

08-19-12a PH Chan **What Is Awareness?**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, August 19, 2012, approximately 2 PM, Sedona, Arizona, on a partly cloudy summer day.

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 whom and what it is.

And here you sit once again, wanting to know, who and what you are, questioning your mind, questioning life, questioning God. You seek the peace and happiness of life, and so it shall be given you, now this moment, and now this moment. The peace of life is in the not doing of life. The peace of life is within the relaxation of the mind. The mind of God is at peace with itself. The mind of God does not move into the past or into the future. The mind of God is present, now. If God's mind could move into the past or the future, you would not exist. All of creation would not exist, for God could not see Himself and know Himself. If your mind cannot attain (retain) its presence in this moment, and now in this moment, it does not exist, and you cannot see who and what you are. If your mind cannot attain his presence within the present moment, it moves into an alternate reality, and you live a pretend life, a life of fantasy and suffering. Your life is within a movie and you have no control over the movie-fantasy. You might say that your life has been put on hold and you are treading water until your own

death, or until you wake up. When you wake up, that is, when you become conscious that your life is indeed the Life of God, that Which You Are, your body and your mind become in harmony with the Mind and the body of God. The body of God is all of Creation. The body of God is all a form and sound and vibration and feeling and thought, and God's Mind. Creation, or form, or vibration, is a reflection of the substance of God, the interior substance of God. God desires to see Himself, so God opens Himself and projects Himself out into this (the) vastness of space, which is in reality, the space of His Mind. When you look out at the stars at night and you see the vast darkness between the stars and around the star clusters, you are witnessing and perceiving the Mind of God; you are made up of this space, this void, and this darkness. It is more than 99% of what you are, and you are held together by reflected light, and energy and vibrations. And you appear for a time to be held together by a form, an aliveness. Your body is in agreement with itself. All of your molecules and atoms and electrons, agree to be together. They agree to attract each other and to be held within a certain shape and form, and thus your body walks upon this earth, and thus your body appears solid and firm and real. The tree outside your window is made up of atoms and molecules and electrons and cells. And all substance of this tree agrees to attract each other. They agreed to bond together, to create a form, to create a shape, and to grow and to change, and even to separate and die, and dissolve back into your earth. All of the elements of your earth, all of the substance of your earth, the water and air and the minerals, agree to be held together in a form in which to demonstrate its shape, (and) its unity. And one day

your earth will dissolve back into its smallest particle, back into dust and vapor, and it will be but a whisper within the Mind of God.

As you, Paul, walk upon this earth, there is an agreement by God and by His image, you, that you shall be attracted to this earth and that you shall walk this earth. And [that] one day you will dissolve back into this earth, and the image of God will reform itself within another world, or within another universe.

The Mind of God is the great mystery, and it moves upon the Will and the Power of God. As you become who you are that mystery dissolves, for you are within the Mind of God, and you are within the interior substance of God. And all that God knows, you know, (and) all that God is, you are. And so mystery and knowledge only exist within the idea and concept of separation. You are not separated from God, but you believe that you are, and you prove to yourself every moment, every hour, everyday, that you are separate. And thus you live a life of fantasy. You live a non-life, a non-consequential life, a life without cause, a life without meaning, a life of fantasy and suffering and drama. The Mind of God is not a mystery. It is not a thing, or a place. It is a Reality, and you live within the Reality of the Mind of God. There is no other real life outside of the Mind of God. God does not wish or desire to witness some abstract fantasy-life. (21:25) God desires to see the love that He is.

And God can only be love. God can only perform love. God can only live within love, and peace and harmony.

God is not exclusive. God is inclusive by the nature of His reality. God includes all that He is, but he cannot include something that is not there. If you

are not living within God's Mind, you are not there. If you are pretending to be outside of God's Mind, you do not exist. You possess mind, therefore, you can possess the ability to see and to know and to feel and to be. You are the son of God, or the thing, or object of God, and therefore, you are as God is. What God is, you are. If you wish to create a world of fantasy and suffering and exclusion, you have that ability, for you have the power of Mind.

What is the power of the Mind? What is mind? Mind is God's awareness and desire to see Him Self. Your mind desires to see and to know its Self. God says, "Show me the love that I am," and thus He created Mind in order to see Him Self. He created the Awareness of Him Self, and thus you inherited Mind. And thus you inherited the Awareness of your Self. You are aware of your Self, but you do not know what your Self is. You are aware that you are within a body, and that you walk upon this earth. You are aware of other bodies and the trees outside your window.

