

04-25-12a PH Chan **The Power Of Mind**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, April 25, 2012, 10 AM, Sedona, Arizona, on a cloudy cool day.

Summary: Mind is the awareness of God as He moves through time and space, desiring to know who and what He is.

Mind is the power of God to see Him Self.

God's power is held within His desire to see Him Self.

Even though you have a small limited self and consciousness, it is still possessed by God.

The characteristic of Mind-Consciousness is that the doorway to the Kingdom of Heaven, and who you are, and seeing God, is Now.

The power of Now is also the power of the Stillness. The Stillness of God implies this Still moment.

Mind is observing life, movement, space and time from the place of Stillness. Within the Stillness lies your deepest understanding of who you are. Within the Stillness Life and the Self are forever.

It is April 25, 2012, approximately 10 AM, Sedona, Arizona, Paul R. Huffman speaking, on this cloudy cool day. Bell.

Is it not a beautiful day today Paul? The sun is trying to shine through these clouds, the birds are singing and all is well in your world, a world of great beauty, a world of great harmony, and world that needs nothing to be whom and what it is.

And here you sit once again, wanting (desiring) to know whom you are, (and) wanting (desiring) to experience who you are. You know that there is a better way to live your life, a better way to hold thoughts, even a better way to move your body. You desire to be happy, content, and secure. Your mind is curious about who you are and who God is. You enjoy the questions and the answers, and you seek the truth of your self. You seek description of your Self, and somehow, that description and truth give you the experience of peace, and from peace, there is the possibility of joy and happiness.

You must understand the nature of Mind, the power of Mind, before you can describe your self and describe God, and before you can answer the basic questions of, "Who am I, What am I, Who is God, (and) What is God?"

Mind is the awareness of God as He moves through time and space, desiring to know who and what He is. God's nature is love and the production of love, (and) the replication of love. God can only be love. There is no other possibility. Mind can only be love, for Mind is God's desire to see and know the love that He is. If God can only be love, then God can only see and know love. (9:20) The nature of love is giving and receiving, and even joy and ecstasy in the process of giving and receiving. You receive a breath of air, and you give a breath of air. And in that process your body lives, it grows and heals, and it becomes what it is, a being upon this earth, alive, observing its world, eating the foods of this world, and experiencing this world. And so God gives Him Self life through you.

And within so many years, the body has aged and can no longer move upon this earth, and so it lays itself down, and wraps itself in a blanket. And it breathes for maybe a day or two. There will be a moment in which the spirit leaves this object, leaves of this body, and is unrestricted by this body. This awareness, or what you might call spirit, does not die. It may be confused as it leaves the body. It may be expanded and in joy, but it moves back into the larger realm of Mind, or what we would call the "Field of Mind." This field is a collection of experiences and observations, and it makes up a great picture of God. It is God's experience of Him Self. It is God seeing Him Self. There is only One picture, One mind, and One Self, and as you expand your limited understanding of your self, you must understand that there is no death of the Self. (17:27)

There is expansion of the self. (And) there is misunderstanding of the self (and) misperception of the self; a self that is blanketed with misinformation and misperception; a self that hides from its Self; a self the desires separation from the Self of God; a self that suffers within its own image of its self, but there is no death of the Self. There is no dead of [the] Mind, of the awareness of the consciousness of the seeing. There is limited consciousness, limited awareness, closed awareness, restricted awareness, and through the power of words and thoughts and pictures, through the power of Mind, you can pretend to die, even though you are alive. Through the power of Mind you can change your perception of reality. Instead of the Reality of Love, you can have the reality of that which is not love. Instead of the Reality of life forever, you can have the

reality of life and death. You can have the Reality of the mind connecting to God and the (reality of) mind not connecting to God. (22:33)

Mind is the power of God to see Him Self. God moves from the Stillness with tremendous energy and power and light, and you are a part of that power and light. It (power and light) does not diminish over time or space. The power of God is not less at the far reaches of the universe, and more as it reaches the center of the Stillness. God's picture of Him Self, God's projection and display of Him Self, is given equally to all things; (to) all of Mind, (to) all of thought, (and) to all pictures of Him Self. (25:54)

God's power is held within His desire to see Him Self. (And therefore Paul's power is held within his desire to see and know him self.) And since God is love, God desires to see the love that He is (and) to know the love that He is, for within the nature of love, is [also] the characteristic of joy and happiness and ecstasy. (27:15)

We exist within Creation and we exist within the Stillness of God. You exist within Creation and you exist within the Stillness of God. There can be no other place for you to be. You cannot exist outside of God. The power that we hold is the same power that you hold. It is not more, or less power that you possess. We are who you are and you are who we are. And we both are equal in every respect, except at this moment you are focused within form, a body, and as you are experiencing, the body can be a distraction. The form can cover up your true nature, which is Mind, and love, and God. The form can be so demanding that you forget who you are, and that is the difference between you, Paul, the form,

the self, and who we are. We are not encumbered by form, and therefore we can observe a greater universe, a greater Creation. And our job is to comfort you as you worry about your form, and your house, and your planet, and your money, and your security. (34:30)

