

10-06-13 PH Chan     **Transforming The Mind**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, October 6, 2013, approximately 10:30 AM, Sedona, Arizona, on a beautiful fall day.

*Summary: The mind is terrified of love, for it knows not of love. The mind does not trust the heart (or love) for it sees the heart as broken and in pain. But it is indeed the mind that is broken and hurt and in need of love and healing. The heart is whole and strong and it is the Way of Life, and the Way of God. If you delay opening and loving the mind, you will delay opening the heart.*

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 and peace, 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 the truth to life, wanting to know how to do life, and do a relationship with a love partner. There is nothing that you have to do to be held within the love and the arms of God. God surrounds you each moment and you swim in an ocean of love each moment. (02:55)

The love of Ms. D. is important to you is it not? But what is more important is that you love Ms D., and even what is more important is that you love the Self of Paul, for Paul is the Self of God. And so, the love of God, and the love of Ms D. is the love of the Self. All love affairs are of the Self. All love is of the Self. All love is of God. All love moves from God and then flows back into God. It is like

your breath Paul. Your breath moves in and out of your body. The breath of God is the breath of love. God breathes out love and then He breathes in love. (05:23) You can call it the cycle love, but it is indeed the cycle of life. It is the movement from the Stillness, back into the Stillness. You move into movement and then you move into rest, Stillness. Every thing, and every one, including God is involved in this cycle of movement and rest, this expansion and contraction, this moving out and moving in. The tree blooms and is active in the spring and summer, and it begins to rest in the late fall, and it goes into a deep sleep in the winter. You are active during the day, and you rest at night. You are awake to who you are Paul and then you are sleep to who you are. You are involved within this body, active within this body, and then you are sleep within this body. You know that which you are, and then you are asleep to that which you are. (08:04)

So, you are beginning to wake up Paul. You are beginning to see the realization of who you are, and that requires transformation. That requires a change in your circumstances, a change in your environment, and even a change within your body. And this change occurs first in your willingness to change, and second, the opening of your heart. And so is your will and mind desires change into That which you are, your heart begins to open as a flower would open. And so you encounter the Ms D. of your world, someone that shows you your heart and can also show you what is not heart, what is not real. And so, you enter a love relationship, and you fall in love, and then you fall out of love, and then again you open your heart and you fall into love again. And so the cycle continues, and so the opening and the closing continues, but soon your heart is

wide open, and you see this person standing in front of you, as the Christ figure that they are. The Christ Self that they are. And so Paul becomes the Self of God looking at the Self of God. Paul sees in every one and every thing the Self of God. (12:48)

Whether or not Ms. D. remains with you is none of your business. Whether or not you remain with Mrs. D. is none of her business. You each seek happiness, even togetherness with another person, and that person for you Paul, maybe Ms. D., but it is her choice, not your choice. It is her life not your life. Her life is God's life and your life is God's life, and so you have never really been apart, nor can you be a part. You may perceive separation, but there is indeed no separation. You can perceive separation from your neighbor, but there is indeed no separation. (15:10)

The breathing in and out of love through your heart, and eventually through your mind and spirit, will create a love for all things. And having one individual partner will not be as important to you, for you will see the world as your love partner. You will see the love of the world and you will return that love. You will love the world Paul, and everyone in it. Your mind Paul, hates the world and everyone in it, but you can change your mind through practice. As the mind has less fear, so too shall it have more love. The more love contained within the mind, the less fear it can hold. (18:00)

Allow the mind to express Paul, but be gentle with the mind. It is indeed innocent and it thinks it is real and alive, and yet it is very unhappy, very lonely, and yet within the arms of Ms. D, it finally felt held, and loved, and accepted. And

as Ms D withdraws her love, the mind feels angry and believes something has been withheld from it, for it identifies with Ms D as the love of its life, as the love it has been seeking. But the love that it needs and the love that is real is the love of the Self. As you, or your mind, focus on the self, focus on the Self of God, the love of God, the all-ness of God. The mind will begin to identify as a Self of God, not as the ego of God, not even as the “I” of God, but the mind will begin to realize it is more than that which it thinks it is. It is more than a self of Paul. It is more than its body, the body of Paul. It is more than its particular environment.