Awareness is Mind in its most basic-substance understanding. Awareness is Mind. If you are aware that you are speaking at this moment, you are within the vastness of mind. If you are aware that you are speaking at this moment, you are within the awareness of God and God's presence. If you do not recognize where you are, or if you do not recognize that you are within God's Mind, it does not mean that you are not in God's Mind, or not in God's presence. Your awareness is relative. Your awareness is experiential. Your awareness is colored by thoughts and feelings. If your mind contains the thought that God does not exist, or the thought that it's not possible to be within God's Mind, then that thought

blocks your awareness to seeing and perceiving the presence of God. You might say that awareness is conditional, or you might say that awareness is learned and experienced. If you experience the presence of God and the Mind of God, as you are now doing, you change your mind and therefore your thoughts about the meaning of God, and the meaning of awareness. God's awareness of Himself and you, is uninterrupted and flows without judgment, and flows without resistance. And therefore God's awareness is pure awareness, or what you might describe as the highest form of awareness. If your awareness does not match God's awareness, it does not mean that your awareness is less than God's awareness. It does not mean that you are less than God. It does mean however, that your awareness has somehow been altered, distorted, resisted, and judged. Who you are is the Self of God. Who you are is the Self of God. There is no other possibility, for there is no other reality. If you think other than this fact, you live in a parallel reality, or a parallel fantasy, driven and powered by the gifts of God. In order for you to have a parallel fantasy life, you must retain what possesses the power of God. You must possess and embrace the Mind of God, for without the Mind of God, you cannot live within a parallel fantasy life. Without the Mind and the power of God, you would not even have the power to think, or to create suffering in your life. The pretend self possesses the power of God even though it does not exist, even though it does not exist within the reality of God. It (the pretend self) exists within a fantasy world where other people and things of your world agree to act out their fantasies, agree to come together and to create a fantasy society, fantasy relationships, fantasy religions, fantasy laws, fantasy

personalities, and fantasy suffering. The only way in which to perceive and see the fantasy-life is to step out of the fantasy. The only way to know your personal fantasy, Paul, is to step away and out of your personal fantasy, and the fantasy of your collective society.

As you begin to perceive the collective fantasy and the collective insanity, you can at that moment desire and will yourself into the reality of God's Mind, and there you shall live, and there you shall reside, and there you shall be held within the arms of God. (39:04)

There is no requirement to participate in the collective awareness fantasy of your society-world. God's Mind does not demand that you live in a fantasy society, or a fantasy collective consciousness. God says to Him Self and all of creation, "Show me the love that I am." He does not say, "Show me the love that I am not, or show me an alternative reality of what I am not." Your awareness is the awareness of God, and if your awareness has been distorted by fantasy, and mis-perception, then simply return your awareness to its Source. Return your awareness to That Which has given you awareness. Return your awareness unto the source of awareness, the source of the Mind. If you cannot recognize that your mind exists within the Mind of God, it does not mean that your mind is not held firmly in place in the heart and the Mind of God. Your daily living, Paul, is a practice. As you walk up the mountain you take one step at a time. If you try to jump from the valley to the top of the mountain, it will seem impossible and impractical, but if you take one step at a time up the mountain, now, today, you will achieve and you will ascend the mountain.

If you believe deeply, that you are unworthy of God's love, it does not mean that that thought is true. If you believe that you cannot climb the mountain, it does not mean that that thought is true. If you believe that God is somehow outside of you, it does not mean that that thought is true. You must step away from the fantasy thoughts of your world Paul. They are untrue. You must stop speaking to mankind and your society, for they have little to teach you.

Speak to the tree outside your window. It is full of truth and full of God. Speak to the stars at night, for they are held by God, and loved by God, and they have much to tell you about the nature of God. If you wish to live in a fantasy world, become part of your society, become part of the laws of your society. Watch your television, read your newspapers, and you will be drawn into a world that does not exist, a world that can only teach you about fantasy and the life of fantasy. God exists within you now Paul, now. And God speaks the truth to you each moment. God does not know of fantasies. God only knows of the love for Him Self, and for you as Him Self. God does not suffer Him Self. God does not fantasize Him Self. God's awareness of Him Self is uninterrupted, is constant, is of love and it is of peace and harmony. Why should you be other than that which God is? Why should you be other than the reality of God? Why should your life be other than the reality of God? Why should this moment be other than the moment and the presence of God?

Your fantasy life Paul is very powerful and very real to your personality-self, but it can stop. It can be seen and your awareness of your fantasy life will indeed dissipate your fantasy life. Your awareness of your fantasy life will indeed dis-

empower your fantasy life, and it will reverse your untrue thoughts into true thoughts, true beliefs, and into the truth of God, into the Reality of God.

As you speak with us today, speak to the blue sky and the white clouds. As you speak with us today, as we are held within the Mind of God, speak to the flowers and the trees. Speak to the rocks and soil. Speak to the waters of your earth. Speak to your sun. Speak to your air. The truth of who you are surrounds you. The truth of who you are surrounds you each moment. You are held by God, now, now.

And so it is today, a day without resistance, a day without judgment, a day without fantasy, a day of awareness, a day of love, a day of peace and foreverness, (and) a day without end, held in the arms of God, nurtured by God, provided by God.

And so it is. End. Bell. (transcribed: 09-11-12)