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### **What are Thoughts?**

*Summary: Thoughts are images, or veils, which create a separate mind.*

*Thoughts are the mechanism and the fuel that allow your separate mind to exist.*

*The separate mind uses the body and things of this world to have its own life.*

*Thoughts are distractions and fantasy images that block your mind from naturally connecting to the Mind of God.*

*Thoughts are the building blocks that describe and make up your separate fantasy mind.*

*You must surrender all thoughts to the Mind of God in order to change your mind and thoughts.*

It is January 28, 2012, on a Saturday, Paul Huffman speaking. It is approximately 11:30 AM, Sedona, Arizona, on a bright and sunny and warm winter day.

Bell. Begin. 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 harmony, a world that needs nothing to be who and what is. And here you sit, within this strong sunlight, and you need nothing, you need do nothing, in order to be who and what you are.

Everything is within you, Paul. Every breath is within you. Every sound is within you. Every thought, or idea, or form is within you. There is nothing outside of you. Your mind is connected to God's Mind, and therefore it has the power of God's Mind.

And so I (you) ask, "What is thought?" Thoughts are pictures. Thoughts are images. Thoughts are fantasies of the mind, as the mind plays with its self, (and)

as the mind has its own life. Your mine, Paul, believes that it is real; that it has a name, that has a job, that it has a body, that has an identity. It (believes) it is bored or it is happy.

Thoughts are the means by which it (your mind) has a life. Your mind talks to its self and talk to its self, and it dreams of becoming a great writer, or a great explorer, or a great intellect, or a great painter. It dreams of wealth and romance. Your mind wants (desires) to be some thing. Thoughts actually move the mind along in time; there is this moment, and then the next moment, and then the next moment. Thoughts give the mind a future (and a past). "Tomorrow I will do this. Today I will do this. Yesterday I accomplished this." Thoughts give the mind description. "I am so old (I am of a certain age). I weigh so much. I'm ugly. I am handsome. I am smart, or I am not so smart." Thoughts give description and form a picture of its self. Thoughts are images, they are pictures, and they described your fantasy world, for you live in a fantasy world.

Your mind says that you will never die. The mind sees that you are aging, but it never sees a final moment of death. It might say that you are going to suffer when you are older, but also says it will take care of you when you are older.

Your mind has its own life and it brings you along for the ride. You are a necessary component to the mind, as your car is a necessary component to your body. The car moves the body along a certain path, and your body (as a vehicle) moves the mind from room to room. It (the body) takes notes. It eats food that the mind wants to eat. It sees people, or it has relationships that the mind wants to have relationships with. So your mind uses your body, as it uses this house, or

clothing, or a car. Your mind uses you to have a life, to live. And in order to live, it must have a future, and it must have a past of what you were, so it can confirm what it is. If it has a future, then it will not die and it will live forever.

So, in (regard to) your question, "What are thoughts," for you Paul, thoughts are a distraction. Thoughts are the building blocks that describe your mind, and they describe the life of your mind. "I am an architect. I am 5'10" tall. I am a male, and I am 66 years old. I have so much money in the bank, and I estimate that this body has a certain life. If I am lucky, it has 20 to 25 years, or maybe 30 years. If it is lucky, it will not suffer very long as it moves into the dying process." The mind says, through its thoughts, that somehow it will go to heaven and it will return with a new body, and it will have a new life. The mind feels that it has an eternal life, and that it has eternal thoughts. Your mind says that all that is contained within it is true, and if only other people would listen to it, they would be happier, they would have more money, for your mind (thinks that it) is the King of the world, it is the king of ideas, and it is certainly smarter than most of the population. (15:48)

And so what are your thoughts, Paul? They are a distraction; they are a picture of what you are not, (and) they are fantasy images. They induce anxiety, they induce fear, and they cause you a great deal of suffering. Can you have thoughts of God and of love? Yes, of course. Can you ask for guidance? Yes, of course.

