

08-18-13a PH Chan **The Individual Mind, With Humor And Tragedy**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, August 18, 2013, approximately 1:00 PM, Sedona, Arizona, on a beautiful summer day. Clouds are forming and it is going to rain this afternoon.

Summary:

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, a world of great harmony, a world that needs nothing to be who and what it is. And here you sit once again, wanting to know who and what you are, wanting to know about life, (and) wanting to know about the way of life. (02:35)

There is no doing of life; there is just the being of life. Life is now. Life is one breath at a time, one moment at a time, and it has nothing to do with the mind of Paul. The mind of Paul observes life, and judges life, and keeps track of life. Paul's mind thinks that it is a self, and it identifies with the body of Paul. It thinks that it is the body of Paul, but the body of Paul is just a body. It has its own characteristics. It (Paul's body) was not created by the mind. It was borne through another body, the body of his mother, and from the seed of his father. But this body, which is named Paul, is an animal, and this animal has the ability to walk and talk. It has the ability to express, but it is of this Earth. It is from the biology of this earth. The body is not made up of parts, or elements, that are outside this earth. It is made up of minerals, and water, and cells, in fact millions of individual cells. The body is full of bacteria, and even viruses and other entities

that live within this body. To claim that the mind of Paul knows all about this body and who is within this body, or what is within this body, is false. (07:40)

The body functions and is alive because of the presence of God. It is not alive because of the presence of Paul's mind. Paul's mind has almost nothing to do with the life of this body that you call Paul.

The mind is a very interesting phenomena (phenomenon). Why do you have a mind, and what is the function of the mind? The Mind is awareness. It is part of God. It is the awareness of God. You might call it the spirit of God, or even the connection to God, but Mind is inherent in all things. Even a grain of sand has Mind. Even the bacteria within Paul's body has a Mind. God desires to see the love that He is. That desire creates a mechanism in order for God to see the love that He is. It is the Seeing part of God. (10:21) God desires to know and to experience the love that He is, so Mind is also knowing, and it allows the experience through being, through its presence within life. (11:00) God is within the tree, and therefore, God experiences the tree. God is within the body of Paul; therefore He experiences the body of Paul. God has a direct experience, because God is now, within this moment, and God is feeling and being, now, within Paul. This is not a future event. This is not something that God thinks about later. God does not review His photo album and remember when He was within the body of Paul. God is within the body of Paul, now, and He becomes conscious of His presence through His Mind. He communicates through His Mind. The mind of Paul is the Mind of God, even though the mind of Paul denies this fact, and denies the experience of God. The mind of Paul thinks it is having

its own experience. The mind of Paul is disconnected from the Mind of God, and therefore, it thinks that it is God, and that it is having an experience, and it is having a life. (13:46)

As the mind expands, that is, as the mind becomes open and enlightened, it realizes that there is more to what it thinks it is, and it eventually connects into the Mind of God. And the concept of itself (mind) broadens, or widens, or opens, until the concept of itself becomes the presence of God. The self of Paul now, becomes the Self of God, and therefore the (pretend) self of Paul becomes very small. It is reduced to a background self. It sits in the background and it serves the Self of God.

There is no mystery to what the mind of Paul is. There is no mystery to the substance of mind. The quality of mind is the quality of God's Mind. The vastness of Paul's mind is the vastness of God's Mind. The vastness of the mind of the bacteria that lives within Paul's body is the vastness of God's Mind. Paul's mind is not superior to the mind of single cell bacteria within Paul's body. Paul's mind has no capacity, no expansion, until it opens unto the Mind of God. The mind of Paul has no ability to understand the presence and the Life of God, until it becomes the presence and the Life of God. (17:48) It is only through the experience of the Mind, through the Experience of God (God's Mind), does the mind open. The mind remains small, and closed and in fear, until it realizes it is connected to the Mind of God, and through that connection, it becomes the Mind of God. The mind of the grain of sand on the beach is not waiting to become the Mind of God; it is the Mind of God. It is the presence of God. Its consciousness,

or its mind, is the consciousness of God. It is having an experience of God, and God is having an experience of it. If a grain of sand can have the experience of God, it would also seem logical that Paul could have an experience of God, and be aware of God having an experience of Paul.

