

08-05-12a PH Chan      **God's Mind: Giving & Receiving**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, August 5, 2012, approximately 12:30 PM, Sedona, Arizona, on a warm summer day.

Summary: Giving and Receiving is the Way of Reality. It is the Breath of Life.

Is not a beautiful day today Paul? The sun is shining and the birds are singing and all is well in your world, a world that needs nothing to be who and what it is, a world in harmony with itself, (and) a world in love with itself.

And here you sit once again, wanting to know who and what you are. And who and what are you Paul? Why do you sit every week and resist this flow of Mind, this natural part of you. Why do you resist the greatest gift ever given you? God gives Him Self and all of creation, all that is needed in order to see Its Self and know Its Self. God withholds nothing from Himself or His creations. God does not make Himself up. He already exists, He already is, and it is His pleasure, and joy, and love, to see That which He is.

And why are you different from God? Why would you not want to see the love and the joy that you are? Why would you have a different purpose other than God's purpose? Why would you have a different will than God's Will? God gives all gifts to Him Self in order to see Him Self. Why would you not give your self all things, all gifts, in order to see and to know your self? As God gives to you, you give to your self. As you give to your self, you give to God. As you give to your self, you give to your neighbor, or the tree outside your window, and the tree

outside your window gives all that it is to you. The 'giving' and the 'receiving' is the same. You cannot receive without giving. Your society cannot receive without giving. You cannot say to your neighbor or society, "Give me my due and then leave me alone," or "Give me my due and I will be happy."

For every breath in there is a breath out. If you withhold the out-breath, you cannot take the in-breath. If you do not give to your self, you cannot receive. If you do not receive, you cannot give. This is not a religious law, nor is it a moral law. It is the nature of Reality. Your life depends on giving and receiving. God depends on giving and receiving. God cannot see the love that He is and even be the love that He is, without this exchange of giving and receiving. You might want to call this the law of God, or the law of nature, or the law of creation, but it is the characteristic of God. It is the signature of God and it is the characteristic and signature of Who You Are.

If you wish to know who and what you are, you must embrace the Reality of giving and receiving. It is not something that you are obligated to do, but it is the path to peace and love and happiness, and Self-awareness. Just as Mind always flows in the direction of God's Mind and God's being and God's characteristics, giving and receiving is the breath of life. If you withhold your out-breath you will suffer. If you withhold your in-breath you will suffer. If you withhold your out-breath and in-breath, you will eventually die. If the mind withholds giving and receiving, it will become distorted and misperceive, and died into something other than mind. It will be but a shadow of Mind, distorted, decayed, dark, and it will die. (14:03)

It scares you, does it not, that your particular mind can be so distorted, so unreasonable, full of resistance, full of misinformation, distrust the world, hate the world, fearful of people, and the ways of humanity. Is it not disturbing, frightening, that your mind fears almost every thing that it sees, almost every thing that it thinks about, almost everyone that sees and meets, almost every situation in life.

Your mind is considered sane and reasonable by your society, and yet it suffers because of its distortions and fears. And because you identify with your mind, you suffer with your mind, with your misinformation, with your resistance, (and) with your judgments. And so who and what you are is wrapped up in a mind that knows not what it is, in a mind that has diverted itself from the reality of God's Mind, and from the reality of Creation. Who you are, Paul is God in joy of Him Self, as He witnesses Him Self within His own beautiful creation. You are not the distortion of your mind. You are the beauty and power of God's Mind as He witnesses the vastness of Him Self. (19:10)

The smallness of Paul exists only in the fantasy of a distorted mind. And the only solution is to recognize that what you are identifying with is indeed distorted, and small, and dark, and in fear of the world, (and) in fear of itself. When you let your mind go Paul, when you let all that you think you are, all your thoughts, all your beliefs move within you, without resistance, without blockage, without judgment, it (your mind) will move down this mountain, as a stream flows down the mountainside, and it will eventually find the great Ocean, and there it shall be embraced, and there it shall be healed, and it is there you will find your Self within the vastness of God's Being, (and) within the vastness of God's Mind. (22:38)

And you will breathe in and you will breathe out. You will receive and you will give of yourself. You will receive all that creation and God has to offer you, and you will give all that you are without resistance, and without judgment to whom or what you give, and you will find the center, the peace, and the nature of Who You Are. For who you are is the center, peace, and the nature of God.

If God gives every thing to Him Self, why would you be unlike the Self of God? Why would you be unlike the nature of God? Only a distorted and dark mind can say that you are other than the Source of what you are. Only a dark and distorted mind can declare your independence of God, your independence of nature, your independence of creation. Only a dark and distorted mind can withhold itself and create its own death, create its own non-life function. (26:12)

