

04-22-12a PH Chan **The Practice Experiencing Mind**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, April 22, 2012, approximately 11:45 AM, Sedona, Arizona, on a beautiful warm spring like day.

Summary: The definition of Mind is not as important as the experience of Mind.

Enter the Mind of God and feel the love and the sounds that surrounds you.

Allow God to enter you and move you in love upon this earth.

Is it not a beautiful day today Paul? The sun is shining, and your world is turning, and all is well in your world. A world of great beauty, a world in harmony with itself, and a world that needs nothing to be whom and what it is.

And here you sit, waiting to feel the presence of God, waiting to feel who you are, and yet you are That Which you are. And you need to do nothing to be who you are. You need to do nothing to be the happiness and the joy that you are. You breathe this air without effort. You sit in your body (and) it moves and lives and breathes without effort. And so it is with the universe, and so it is with all of Creation. There is absolutely no effort, for the power of God moves every thing, every thought, every body in perfect harmony and joy within Him Self. God hears and feels you wanting to know. God hears and feels your praise and love towards Him. He has never stopped loving you. He has never stopped seeing you as innocent, and as His child, (and) His creation.

As you move your hand, God moves His hand. As you arise from this chair, God arises from this chair. Your mind and perception may claim that you are

separate from God, but God has never felt separate from you. God's body can only exist through you, and through this earth, and through this solar system, and through this universe. God has no other body. God has no other way of seeing Him Self. For you to think that you are other than God's body is a mistake, is a misunderstanding, and is a misperception. For you to think that you are having an individual life, with individual thoughts, (and) individual actions, you are mistaken. And through this mistake, and misperception, (and) misunderstanding, you can suffer. You can cause yourself depression, pain, and unhappiness, when no such thing truly exists.

The joy of God seeing, feeling, and being Himself is constant. Constant. The ecstasy of God is constant. As your mind separates itself from the Mind of God, it moves into the fantasy of suffering, and disillusionment, and not knowing.

Mind was born from God's desire to see Him Self. Mind is God's presence everywhere, every moment, and every thought. You exist because God desires to see Him Self. You exist because God communicates with Him Self. God is in a constant conversation with Him Self. You might even call this a great mental noise, a hum, or the hum of Creation. It is indeed a sound, a vibration, and it is the sound of God speaking to Him Self, in love. Just as you are surrounded by radio waves, high frequency or low-frequency waves, you are surrounded by the waves of God's love for Him Self. You are the instrument, the receiver, in which God speaks into, and you receive God's song, God's presence, each moment. You have never not received God's vibration, God's sound, God's wanting to see Him Self and know Him Self. (13:40)

Mind is your connection to God. It is like being held by your mother, and nursed by your mother, and loved by your mother. She looks into the eyes of her child, and her child looks back into her eyes. That is the definition of Mind, that love connection, that Knowing that the child and the mother are One, that Knowing that the child knows that he is from the mother, born from the mother. And the mother sees herself within this child. The mother loves the child and that love can never be broken, never. (15:30)

The definition of Mind is not as important as the experience of Mind. If you try to explain water to someone who has never seen water, or touched water, or felt the humidity on the shoreline, then it is difficult to describe the nature of water. You might describe water as having a sandy beach, or a muddy shore, or being cool or warm, or have the ability to freeze, or the ability to turn into vapor, or gas. But best way to understand water is to go to the lake, or to the beach, or to the ocean, and begin to play in the water, (or) to play on the shore. You might even want to drink some water, or taste some water. The ocean tastes salty, does it not? Spring water is almost sweet, (and) refreshing. The body enjoys bathing in the water. The water makes clouds, which are beautiful to see.

And so we invite you, Paul, to enter into the Mind of God, and enjoy that which God has given you, that which God communicates with you. Feel the love that surrounds you. Listen to the sounds of Mind. Allow God to enter you, and to move your hand and your body from room to room. Allow God to kiss you upon the cheek, and hold you. And when you're ready, open your eyes, and look into the face and the eyes of God. And you will see your Self. You will see your

neighbor. You will see the tree outside your window. You will see the white cloud moving on the horizon. And there You are, held within the Mind of God, safe and secure, and forever.

And so it is on this beautiful day, a day in which Mind surrounds you, and a day of love. End. Bell.