

07-29-12a PH Chan **The Nature Of Mind**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, July 29, 2012, approximately 2:30 PM, Sedona, Arizona, on a rainy cloudy cool summer day.

Summary:

Is it not a beautiful day today Paul? The sun is shining above these clouds, the trees are green, the sky is cloudy, and the birds sit in the trees protected from the rain.

And here you sit once again, troubled by your mind, not sure what to do with your life, not sure what to do with this thing called your mind. You are afraid of life are you not? You are afraid of certain people and what they might do to you. You are afraid that someone will take your money, or put you in jail, or punish you. You are afraid that you will become sick and die. You are afraid to have an intimate relationship, for you feel that would be painful, heartbreaking, and that any relationship with a woman would end in disaster. You know not your own mind, [do you Paul?] You know not your body or your world. You are this confused person, or thing that walks upon this earth. Your mind is full of fantasies and fears, and untruths, misperceptions, mis-beliefs, and your mind moves you around on a leash of thoughts, and misinformation, and fears, and confusion. You feel that you cannot stop your mind, or stop the fear thoughts, or fear fantasies. Your mind takes you here and it take you there, and there is nothing that you can do about it. You are a victim of your mind. If your mind wishes to run

you into fear, it can do so. If your mind wishes to speak the untruth, it seems to have the ability to do so. (At the next moment, there is a lightning strike with a loud noise near my house.) And so we emphasize our point.

You cannot stop the mind from flowing through you, as you cannot stop your breath in this next moment. The breath is a natural rhythm of your body, and to interrupt your breath could do harm to your body. Your mind moves through you, as the love of God moves through you. Mind moves through you naturally, as your earth rotates naturally, and is in harmony with your sun. Your mind is in harmony with your body and with nature that surrounds you. Your mind is in harmony with your neighbors even though it does not appear to be in harmony with certain neighbors. Your mind is not unlike your breath Paul, it continues, and it continues, and it is part of your life, it is part of your existence. It does not go away as your breath does not go away. It does not go away as the sunlight does not go away during the day.

Mind is the consciousness of God. Mind is the awareness of God each moment. Mind does not belong to you as the air that you breathe does not belong to you. You cannot capture so many cubic feet of air and say, "This is now my air, and no one else can possess it. It is my air." You cannot take a piece of God's Mind and claim it as your own. You cannot bundle it up within an identity of Paul, or an identity of this body, or an identity of self. The 'I' of Paul is not the smallness of his mind. The 'I' of Paul is not a piece of God's Mind. The 'I' of Paul does not contain a small part of God's Mind. The 'I' of Paul is the wholeness of God and the wholeness of God's Mind. There is no such thing as a part of God's

Mind, or a piece of God's Mind. And to say that you have your own thoughts and your own mind is not possible. It is like saying, "I have my own section of air contained in this room and it is mine. I made it up. I captured it. I control it, so everyone stay out of my room and do not, in anyway, breathe my air." It sounds ridiculous does it not, to claim a space of air, or a space of sunlight? "This is my sunlight. Everyone else stay away and do not block my sunlight," or "You cannot have any of my sunlight nor can you have any of my air."

You cannot claim Mind as your own. You cannot claim thinking as your own process. You cannot say, "This is my idea and that is your idea." You cannot say, "I am a wise person and you are not a wise person." You cannot say, "I speak the truth and you do not speak the truth." You cannot say, "God only speaks to me, for I am special." Mind is the stream of consciousness from God, from the Source of life, from the Source of all Creation, and from the Source of All That Is.

Solving your world problems is not a matter of small and partitioned minds getting together to discuss the problem, and then [try to] attempt to solve the problem. Solving problems is listening to the wisdom of Mind. Solving problems is observing the flow of Mind as it moves through you, and drinking from this flow of Mind. If you partition off part of this flow of Mind and claim it as yours, it will dissipate into untruth or misperception, and it will no longer be the flow of Mind, but something other than mind that is distorted. Anything, or any information coming from that partition mind, will be distorted, misperceived, misunderstood, and most likely untrue.

Mind occurs within this moment. It does not occur in the past or the future. When you become inspired by a solution, you have become immersed within the stream of Mind, and it will tell you that love and peace and harmony is all that exists. It will tell you that there is balance.

Mind appears to be a mystery and beyond your reach, (and) beyond your understanding. Mind is something that you step into and become part of. You experience Mind and Mind teaches you about its nature, its characteristics, (and) its purpose. If you stand outside of Mind and you are afraid to enter Mind, Mind will always be a mystery, and the power of Mind will elude you. The power of Mind will never be useful to you as a practical gift, and as a way of life. You are afraid of Mind because you think that it will take you away, and lead you into a life that you do not want, or lead you into a way of life that you think is harmful. (28:20)

But Mind Paul is your path. It is what you seek and it is what you are. You are the consciousness of God seeking Its Self. You are the consciousness of God moving about this earth, experiencing form and color and smell and sights. You appear to be an individual self with individual needs and individual fears and desires, but that is a very small part of you Paul. You are the consciousness of God seeking to see Him Self, seeking to see the love that He is. Your individual self is small and fragile compared to the consciousness of God. God gives Him Self everything He needs in order to see Him Self, in order and know Him Self. If you think that you cannot be the consciousness of God seeking Him Self, then you exist in some parallel reality that is not true and that is not of the life of God.

