about the information, and let go of the rest. Let your ideas about your self, and your judgments about your self and other people, dissolve. You must go into meditation each morning, first thing, first moment of awakening, and call upon our mind. Call upon the highest Mind, and shift, and shift. Do not give your mind attention. You do not even have to thank it for sharing. Do not resist it, but do not give it attention. When you have a fantasy, or fearful thought, no that it is not you, and it's certainly not from the mind of God. If thought enters your mind about fear, do not give it attention, do not suppress it, but do not give it attention. Watch it come, and watch it go. (54:10)

Focus your attention on us Paul. Focus your attention on the highest part of you. We exist as who you are. Your body will pass, and we will still exist. Time will pass and we will still exist as who you are. Focus on our energy, and identify with this energy, but this voice. It is simply a matter of changing identities. You are going from the small self of Paul, the fantasy self of Paul, to a more real Self, a Self that does not promote suffering, or fantasies. Resist no thing, no thought, (and) no feelings. Judge no thing, no thoughts, and no feelings. Observe every

thing, every thought, every feeling, and give attention to love, and peace, and harmony. Give attention to the expression of Reality, to the substance of Reality. Describe and express God's Mind. *Describe and express God's Mind.* And God's Mind and Picture will lead you back, and back into the Heart of God, the Nature of God. (57:26)

This is a full time job Paul. You do not have time to be in fear, or worry, or even unhappiness. You do not have time to chase some fantasy, or some unreality, or even chase your unhappy thoughts, or chase your fearful thoughts. There is no time.

What is good for Paul? What creates happiness around Paul, Paul's body and Paul's mind? What creates abundance? What creates love? What creates a feeling of wellbeing?

And so it is Paul, on this wonderful day, on this day without fantasies, on this day of love and happiness. End. Bell.

Title: shifting into the real mind, shifting into the Mind of God, or adopting the mind of God, or dissolving the small mind.