

07-15-12a PH Chan **The Relaxation Of Mind**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, July 15, 2012, approximately 1:30 PM, Sedona, Arizona, on a cloudy, relatively cool summer day.

Summary: Mind is the awareness of God as He moves through Creation.

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, and a world that needs nothing to be whom and what it is. And here you sit once again, wanting to know who and what you are. But you must do nothing to be or even to become who and what you are. You are That You Are. I Am That I Am. Nothing can change that which you are; no thought, no action, no concerns, no shame, or pride, or accomplishment, or failure, or death, can change who you are. You need do nothing to realize the presence of God around you. The presence of God surrounds you whether or not you realize this reality, this fact. Mind holds the awareness to God's presence. Mind is the vehicle and also the container of God's awareness of Himself, and that awareness is shared by all of Creation. If you are not aware of God's presence and love that surrounds you each moment, forever, that does not mean that God does not surround and love you each moment. Mind holds the awareness to God's presence, and it can also block your awareness to God's presence. The power and the gift of Mind can be misused. The power and the gift of Mind can be used against itself. (07:50)

If you observe a mountain stream moving down the mountain in all its beauty, you can choose to step into this mountain stream and enjoy the feeling of this mountain stream. You can even be carried down this mountain stream and you can see where it takes you, or you can build a dam out of rocks and boulders that you find along the shoreline. And the more rocks that you place in the way of this flow of water the more water that you can retain, and for a short period of time you can actually stop this flow of water. You might use this water that has been dammed to grow fish or to have some activity within this body of water that you might now call a lake or reservoir. But this mountain stream, in its natural form, was designed to flow down the mountain and to carve valleys and to make certain small pools, in which certain fish could survive, and it gives life to the trees along the banks, and it eventually flows into the great Ocean. And once in the great Ocean the waters evaporate and move into the clouds, and clouds move upon the mountains in the form of snow, and the snow melts and the water again flows down the mountain. (12:40)

There is a natural cycle of Mind just as there is a natural cycle to your earth and its revolutions around your central sun. There is harmony within your planet and your planet's relationship to the other planets, and even to the other solar systems. Mind is not designed to be restrained, or captured in any way. Mind does not resist Itself nor does Mind judge Itself. Mind is the flow of communication from the heart and the body of God into and around the body of Creation. If you believe that Mind is yours, you are mistaken. If you believe that you can manipulate Mind to do your will and your own purpose, you are

mistaken. Mind is not yours to possess, as your body is not yours to possess. Mind is not something that you control, or manipulate, or bend, or turn, or stop. You do not turn Mind on and then turn Mind off. You do not use Mind and then not use Mind.

Mind is the awareness of God moving through His Creation. You are a thing of God Paul. You are an object of God. You are a creation of God and God moves through you as the stream moves down the mountain slope and through the forest. The power of gravity moves this beautiful mountain stream towards the oceans. And the waters of your earth find equilibrium with the rest of this earth, with the rest of the things of this earth. Your mind seeks to balance its self with your body and your movement. You may not think that your mind moves with you as you take your walks in the morning, but it does. You might not think of your mind as physical, as you relate to your body as physical, but (your) mind is simply a thing, as your body is a thing and a creation of God. God needs a way, or a tool, or method in which to enter and to become part of His Creation. God desires to see Himself and to experience Himself, and thus He enters you, and is of you through Mind or through Awareness. (21:12)

If you are aware of this conversation, then God is present and aware of this conversation. If you stop your mind, if you close your mind, if you dam your mind up and place it in a small container, it is difficult for God to relate to you, or to know Him Self through you, for you have altered His Mind. You have taken possession of His Mind and made it somehow, different. You have divided it up and you have made a dam here, or a dam there, or you have taken this flow of

the river, or the stream, and you have blocked certain parts of it off, or you have given names to these streams, or these pools, or these dams. And you might even declare that by blocking the mind you are serving mankind and you are serving yourself. And by altering the mind you have somehow made the mind better, more efficient, smarter.