Is it not interesting that almost every thing within and around your earth, and even space itself is having a direct experience of God, and God is having a direct experience of it, except the human mind? (20:54) The human mind is not special, so why would it be excluded from the presence of God? Why is it in the dark, and why is it not experiencing the Mind of God? This may sound humorous, but the mind of man is talking to its self. It does not believe that there is someone else in the room, or the world, or within heaven. The mind of man believes it is alone and cut off from God, and cut off from the experience of God. And this idea, or concept, dominates the mind of man. It incases the mind of man into a very small shell, (a) very small area, and there it sits, waiting until it can talk to someone other than its self. There is great humor within this concept, but this concept also brings great tragedy, for a closed mind is a very fearful mind, and indeed a lonely mind, and therefore a crazy mind. The mind of man was not designed to be unreasonable, illogical, or insane. (24:30)

The mind of man is a communication tool, the awareness tool between man and God. God communicates with That which He is. God is That which He is. God sees That which He is. God experiences That which He is. God does not suffer because the mind of man is insane, for that is not the nature of God. God continues to be in love with Himself and in joy with Himself, even though the

mind of man chooses not to communicate with Him, or to be aware of His presence. God is still experiencing you, Paul. God is still within you, and God is communicating with you, even though you are unaware of it. Just because the conscious part of you, the part that identifies as Paul, is not aware of the presence of God, it does not mean that there is not another part of Paul, the higher part of Paul, that is in communication with God, and is experiencing God, and God is experiencing it. There is a part of you that is blocked, and because it is blocked, it suffers and it dies.

It is simply a shift in consciousness, or a shift in focus. If you focus on the breath of God now, and now, you become the consciousness of God. It is that simple. If you focus on what you're going to do tomorrow, you will be alone and you will be separate and partitioned from the Mind of God. If you worry about what you did 10 years ago, you will be partitioned and separate from the presence of God, now. ((28:56)

The doorway to God is not complicate. The doorway to God is as simple is focusing on the breath now, and now, and now. The mind of Paul thinks this process is stupid, and boring, and that (this) process will not pay the bills, that (this) process will not provide food, or shelter, nor will it do the laundry. But the presence and the experience of God now, and the experience of God's Mind, now, is doing the laundry, it is paying the bills, it is eating and it is breathing. If your breath is automatic, and your heartbeat is automatic, then the process of God within you and doing you and being you is automatic. It is the doing, and the being, and the moving, now. The only thing that is not doing, and not happy or

joyful, is the concept of a singular mind, or an individual mind. There is no such thing as an individual mind, other than the Mind of God. The mind of the grain of sand does not have a concept of being alone and single on the beach. The grain of sand feels and experiences the Oneness of God. The tree outside your window feels and experiences the Oneness of God. All the minds of all the peoples on your earth is One Mind, united with all things of your earth, and united with God. (33:29)

The air that you breathe is not an individual section of air. If all air that you are allowed to breathe were contained within your house, you would eventually run out of air, and be, of course, no more. The air that you breathe is of the earth, and the deer in the forest breathes the same body of air. The mind of man functions, and is, and takes from, the body of Mind, the vastness of Mind which covers and is within the universe, and it is also within the nature and the substance of God. If you have an individual mind, and if you have the idea of an individual mind, then your mind is quite limited, and there are a so many ideas, so many thoughts, and then of course, you are out of ideas, you are out of thoughts, and the mind is finished. It has used up his allotment. It has used up its section of mind. (36:12)

All this sounds pretty silly does it not, to have a section of mind, to have a piece of mind, but that is how you think, and that is the concept and the image of your mind. Your mind is without limit, for it radiates from the Is-ness of God. It is from the source of God, now, through time and space. It surrounds you. It is without limit and it is a great gift. It is the joy of your being. It is your

consciousness, but it is also the consciousness of all things, and it is the consciousness of God. You cannot own a piece of your consciousness, or a piece of God consciousness. There are no sections of consciousness, as there are no sections of mind, as there are no sections of air.

The idea of an individual mind is by far the biggest challenge to man. If man can understand the nature of mind, or let us say the unlimited nature of mind, and the Source of Mind, then man can solve every problem that is before him or her, but man has limited himself unnecessarily. You have placed your self in a cage, lock the door, thrown away the key, and you have declared yourself limited. You have declared yourself restricted, and have declared your self a self, an individual self that is alone within your particular cage. And we must say that it is indeed humorous, and it is indeed unnecessary. (41:16)

And so it is on this beautiful day, a day of dark clouds and green trees, and sunshine and rainbows, and the beauty of God, the beauty of God that surrounds you. End. Bell