It is an entity that moves about this world in blindness [and] in stupidity, and in insanity. (31:42) You become an individual that does not know who or what it is. It has no purpose and it suffers greatly. And so this entity dies many times before it wakes up unto Its Self.

You are suffering greatly Paul, for you are doing battle with your mind. You are challenging your mind and you feel that your mind is challenging you, and there is a war within you. Your mind is not at war with you. You are at war with your mind. (The small partitioned mind is at war with itself.) Surrender unto your Mind, Paul, and allow it to flow unimpeded, unrestricted, through your body. We are not speaking of fearful thoughts. We are not speaking of insane thoughts. We are speaking of the River of Mind, which is the consciousness of God. We are speaking of the awareness of God, as He seeks to see Him Self. Do not judge your thoughts, Paul. Do not resist any thought. The purity of God's Mind will clean out the impurity of your small mind. The purity and the power of God's mind will remove the fears within your partitioned mind. All you must do is to let go and to judge nothing, no thoughts, no events, no happenings, no concerns, no worries, (and) no fears. Judge nothing, resist nothing, and move your self within God's consciousness, God's presence and your small mind will be taken by the Mind of God, absorbed by the Mind of God, and you will be free of your mind, Paul. It will not burden you. It will not control you. It will not move you from room to room against your will, or against God's Will. Your mind will not make wrong decisions, or unwise decisions, for it will be the Mind of God, and it will become the Mind of God.

Not doing is the doing of your life. In-action towards your small mind is the action of life. The surrender of your small mind into this vast Mind of God is your salvation, (and) is your relaxation. (39:39) And within this Mind contains the peace and the wisdom of your being. There is no other path Paul, even though your small mind says there are many paths. There is only one path, and that is the path of God's Mind and consciousness and awareness of Him Self. As you surrender to God, you live forever. You are in love forever. You are in peace forever. You become truly the object of God. You become truly the consciousness of God. And your individual mind becomes less and less important, and less and less a distraction, and less and less suffering, for you can only suffer through and because of the smallness of your partitioned mind. Only in your individual thoughts can you suffer. Only in thought can you suffer and only in thought can you be led to God. Only in thought can you find God, for all thoughts seek God. They seek the picture and the perfection of God. All thoughts desire to know God, as God desires to know Him Self. Thoughts are pictures, or images Paul, and God is constantly thinking about Him Self and what He is. He says, "Show me the love that I am," and then He sees and feels the pictures of Him Self. He delights in His seeing. He delights in the knowing of Him Self. Your joy and delight is of His joy and delight. You do not cause joy and delight, you share in God's joy and delight and love and peace. You cannot make up love, Paul. You cannot make up peace. You cannot create peace and love. It already exists through God and through the consciousness of God. (45:06)

If your mind is creating fear and worry within you, let it go. Do not judge it. Do not resist it. Know that your mind seeks the path of God. Know that your mind seeks the love and the peace of God. And if you let it go, it will find its own way, because it is part of God, and it will move into the consciousness of God. It will return home, and it will take you home to God. And so, your path is the path of God's Mind. Your path is the path of God's consciousness and awareness of Him Self. You have no life of your own, Paul. You have no mind of your own, and you have no thoughts of your own. You (cannot) could not take the next breath without the blessing of God and God's Mind.

Your land does not belong to you. Your houses do not belong to you. Your money does not belong to you. Your breath does not belong to you. The sunlight does not belong to you. The only thing that belongs to you is your awareness of God's presence. The only thing that belongs to you is your awareness that you belong to God. And what you have in common with God is Mind and Awareness. (49:24) The embrace of God is God's awareness of you and your awareness of God. All that you own, Paul, is this embrace, this awareness. You own nothing else. You do not own this body. You do not own the money in your bank. You do not own the things in your garage. You do not own the relationship with Joanne. You do not own the air that you breathe, or the warm sunlight that falls upon your skin. You are nothing other than the consciousness of God, seeing Him Self move upon this earth. You are nothing other than God thinking about Him Self. If you think that you are some thing other than the consciousness of God observing Him Self, you will suffer, and you will suffer until you surrender unto That Which

You Are. If you wish to continue to suffer, for some insane thought or reason, then embrace the individual mind and individual self and individual possessions, and you will continue to suffer, as long as you desired to suffer. But one day you will awake, and you will be tired of the suffering, and you will ask God to take this suffering from you, and God will embrace you and you will know the peace of God, the peace of being who you truly are. And at that moment, you will weep and the tears will flow, and you will once again be That Which You Are, God embracing God, the Self embracing the Self; disillusionment (and) non-reality embracing Reality, the small self and the small mind discovering the reality of Self. And then the story of Paul will end and be no more. The story of Paul's self and Paul's mind will be no more. (55:50)

And so it is without prejudice, without judgment, without restriction, without resistance, and without a divided mind. The love of the Self is the path, (it) is the goal. The love of the Self is the Embrace of God.

And so it is today. End. Bell. (revised: 08-22-2012)