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Title: **Experiencing Joy**

Summary:

There is nothing you need to do to be Who You Are.

Thoughts are pictures, or images of what is inside of your mind.

Desiring love and freedom from suffering is the key to moving this small mind-self into the Mind of God.

Mind is the most powerful characteristic of who you are.

If your desire becomes the desire of God, then your body becomes the instrument of God.

Your mind is used by the Mind of God in order to communicate with you, the you that is listening to this message.

Most of What You Are is not contained within your body, but stretches back to the kingdom of God.

You swim in an ocean of Joy and Love.

The separated mind is deeply afraid of living and being life.

The joy of knowing Who You Are is the only purpose in life.

The joy of Who You Are overrides any difficult life experience.

The discovery of Who You Are is a process of relaxation and letting go, and resisting no thought, and judging no thought.

You know not the meaning of any thought.

Desire to held within the Mind of God and you will be as God is.

Your mind is the Mind of God and yet it is asleep.

Your mind is designed to show God the love that He is and move the body about so God can see the love that He is.

Your desire is the Desire of God.

Your life has nothing to do with your small separated mind.

It is February 4, 2012, Saturday, 3:30 PM, on a beautiful warm winter day,
Paul R. Huffman speaking, Sedona, Arizona.

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 great harmony, and a world that needs nothing, in order to be who and what it is.

And here you sit once again, searching for your Self, desiring to know, and yet on one level, you know. You are already Who You Are and there is nothing that you need to do, except to relax, and to be Who You Are. As your mind relaxes, so does the body relax.

What are thoughts? Thoughts are pictures. Thoughts are images. Thoughts are symbols. Can there be positive and negative thoughts, or can there be good thoughts and bad thoughts? Can thoughts be useful? Can thoughts lead you to God?

Desiring love, desiring even wealth, or abundance, desiring to be held by God, desiring to be free of suffering, free of anxiety, (and) free of worry is the key to moving this self, this mind, into the Mind of God, and it (desiring love) also moves this body into Creation, into the harmony of this world. The mind sings the song God, through the body. The mind speaks of God through the body. The mind writes about God through the body.

The mind has no power within its self. It has no physical power upon your earth, but it is the most powerful characteristic of who you are. The mind leads the body, instructs the body, and mind also instructs other people, and influences your world. The ideas and concepts, and thoughts within your mind influence your self, your body, and your environment.

If your desire becomes the desire of God, which is the same as saying, if your will becomes the Will of God, the purpose of God, then your body becomes the instrument of God. God becomes the leader of who you are, the master of who you are, and your small mind becomes the servant of who you are. Your pretend, separated, fantasy mind is used by the Mind of God, in order to communicate with you, (the you) that which is listening to this message, that which hears this message. The Mind of God needs a place to be, a place to be within you. The Mind of God must enter you in some way, some how, some method (which is your gift of mind). (11:46)

As you wake up to the Mind of God, you need to wake up slow enough (to remain functional), so that you survive upon this earth, the impact of the knowledge, (and the impact) of the energy.

As you quiet your thoughts and the veils of delusion are lifted, That Which You Are, begins to surround your field of energy, your field aliveness. Most of what you are is not contained within the body, but surrounds the body, and stretches all the way back into the Kingdom of God. You swim in a field, or an ocean of love. Who you are surrounds you. Who God is, surrounds as you.

As you breathe in this air of your earth, of your world, it brings life and oxygen into the cells of your body. The oxygen and water are necessary ingredients for your body to stay alive, to be healthy and walk upon this earth. You are also surrounded by the energy of love, the vastness of space, which is the energy of love, and the energy of Creation.

Your mind thinks that you can hide from love and from God, and from God's will and purpose, and desires, but you cannot. It is like placing your hand over your eyes and saying, or declaring, that God cannot see you. But you swim in an ocean of love, in an ocean of joy, and it is as close to you as the breath that you take each moment. The joy and the love of God are within you, and it holds you within this space, within this world.

The frightened, separated mind is terrified of anything outside of its self. We would even say, any thing other than its self. The separated mind is afraid of life, and is deeply afraid of living, and being. (19:44)

The joy of knowing who you are, is worth all the money that you could possibly accumulate, all the land, or all the houses, all the friends or girlfriends. The joy of who you are is beyond any pleasure that you can imagine. It is life itself. It (the joy of who you are) is the only purpose and the only goal in life. And that is to discover who you are, and to discover the joy of who you are. The joy of who you are overrides any difficulty, and any pain that you might experience in this lifetime. Discovering who you are is as easy as relaxing and sitting on a beautiful beach in Hawaii. For this discovery of who you are is a process of relaxation and relaxation, and letting go and letting go, and being and being; and

sitting and listening to the sounds that are within you, and listening to the sounds that are outside of you, and resisting no thought, resisting no image, and judging nothing, for you know not what you see, and you know not what you hear. You know not the meaning of any thought, any thought, and you know not the (meaning of the) picture, any picture of what you think you see.

Desire to be held within the arms and the Mind of God, and you will see and hear the way God sees and hears. You will know as God knows and you will be as God is. Your purpose, your purpose is to be the Life of God, the Voice of God, and the Body of God. Your purpose is to be clear minded, open minded, always waiting for God's love to enter, (and) always waiting for God's knowledge to enter. As God speaks to you, so do you move [about]. As God desires, so do you desire. As God speaks, so do you speak. You have no thoughts of your own Paul, none. You have no will of your own, and you have no desires of your own, other than the desires of God. (28:14)

The veils of who you think you are, are lifting. The fear of who you think you are, is lifting. Your thoughts and interpretation of who you are is lifting. Paul is being given life. Paul is being given words. The consciousness of Paul, the awareness of Paul, the idea of Paul, the description of Paul, is changing and surrendering into that which God is, for that is the only possibility of peace, that is the only possibility of knowing how to be within this world, and within this body. Your mind is the mind of God. Your mind is designed to receive the mind of God. Your mind is designed to show God the love that He is, and it is designed to move the body about, as God desires to see Himself.

Your life has nothing to do with a small and separate mind, that thinks that it is alive, that thinks that it has a purpose, or thinks that it knows what to do from day to day, for it is so confused, it is so much in fear. The only possibility of peace is now, now, within this Mind of God, within the direction of God, within the will of God. (33:25)

Never respond out of fear. Always respond from the love and the heart of God. Always respond with compassion towards your self and your fellow man.

Allow your mind to wake up within the Mind of God, within the energy of space and life.

And so the joy is yours, Paul. And so life is yours, now, as you move from self hate thoughts, from thoughts of shame and unworthiness, and to thoughts of love and abundance, and giving and giving. Your message is a message of hope, Paul. It is a message of peace and love. And so, as you hear these messages, others will also hear these messages, and they shall be lifted out of darkness and fear. And so shall their minds enter the Mind of God, this ocean of love that surrounds you, now, (now).

And so it is today, with love and the desire for peace. End. Bell.

Note: Title: "My desire for peace and love."