We spoke earlier about an analogy of taking a rope and tying off your left hand and restricting the flow of nutrients and blood to that left hand. And in time, that left hand will turn dark and die and become useless. If you restrict your mind, if you divide your mind up in certain categories, in certain identities, and block the flow of mind, the power of mind will dissipate, dissipate, and your mind will become unrecognizable to God. The balance of mind with your body and this world, and this universe, is no longer the balance of mind and body. Mind has become some thing other than it is. And mind can become stagnant and full of mis-beliefs and misperceptions. And mind can act in such a way that you would describe as insane. An insane mind cannot fix itself. If a mind has been mis-trained or distorted or blocked or divided up, it is difficult for that mind to once again become in balance with itself and the world. But if mind is left alone and surrenders to God, its owner, then mind, through its own power and its own nature, will begin to gather its self, and once again flow down this mountain, flow in the direction of God. And in time the mind returns to its own natural harmony, and in time, it is once again held by God. (30:10)

The idea that you must do something with mind, that you must shape mind, identify mind, divide the mind, train the mind, learn new ideas and place things

within the mind, is false; all that is known and even useful is held by God. All healing, all harmony all balance, all knowledge, all wisdom is held by God. You can become aware of it, but you cannot re-create it. You cannot make it up. (You cannot create Mind.) You cannot make up your own wisdom, just as you cannot make up your own way of life. You cannot make the mind better. You cannot become smarter and more clever. You cannot become brilliant, as opposed to someone who is not brilliant. You cannot become better as opposed to someone who is not better. You cannot use your mind to your advantage, or even disadvantage. Mind is something that flows through you and is of God. It is not of the smallness of Paul. It is not Paul. It is not the body of Paul. It (Mind) is the stream of consciousness from God, the Source.

God is the great Ocean, the great Source from which every thing in creation springs from. For you to think that you can change or improve upon the source of God is the definition of insanity, or the definition of thinking that you can change the Mind of God. There is only one Identity, one Source, one Mind, and one Self. If you identify with the self of Paul as the god of your being, you will indeed suffer. If you identify with the Self of God, you will live in peace and love forever. You shall live forever, because you are forever. (36:48)

Mind is a great mystery for mankind, but it is only a mystery for those who do not join with in Mind, and surrender unto Mind. If you never join the river or the stream as it moves down the mountain, you will never understand its qualities. You will never quite know its nature, or what it feels like. If you do not drink from the stream or the river, you will not know its purpose, or its benefits. If you

damage or try to control the stream, you will do harm to your own body and the body of this world. If you try to control and capture your mind (or Mind), you will do harm to your body and the bodies of others. Mind, Paul, is alive, as you are alive, as your body is alive, as your earth is alive, as your oceans are alive.

The question, "What is mind?" does not exist and it cannot be answered. Once you open your mind and let it be free within you and unrestricted, untethered, uncontrolled, it will take you where it takes you.

Mind moves as God moves, and you are as God is. You are the body and the thing of God. You are the body and the thing and the Mind of God. You cannot separate your mind from the Mind of God, or from the body of creation. You cannot say, "My mind is different from my neighbor's mind," or "I am smarter than my neighbor," or "I know more than my neighbor," or "I am wiser than my neighbor." Those realities do not exist. They have never existed. The nature of Mind is inclusive, and it binds all things together through awareness, through consciousness. (45:30)

If you give your body freedom, and place within your body fresh foods and fresh water, it will more than likely remain healthy. And if the body has not been damaged to severely, the body often heals itself through rest, relaxation, and good food. If you relax the mind and resist no thoughts, and judge no thoughts, and judge not yourself or your neighbor, your mind will begin to flow in the direction of God, and God (the Self) once again will recognize Him Self, and God once again will see Him Self and know Him Self and experience Him Self. And

God's love and harmony for Him Self will become your love and harmony for your Self.

Is it not interesting that the letting go and the relaxation of the mind, non-resistance and non-judgment, is the fastest path to wellness. Not doing becomes in itself the doing. Non-action (becomes) in itself is the action.

You deeply desire to know Mind Paul, and the only way that you can do this is by taking your mind and all your thoughts, beliefs, and concepts, and surrendering them onto this flow of Mind. Your relaxation of Mind is the awareness of God. Your non-restriction of Mind is the awareness of God. Your non-judgment is the awareness of God.

And so it is today as you swim within this river of Mind, this power of Mind, and you experience the presence of God and God's Mind. And God experiences your presence and He becomes your Mind as you walk this earth, (and) as you experience this earth.

And All is well, Paul. All is as it should be, and All is as it is. End. Bell.

(revised: 08-22-2012)