Even though you have a small limited self, with a small limited consciousness, it is still possessed by God. It is still possessed by who we are. You cannot be some thing that you are not. You cannot be some thing outside of your self, just as his tree outside your window cannot be (some thing) other than a tree. (36:30)

Our job is to communicate with you, and find the right expression, or the right words, in order to relieve your fears and suffering. We can communicate with you and explain the truth of your relationship with God. And we do know that that is helping, but until you expand your awareness, and your experience of awareness into the awareness of God, and God's desire to see Him Self, until you have this direct experience with who We are and who God is, you will believe that you are the body of Paul, that you are aging, that your life is short, and that you will die, and you, or your body will be buried in the ground, and be no more. And the fear of these thoughts and this image, colors your day-to-day living. Your concern for the body, and food and shelter, color your day-to-day living. And we can tell you without doubt that your body will die, and it will return to the earth as ash and soil, and you will be free of this body. And this has happened thousands of times, and this will happen thousands of times. And so what you are experiencing (in form) has happened, and will continue to happen, but there is

this moment, in time and space, that you breathe the air of this earth. Your last breath, a few seconds ago, will not recur. The breath that you are taking now is a new breath, and it is slightly different from the breath that you took a few seconds ago. Your awareness at this moment is slightly altered from your awareness a few seconds ago. And so it expands. (43:45)

The life of God is happening at this moment. God's desire to see you and to feel you and to be you is occurring now, not in the next moment, or the next moment. The doorway to who you are, and (to) peace and love is now. But through the power of your mind, because of the fear of the future and the belief in the future, (your mind) will tell you that knowledge and understanding and the answers will occur tomorrow, that the doorway is not quite yet in front of you, and that you must be patient and it will appear in the next hour, or within the next few years. The kingdom of heaven is always now. You cannot find this doorway in a few seconds, or in a few years. The opportunity is always at the moment of understanding that it is now, this moment. The opportunity is always the realization that is occurring now, and now, and now. And so another characteristic, or we might even say the characteristic of Mind-Consciousness, is that the doorway to the kingdom of heaven, and the doorway to seeing who you are, and seeing God, is now. It you think that it is somewhere in the next few days, or even in the next few moments, it will never be there. It disappears because of your thought that it is not there now. (49:50)

If you have the thought that you cannot take the next in breath until tomorrow, lets say, you will not live to experience the next in breath. Your spirit or

your consciousness, or your awareness might conclude that it was a mistake to wait a full day before the next breath. And we can tell you from experience, Paul, that it is a mistake to wait until the next moment to find the opening to the kingdom of heaven, for it will not be there.

You cannot hear these words if you are focused, or thinking about the next moment, but you are sitting and you are open to this moment, and therefore the understanding of who you are, and the understanding of God, comes to you now, and now, and now. The power of God and the power of God's Mind, and even the picture of God, the understanding of God, are now. If your consciousness says, "I will wait a few more moments and then seek God," then God will not occur now, for the power of God, and the understanding of God has been pushed forward into the future, which does not exist. (54:45)

Each moment is an opportunity to exist fully within life. Each moment is an opportunity to feel the love of God, without the veil of the future, or the veil of the past. The power of now, the power of this moment is also the power of the Stillness (because the Stillness exists, occurs, only in this now-moment). The Stillness of God, all that God is held still, all of God's love held still, implies this quiet moment, (implies) this still moment, (implies this now-moment). (56:49)

(The presence of God and the power of God, can only occur in now-moment. The purpose of life is to wake up to presence of God and the presence of Love that surrounds you each now-moment.)

In order to understand who you are and God, you must go into the Stillness and from the Stillness, in order to be seen, and in order to see who you are and

what God is. And so another characteristic of Mind is its (the) quality of Stillness. Mind is observing life, movement, and space and time, from the place of Stillness. It is receiving and it is giving from the place of Stillness. Who you are and what God is, occurs from the place of Stillness. Even though Creation appears to be in motion, it exists within the Stillness. You might say, that you cannot see your self, or see God, or understand your self, or understand God, until you look out from the perspective of the Stillness.

If you wish to describe your world, and the beauty of your world, and your consciousness is held deep within the earth, in the darkness of the soil and the heat of the center of the Earth, your perspective of your world in space would be very limited. Your consciousness might even declare that the world does not exist. Your consciousness might say, "What world? I see no world." But if you are able to be out in space and look at the earth hundreds or thousands of miles from (the earth) space, you would declare the beauty of this earth, and you could see the land masses and the oceans and the dark background of space, and you would declare it (earth) the jewel of your solar system. (1:03:14)

You can not understand your world, your thoughts, your self, the Self of God, the Self of Creation, the nature of Mind, the nature of God, until you look out from the Stillness of God, until you look out from the substance and the interior of God, for it is the only point of perspective, because it is held still, because it is within this moment, now. It is not confused by movement. It is not confused by form or change. Within the Stillness lies your deepest understanding

of who you are. Within the Stillness life and the Self are forever. Within the Stillness home is forever, (and) peace is forever.

And so it is on this beautiful day, this day of love, this day of peace, this day of understanding. End. Bell.