

02-07-15rb **What Is Mind?** (rev. 02-12-15)

It is February 7, 2015 Paul R Huffman speaking, Sedona, Arizona, at approximately 10:30 AM, on a Saturday, and on a beautiful warm winter day.

What is mind? Where is mind? How is it made? What is it made of, or what is its substance? What is its relationship to awareness, and what is its relationship to presence, and what is its relationship to the Stillness? Why is mind so difficult? Why does mind seem to have its own personality, or why does mind seem to have a self, or an aliveness within its self? Why does mind seem to be who “I am”?

There is no such thing as mind. If you search for mind, you cannot find it. It is not a place, or an existence. Mind is simply a container, a limited container, with boundaries of thoughts, and beliefs, and images. Mind is contained within awareness, and you might call it a very small aspect of awareness. Mind seems to have life and importance, because awareness focuses on what is inside of mind. It focuses on this container, this limited container of thoughts. Mind has no life unless awareness observes, and gives attention to this thing called mind. Since mind is so limited, and since mind has boundaries, presence cannot live within mind. Presence is excluded from mind. If presence were able to enter mind, or the small container, presence would have to change itself, or become limited in order to fit within this small container of mind.

If presence could enter mind, mind would disappear. Let us say, you take a shadow, and you place it before the bright sunlight. The shadow will disappear, because of the presence of this bright sunlight. If you place presence *near* the mind, and not even within the mind, the mind will disappear. It is that simple, and it is that easy, and it takes almost no effort to dissipate the mind, or to reveal to presence the smallness, and the insignificance of mind. Mind is useful as you speak to other minds, or other persons who identify with mind, and think that they are a mind, or they think they are living within mind, or their beliefs are held within their mind, then your mind can relate to their mind. Your mind can become alive and interact with another mind that also thinks that it is alive. As you live in presence, and become presence, or become that which you are, this container of

mind, this limited container of mind, begins to expand and expand, until it contains all that awareness *is*. It (mind) begins to contain the vastness of awareness, and therefore mind no longer has boundaries. It is no longer a container. It is no longer a thing, or an object, because it is now held within presence, which is boundless, container-less, and without limit. You might say that mind does not disappear as much as it expands, and expands back to its source, back to its original purpose, which is to show God the love that he is, which is to be a part of the stillness, and a part of movement. Mind is both stillness and movement, just as presence is both stillness and movement. The expanded mind, or awareness, or presence, can be both Stillness and movement. Just as awareness is born from presence, and presence is born from Stillness, mind has its source within the Stillness, and mind, or images, or symbols, can be a tool for the Stillness. But Stillness cannot see itself, or [it also cannot] express itself, so Stillness arises from within itself, and becomes presence. It (presence) becomes the "I am that I am." It becomes that which sees itself, that which knows itself, that which experiences itself. Stillness, through presence, becomes both Stillness and expression, or Stillness and the manifestation of itself. *Movement is always manifestation, and manifestation is always movement.* As the Stillness becomes aware of itself, it begins to move. It begins to move through the awareness of itself, but awareness always contains the heart of Stillness, which is presence. The heart of God lives within the heart of presence, and true awareness is presence. Pure awareness is presence.

(13:32)

So mind can exist, but it can only exist within presence, within its source, within its purpose to express the love of God. True mind can only exist within presence as its (true) purpose, (which) is to express the love of God. If mind is not expressing God, and God's love for Himself, then mind does not exist. Mind, or that (small) mind, is on a false mission. It is moving in a false direction and that mind is not true to its source, or true to its purpose. So, if your mind is not held in peace, and held in love, and held in non-judgment, then that particular mind, which you find yourself living within, is not true mind. It is an illusion. It does not

really exist within the presence of God, or the presence of Stillness, and you can ignore that mind. You can withdraw from that mind, by entering the presence. (15:50) If you live deeply within presence, and deeply within Stillness, all that you think you are, and all that you have as mind, thoughts (and) beliefs, begin to change into an expanded aware Mind; a Mind without limits, a Mind without boundaries, a Mind without prejudice, (and) a Mind without perception, for the new Mind is beyond perception, beyond sensation, beyond feelings and emotions, beyond the physical, beyond the illusionary realities which have been built within a small contained mind.

