

07-08-12 PH Chan **Realizing Mind**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, July 8, 2012, approximately 3 PM, Sedona, Arizona, on a warm summer day.

Summary:

Is it not a beautiful day today Paul? The birds are singing and the sun is shining, and all is well in your world, a world of great beauty, world of great harmony, a world that needs nothing to be whom and what it is. And here you sit once again, wanting to know who you are, waiting to learn who you are, waiting to feel who you are, waiting to wake up and become who you are. And there is nothing to do. There is no place to go. There is nothing to accomplish. There are no books to write or words speak. There is just the presence of God, and there is just your mind observing presence of God.

You are housed in this body, this vehicle, but it is not where you live forever. In fact, this vehicle has a certain life, and even a certain value, and it (eventually) becomes recycled into your earth. You seem to be looking out from these eyes, but once you understand Mind, you will be seeing and feeling from all things upon your earth. You think that you are [of] this vehicle and that you are separate from this world, (and) even separate from the minds of man. And so, you have a life, and that life has a name and maybe a function within this world. That life is honored or not honored, (and) that life is recognized or not recognized, but you seem to have a life, and you seem to do things. You can sit in this chair and

speak to us, or we can speak through you, this body, this vehicle. And we primarily speak to your mind-self.

Your body-vehicle will return to this earth, for it is of this earth and it is of the peace and harmony with this earth. Your body does not need our instructions or our guidance, for it is of this world and it is complete within this world. Your body has much to teach you, but you cannot hear it speak. Your body is not proud, nor does it have an ego. It is an organism that lives upon this earth for a short period of time. It is not worried about its death, for it lives within this moment. It has concerns about being too cold or too hot, and it has concerns about pain and certain feelings, but it is one with the harmony of this earth. It does not think of itself as different from this tree outside your window, or the sky, or the water, or with the ground upon which it walks, for it is made up of minerals and water and air. How can your body be separate from that which it is made [of]?

Your mind worries about the health of this body, as your mind worries about the health of your car, or the objects within your house. Your mind identifies with the body, as the owner of the body, as that which it possesses, but your mind does not possess the body.

Your mind thinks that there is a separation and your mind commands the body, and your body, at least most of the time, moves from room to room on command of (from) the mind. But if the body becomes very sick, the mind can command that the body move, or even run down the street, but the body may not be able to do so. And then the mind becomes concerned and seeks to fix the body, but [what we might say is,] the body self-fixing. By allowing the body to

rest, it most often will fix itself. If you give the body liquids, such as water, or fresh juice, it will often fix itself. The body is alive and it has its own particular relationship with your earth and with the air that it breathes, and the water that it drinks, and the food that it eats. But there is almost no relationship between the small mind of Paul, and the physical body of Paul. In order to have a healthy body and a healthy mind, these two things, or entities need to be integrated. There needs to be a relationship. You might say their needs to be respect, and even responsibility between these two things, these objects.

Your mind Paul is indeed the Mind of God, the Awareness of God forever. Your mind is God seeing Him Self in His particular creation. You might ask how did God's Mind, and all its vastness and power, become associated with a small body, with a small animal that walks upon this earth? Why would God's Mind choose to be within such a form, such a physical entity that has a limited life? The vastness of God and God's Mind is contained within all of creation. You think that your Mind is contained (confined) within this small animal form, and it is not. You have pinched off the largeness of God's Mind, the vastness of God's Mind, and you identify with this animal self as your self. You might say, you have been locked in, confined, (and) contained within this animal form that is indeed fragile and that does indeed have a limited life. (24:10)

If you could expand your mind beyond this animal form, you would connect to all things of your earth; all flowers, all animals, the air, the waters, and you would feel and you would observe the peace of your earth. Your body would become the body of this earth. Your mind would become the mind of this earth,

and then it would become the mind of all the planets that surround your sun, and then the mind of the sun. Your solar system would become your body, and eventually your galaxy would become your body. And so, your identity would expand, [would it not,] from a limited animal self, with a limited life, to a galaxy that is billions of years old. And then, as your mind further expands, it would expand to include all the universes, and all of Creation. And then your mind would achieve its full nature, its full purpose, for now it is all of God seeing all of Him Self. It is all of God demonstrating the love for all of Him Self, and therefore your mind witnesses and even experiences, every change within your universe, every change within Creation.

If a star dies and withdraws within itself, and then explodes in a great light, you see and feel and experience this event. If a plant upon your planet dies because of a cold wind and frost of the season, you experience and witness this event. For you to be contained within a body, and not see beyond the body is a great tragedy. It is turning off almost all that you are, and leaving only a speck of consciousness, a speck of awareness that guides this small body, and often misguides this small body.

So, how can you know who you are Paul, without an expanded Mind, an expanded Consciousness, and the expanded experiences of your particular creation? How can you know your Self when you know not of the earth upon which you live, or the moon in the sky at night? (34:15) How can you know your Self when you are unable to see through the eyes of God all that is before God.

How can you speak of the nature of man when you know not of the nature of God?

To know your Self, Paul, is to know the Self of God. To know your Self is to be embraced by God. To know your Self is the complete surrender of the self unto this unknown power, this unknown seeing, this unknown knowing. To know the Self is indeed the letting go of the small self, of the small concerns. To know Self is the complete surrender into the body of the self, the body into which you live, for even your body has an understanding of forever-ness and the cycles of your earth, and it is indeed an ancient being with ancient knowledge.

The smallness of Paul's mind knows not what it is. It is confused and it suffers under its own confusion. Not knowing and the recognition of not knowing, and the surrender of not knowing, is always the first step. If you think that you know, you will be stopped and stuck in that thought that you think that you know. If you realize that you do not know who you are, you will begin to know who you are. If you take the basic truths, such as your mind is related to and is of the Mind of God, and that you are the Self of God seeking to see Him Self and the love that He is, you will begin to expand. The Self of Paul will begin to expand and expand, and one day you will awake and you will see as God sees, you will feel as God feels, and you will be as God is. And that moment of awakening is just a breath away.

And that awareness of who you are already exists. Who you are is not going to happen, it has already happened. The expansion of the Mind is joyful. It is without effort. It is all-inclusive and [it is] held by everyone and every thing

upon your planet, and within your solar system, and within your galaxy, and within all of Creation. The realization of who you are has already occurred and it is occurring now, and now.

And so we embrace you Paul, as who you are, as God embraces us as who we are, and the relationship of Mind is complete. The awareness of Mind is indeed complete, and all is as it should be, and all is as it is. End. Bell.

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