Your mind takes you, does it not, [it takes you] on a fantasy ride and moves you into thoughts and pictures and concerns, worry, the future, or even the past. It seems to have its own life form, its own movement, its own will and purpose, its own life, and yet it is just a stream, a stream of thoughts, not good or bad, but a stream of thoughts and pictures, that take you Paul, what you think you are and your body, on a ride, on a journey, and place you within a movie within your mind. And as you become more and more conscious of your mind, your (the) awareness that you are being taken will stop the movie, will stop the fantasy. And you can choose another movie, or another fantasy, or another thought, or you can say, "I give unto God all my thoughts, all my worries and concerns, and I move all of my thoughts and worries and concerns, and fantasies and movies, down the hill or mountain of this life, into the ocean of God's Mind. I resist not my mind, but I am

aware of the difference between my fantasies and the peaceful nature of God's Mind. I am aware that God's Mind gives unto Itself and gives all of Itself to Itself. It gives and it receives as it breathes in and out. It receives all that It sees of Itself, and It gives all of Itself unto that which It sees." Mind receives the joy of seeing and knowing, and It gives the power of observation, and the power of understanding and even reason. (32:52)

The Mind of God is what you describe as the creation of God, and yet God creates nothing. God simply observes that which He already is. God does not make Him Self up. He simply enjoys That Which He is. You cannot make your self up, Paul. You cannot create your self, but you can enjoy that which you are. You cannot make more of your self, but you can enjoy that which you are now, now. You have no future and you have no past, because Mind exists now. If you find yourself thinking about the future, you are in fantasy. If you find yourself worrying, or in shame about the past, you are in fantasy, you are some place other than Mind, other than the Mind of God. You might say another characteristic of God and who and what you are, is that you exist at this moment, not in the next moment, or the next moment, or five minutes ago, but now, now. The flow of God's Mind and all that God Is, is now. It is either breathing in or it is breathing out. And your only purpose is to notice what is happening, or (to notice) who you are or what you are. Is it breathing out or is it breathing in? What is within God's Mind now, and now, (and) now!? God speaks to you, or informs you, now. For you not to be within this present moment is for you to resist the presence and the Mind of God, and the

nature of God, and the giving and receiving of God. For you not to be in this moment is your personal restriction of who you are.

And the question arises, “Why would you desire to be something other than that which you are?” The question arises, “Why would your mind be some thing other than it is?” The question arises, “Why would you choose to be in the future or the past? Or, Why would you choose unhappiness over happiness? Or, Why would you choose a life of suffering over a life of joy? Why would you choose a life of poverty over a life of abundance?”

A life other than the life of God is an impossibility. A life other than a life of happiness is an impossibility. A life other than a life of abundance and contentment is a life of impossibility. And so Paul, you must be living a life of impossibility, and therefore a life of fantasy. And again, why would you choose such a fantasy? It is because your mind, or your identity tells you that there is no other choice, that its reality is your reality, its thoughts are your thoughts, (and) its distortions and fantasies are your distortions and fantasies. (43:10) And since you believe your mind, you believe your fantasies. (43:30)

The only solution to this dilemma is the complete surrender of your identity and your mind onto the Mind and the identity of God. [Mind is the flow of God's Mind, or] Mind is the flow of God as He sees Him Self, and feels Him Self, and knows Him Self. Mind is the awareness of God seeing and knowing That Which He Is. Your Mind is your awareness of God seeing and knowing That Which He Is. There is no such thing as your (personal) mind. All Mind belongs to God. Your thinking that you have a personal mind is a fantasy. It is a distortion of the Reality

and Nature of Mind. (46:01) You have no personal mind of your own. You have no personal body of your own. You have no personal land or houses of your own. You have no personal money of your own. You have no personal breath of your own, or space around you of your own. You have no life of your own and you have no way of life of your own.

But all these statements of truth are of a great offense and (untrue) mistruth to a distorted and personal mind. A personal mind has a personal self. A personal mind has personal things, personal relationships, personal thoughts, private thoughts, private activities, private concerns, personal concerns, private relationships, private houses, private money, personal houses, (and) personal money. The personal self and the personal mind needs privacy in order to exist. The personal self needs to be hidden and order to exist. The personal self needs to have a fantasy life in order to exist and to have a life.

All that we are saying is very frightening to the personal mind and the personal self and the personal identity. The personal mind says, "That all may be true in the spiritual world, but it certainly does not hold true on this earth, and within this physical plane. All these ideas, or thoughts, or statements, cannot hold up to truth within this particular world, and they are certainly not practical, and it is certainly not how the world functions.

If you desire happiness and peace, you must understand the nature of your Reality, the Nature of who you are, the characteristics of who you are. If your small personal mind is in conflict with the nature of God's Mind, do not adjust God's Mind in order to fit within your small personal mind. (52:54)

Your practice, Paul, is to notice that your mind is wandering off into the past or (into) the future, or noticing that your mind is resistive (or) judgmental, and allow it to move. Do not resist any thoughts. Do not resist any judgments, but allow your mind to be, and in time, by its own nature, it will move down this mountain. It will flow down this mountain and it eventually will find this great Ocean of God, this great Presence of God. And the more that your mind flows into the Mind of God, the easier it becomes. You notice where your mind is and what it is thinking, and your mind, if it is in fantasy, stops, and moves in the direction of God. You notice your fantasies, and your fantasies stop, and your mind begins to flow always into and of the Mind of God.

And so it is on this beautiful day, with the white clouds and blue sky, and the giving of light and the receiving of your mind. And all is well and all is as it should be. The beauty of your Self and the beauty of God are One in the same. The beauty of your Mind and the beauty of God's Mind is One in the same.

And so it is. End. Bell.