

09-30-12 PH Chan **Paul's Practice**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, September 30, 2012, approximately 5 PM, Sedona, Arizona, on a beautiful fall day.

Summary: You do not need to achieve the Mind and the presence of God, for the Mind and the presence of God exist within you, now. But you do, however, have to realize that it indeed exists within you, now. Your life or practice is about the realization of God's presence.

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, wanting to know your relationship to this world, and to your neighbor, and your friends. There is nothing that you must do to be who you are. There is nothing to achieve. You are what you are. God does not judge you in any way, nor does He judge your neighbor, nor does He judge your world in any way.

You are indeed going through a change Paul. You are choosing the Mind of God. You are choosing to be who We are. You are choosing to change your life, and your small mind is in a great deal of resistance to this change that is happening now. You will eventually sell your land. You will eventually sell your house, and you will be free of many of the burdens that you now possess. You will be freer to explore the realms of Mind and attention, and nonresistance and

non-judgment. You will be freer to ask the questions, and freer to receive the answers, for your path is the path of a scribe. Your path is a path of writing down what you hear, and your path is practicing what you hear from the Mind and the Voice of God. Whether or not anyone reads your material, or even practices your material is none of your business. You are not here to save the world Paul.

(07:13) If you become distracted and feel that it is your job to save the world, you will be distracted from the goal of waking up. If you wake up within your lifetime Paul, that will indeed influence your world, and that indeed is all that you must achieve. You must achieve [your best efforts] your best effort to listen to God and practice mindfulness, and practice the Voice of God. (08:58) (Giving attention to the Mind and the Voice of God is indeed a practice.

The Mind and the Voice of God exist within you now, and it has always existed within you. You do not need to achieve the Mind and the presence of God Paul, for the Mind and the presence of God exist within you, now. But you do, however, have to realize that it indeed exists within you, now. Your life is about the realization of God's presence. It is not necessarily about the realization of God's characteristics, or God's concepts, or God's truth. God does not have an idea about Himself, for God exists now; God is not becoming some thing, God is now. "I am that I am." You are that you are, Paul. Your work is to realize who and what you are. Your work is to discover who and what you are. You already exist within the arms of God. Let us repeat; you already exist within the arms of God. There is nothing that you need to do to achieve this position, this fact. (12:45)

Your small mind runs you as the two-year-old mind that it is. Your small mind creates suffering within your life where no suffering needs to exist. The more that you realize that you are the Mind of God, the Self of God, the less that your small mind can pretend to be who you are. You will believe the Mind of God more and more, and you will believe your small mind less and less. The Mind of God has substance. The Mind of God has a reality that is embedded and exists within forever-ness. The small mind has no real substance and it exists because you allow it to exist for a very short period of time. Your small mind lives within a fantasy world, a pretend world, which is not the reality of God, which is not within the reality of love and forever-ness. (16:04) The small mind will eventually come home to God and it [to] shall be held by God, and it [to] shall be at peace one day.

And this is your practice Paul. This is your realization. Just as you have shifted into the Mind of God in these last a few minutes, so shall you shift into the Mind of God for the last few years of your life. If have the ability to hear these words, you indeed have the ability to exist and realize forever the Mind of God and the Presence of God. It is this easy. It is this simple. And you possess the gift to realize God this lifetime. It is indeed a great gift Paul. It is indeed your right to do so. It is indeed God's desire for you to be with Him and to love Him, as He loves you, as He exists within you now. As you continue to shift your attention and your will towards the Voice and the Presence of God, so shall God become real within your life, so shall God replace the fantasies of your life, so shall God

replace your small pretend mind which creates suffering deeply within your life.

(20:00)

Practice listening to the Voice of God Paul, practice listening to the Mind of God, practice feeling the presence of God, practice non-judgment, nonresistance, and let your world go. Let your world continue on its path. Everything, Paul, is moving towards the beauty and the love of God. It is not your job to save the world, or even to hurry the world towards its final destination, which are the love and the forever-ness of God. Practice the love of God within you, and you shall see clearly your path and purpose. Focus on the Mind of God Paul, focus on the Voice of God, and you shall be happy, and you shall be cared for, and you shall enjoy the beauty of this life, and the beauty of this world.

And so it is on this day Paul. And so it is on this day, a day of beauty, a day of love, a day of practice, a day of breath, and a day of giving and receiving. And so it is. End. Bell.