Can you live without your thoughts, Paul? If you had not one more thought the rest of your life, how would you be, what would you do? Do you need

thoughts in order to survive? You might say that (your) sthoughts put you into a coma, a suspended state, in which the Self, the God Self, the real Self is not living its Life. As you surrender your thoughts to God, your thoughts are transformed into that which God Is, your thoughts are transformed into the desire of God to see Him Self, and your thoughts become the picture and the symbols and the action of God. (19:38)

Does God have thoughts? God has a desire to see Himself and to know Himself and to be Himself alive, and therefore His desire created a Mind, a field of energy, where He can be who He is, and see who He is in life, (and) in movement. You are a result of the Mind of God and God's desire to see Himself. Your mind has the characteristics of God's Mind. It is a reflection of God's Mind and it has the power of God's Mind, because it is a part of God's Mind. But, if your mind has fooled itself into thinking that it is separate from God's Mind, and separate from the Life of God, then (because it believes it is separate) it also wishes to see who and what it is. And it also wishes to have a life, and to live, and to be alive, but it has isolated itself, it has separated itself, through thought, through images, through fantasies. It has a make believe life.

Your mind has pinched itself off from the Mind of God, and it is indeed living a fantasy life. And it accomplishes this, it performs this, through thought, or images, or fantasies, or pictures of what it thinks it is, what it describes its self as, and it plays this image, these thoughts, over and over and over, until it makes a movie about who and what it is. And if you identify with your thoughts and with this pretend mind, you believe that you are in the movie, and that you are the

movie, and that you are your thoughts. And therefore, you are asleep. You are within a life and a world that does not exist, for it is pinched off from its source, its true life. (24:56) And, if your mind has a beginning, that is a beginning when it began to think itself separate from God, then it must also have an ending in which it dies, in which it suffers, and becomes no more. Things, (or) thoughts that have a beginning, must have an ending. If your mind is alive today, it is possible that it will be dead tomorrow.

If you identify with the Mind of God, which has no beginning, or at least you cannot perceive a beginning, and then you will live forever, because you cannot perceive an ending. And since there is no cause of God, for God just is, then no thing can cause God to end, to be no more. If you have caused your mind to live a pretend life and to have a pretended existence, then you can cause your mind to end, or you can cause your mind to be something different. (27:43)

God's Mind changes because of the will of God, because of the love of God. You can change your mind Paul, through your will, through your desire, through your wanting to know who you are. And the only way to do this successfully is to surrender your mind, and all your thoughts, and all your fantasies, into and unto, the Mind of God.

Your desire to be separate from God, from love, has created a field of energy that attracts that which is not of God, that which is not of love, and therefore, you have your own particular creation of what love is not, what God is not, what you are not. And you live within this creation, and you live within this

creation, and you suffer, because of your creation, your fantasies, your thoughts about who you are.

And to answer your question, "Can I live without my thoughts?" The answer is yes, because you have thoughts and you are not alive. You are asleep and you are in a fantasy world, a fantasy creation. You think that you are alive and that you are doing your life, that you are being your life, that you are doing your purpose, and that you are okay. But you are thinking, you are fantasizing, you are pondering the questions of life, you are searching and searching, and yet you are searching within the wrong mind, the wrong creation, (or) the wrong field of energy. (32:30)

You cannot find the light in the darkness. You find light where it is light. You find his sun during the day. You cannot find the sunlight when your world has rotated away from the sun. You might see the (light of the) moon, which is a reflection of the sun, and you might call that the sun, but it is not the sun. You have turned away from God, and you are seeing a mirage. You are taking a look at your self and yet you're not seeing your self. You are asking who you are, you are thinking about who you are, but you must turn and face God, and enter into God's Kingdom. You must enter into God's Mind, into His field of energy, and once you are there, you will feel your place, you will know that it is home for you. And all that you are will be revealed to you, for you have entered God's creation, and you are no longer asleep within your mind. You are no longer distracted by thoughts. The pictures within your mind are filled with the pictures of God, and God's images. God's desire becomes your desire. God's Mind becomes your

Mind, and you begin to wake up and live, not only this lifetime, but forever.

(36:45)

Once you face the sunlight and experience the warmth, why would you want to live in the cold and dark night? Your right to live awaits you, Paul. Your right to be alive awaits you, not tomorrow, but today, today.

And so what are thoughts, Paul? For you, they are veils, they are fantasies, they are the vehicles upon which you sleep, upon which your life is hidden. But they are also the mechanism for your mind to have its own separate life, its own separate image of its self. It is the way of your mind. It is the fuel that allows your separate mind to exist. Your Mind is of the Mind of God, but it knows it not. Your Mind is of God, but it knows and feels it not. (39:51)

And so it is today Paul, with the sun shining and the birds singing. And so it is as you have now, this hour, experienced what it is like to live, what it is like not to have your own thoughts, what it is like to feel the sun on your body and the light in your eyes. And so it is. End. Bell.