The self of Paul eventually becomes the Consciousness of God, the Self of God. The self of Paul eventually becomes the Consciousness of Love. And so Paul, your consciousness, that which identifies as the self of Paul, will begin to expand, and it will begin to realize it has no life of its own, it has no business of its own, and that it cannot possess love, for it already is love. (23:50) It cannot hold on to Ms D and demand love from her. It can only be a part of what it is. It can only be a part of That which it is, which is the flow of the love from God, the in and out breath.

Your consciousness, Paul, is transformed from the consciousness of needing something, wanting something, demanding something, to the giving of love, to the giving of the Self. It (your consciousness) no longer needs anything from anyone, for it is complete within its Self, and it breaths love in and out. It thinks of love all the time, and (it) is love all the time. It gives of its Self and gives of its Self, and receives the love of God, for it is the love of God. (26:00)

The personality-self Paul, the ego-self, is the only consciousness that you have at this moment. You cannot abandon it. You cannot ignore it. You cannot say, "Go away and leave me alone. I do not understand what you want. You are evil." Your consciousness is all that you have Paul, and that is where you start. You start with your awareness of your self, and your awareness of Ms D, and your awareness of pain and suffering, or the awareness of wrong information. (27: 50)

Your awareness Paul, or your consciousness, has expanded to the point where you can ask for help. It has expanded to the point where it knows that it, in particular, is a cripple, or that there are parts of it that are insane, that there are parts of it that are dark and needy. You do not get rid of your ego Paul. You do not get rid of the pretend-self of Paul, but it is transformed into the consciousness of God, through the realization that it is the Self of God, that it is the Self of love, and it is That which shows God the love that He is. The self of Paul does not disappear. It is transformed. It is opened and it is held within the arms of God, and within the arms of God, it is reborn unto the Consciousness of God.

And so, (as) you listen to your mind, you become the witness unto your mind, and you allow it to express its fears and concerns and insecurities. It has done nothing wrong, Paul, but it lives in darkness, and it desires now to live in the light, and so it seeks love, and it seeks love. And That which you are moves from the heavens, as it is now doing, and gently awakes the self of Paul, and holds the self Paul, and allows it to weep, or allows it to be angry, or allows it to be insecure, but it is held tight, held tight by the a love that you are Paul, by the love

that you are Paul. (33:24) You cannot suppress the mind Paul. You cannot kill the mind, for the mind is part of God and it seeks the love of God, always. It always seeks the love of God.

If you delay opening the mind, you will delay opening the heart. If you delay opening the mind, you will delay the realization of knowing what the Mind is. The mind is that which connects with God. The Mind is that which connects to God. Your mind is terrified of love Paul, for it knows not of love. Only when it is held within love, can be it transformed into love. Only with patience and kindness can it find safety in love. The mind does not trust the heart, for it sees the heart as broken. It sees the heart as painful. It sees the heart as needing protection. So, it protects the heart, defends the heart, and yet the heart needs no protecting, or covering up. The heart needs to breathe and to become open. It is indeed the mind that has been hurt and the mind that needs the love and the healing. The heart is whole and strong and it is a Way of Life. The mind is confused and in a great deal of fear, and pain, and anger.

And so for now, the heart leads and the mind follows. But soon, the mind and heart shall join, and heart shall receive its full consciousness, its full awareness of who it is. And the mind, in return, will receive love and it will be able to express love, for it now identifies with love.

And so it is on this beautiful day, this fall day full of sunshine and warmth, full of love, full of happiness and security, full of love for its self, as it sees its self, as it feels its self, as it knows its self.

And so it is. End. Bell.