So, if thoughts enter your presence, and begin to build a container, or if they begin to build restrictions, and judgment(s), you simply discard them as not who you are, as something that is just floating by, or something that is of your past, and has no relevance to this future moment. Disregarding your old mind is much simpler than you think. Your mind will say that it cannot be disregarded, and that it cannot be dissolved, or that it cannot be lost, or withheld from your presence, but is that is certainly not true. The old mind is simply is very small shadow that faces the bright sun of your existence. If you move from the shadows into the bright sun, how quickly does your shadow dissipate, or disappear. It disappears instantly, for it has no real existence in the light of the sun, in the light of the Self. The old mind will threaten you, and it will try to move the body and the self towards extinction, towards death, but the old mind, the contained mind, with contain beliefs, has no power whatsoever. It has no power to exist unless you believe that it is real, unless you give it attention, unless you think that old mind is important. You believe the old mind is important, and that it somehow protects you, but the old mind is not important, and it certainly does not protect you. It is in fact your jailer. It is in fact the warden of your suffering. Notice how quickly your mind associates itself with your body. Your contained mind will tell you that it is your body, and that it controls your body, and that if you do not listen to it, it will somehow harm your body, or without it (your contained mind), your body will die, or be harmed, or disintegrate. Notice that your mind has nothing to do with your body. Notice that your contained mind has nothing to do with your body. Your

body is the result of presence. Your body is an expression of God to see the love that he is. Your body is presence in (within) the manifestation of awareness. (22:54) Your body is presence as it is manifested by awareness. Awareness arises from the Stillness, and becomes a “thing,” becomes a subject, becomes an “I am that I am,” and that movement creates form. It (aware presence?) creates some “thing” to express the love for its Self. God desires to see and to know Himself. God desires to see the love that He is, and therefore He arises from within Himself in the form of *aware presence*, and by maintaining aware presence, by that focus, by that intention, form arises, and thus you and God, or just God, sits upon this chair, and speaks these words from an expanded Mind, from the place of Stillness, as it moves and manifests itself in words and images, and thus Mind and the Stillness cannot be separated. There is no difference between expanded Mind and the Stillness of God, for there is nothing outside of the Stillness. There is nothing outside of God. There is no other substance other than the Stillness. *If mind is from the Stillness, then it must be made out of the same substance as the Stillness is made of.* There is only One substance, One manifestation, One revealing Itself of the Stillness. There is only One awareness, One presence, and One Mind expressing the Stillness. (27:00) There is only One image, or One thought that expresses the Stillness, and as that one mind, and one thought, and that one expression begins to divide itself up, then many things are seen. Nothing is created, but many things from the Stillness are observed. Things begin to relate to other things. Objects can see other objects. Form can see form. When things are divided up, or when the Stillness seems to be divided, then you have degrees of Stillness, degrees of presence, (and) degrees of awareness. You have the high and you have the low. You have contained and the uncontained. You have no thing and you have things. You have degrees of reality, or degrees of what is real. You have dark and light. You had near and far. You have here and there. And thus the world is manifested. And thus the world is seen and observed. And thus the love of God is expressed within wholeness, (and) within Oneness.

The purpose of this meeting is to bring insight and understanding as to what

mind is. What is the substance of mind? What is contained within mind? What is contained outside of mind? Is mind good or bad? Is mind useful or not useful? Is mind needed or not needed? True Mind cannot dissipate before, or in front of the bright sunlight, for true Mind *is* the bright sunlight. It is one and the same. If you take your mind into the sunlight, and it disappears, do not grieve, because that was not your mind that was not true mind. It was only a shadow that needed to disappear in order (for you) to truly stand before God in the sunlight. Do not mourn the loss of your mind. Do not mourn your past, or present, but stand before the light of God, and you will be given who you are. You will be given a mind that serves you, because that mind is who you are, and it is the light of God, and that mind cannot be taken from you. Just like you cannot take your Self from your Self. You cannot take your Self from the Stillness. You cannot take your Self from the arms of God, from the embrace of God. Rejoice as the contained mind leaves you, and leaves no trace of itself, no residue, no judgment, no future, no past, no harmful thoughts or beliefs, no misperceptions, no misunderstandings, and no untruth.

It is the final step for you Paul, and as you approach the dissolution, or dissolving of the mind, be not afraid, for you have lost nothing. You have lost nothing of importance, and you *will* see your freedom, and you *will* feel your freedom, and you will relax *into* the joy that you are, *into* the Self of your being, and *into* the bright sunshine of all that is, now, this moment.

And so it is on this beautiful day. End. Bell.

Title: "What is mind," or "What is mind made of?"