

01-05-14 PH Chan **Heaven Now (The Now Of Heaven)**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, January 5, 2014, approximately 1:45 PM, Sedona, Arizona, on a beautiful warm winter day.

Summary:

We are here Paul, and we surround you. You are who we are and we are who you are. We are always around you, and we are even more [so] within you when you invite us in. You are in Heaven as we speak. You exist now within the arms of God, within the heart of God, (and) within the love of God.

It is actually easier for you to be with us and within us, than it is for you to be within this body. You choose to be within this body for the experience of this body and the experience of this world, but you exist within us. You are a multiple being, and part of you houses within this body. We reach into you as you reach into us.

You desire to know who you are. You are the Self of God as He, or It, projects Himself into light and manifestation. There is only One Self of God and there is only One Self of you. You are God feeling His body and His particular consciousness within this body. You are God having an experience of Himself. God desires to know who and what He is. God desires to see the love that He is, and thus you exist, and thus you are focused now within this body, and you feel separate from God. You feel (your self and consciousness) as a separate being,

a separate animal, a separate human, with separate feelings, separate insights, (and) separate knowledge, but you are One with God. (07:40)

We are who you are Paul, as an intermediate step to God. We are the bridge, you might say, between your earth spirit, your individual spirit of this body and soul, and that of your Source, which is God. (Is there a human body spirit and a separated light source spirit that houses within the same body?) God feels through us, and learns through us about Himself. God experiences Himself through us, through who we are. And we experience our selves through the many facets and parts of our selves through you. You are focused within the body, and you have a mind that is particular to your body, but you also have a Mind that is particular to us, and we have a Mind that is particular to God. And all these Minds interconnect and communicate with each other. A grain of sand has a mind, and that mind eventually communicates with God.

God desires to see, to know, and to experience who He is. That is why you exist. That is why we exist. There is only love Paul. There is only love Paul. That is how we communicate. That is how we exist. Mind is God's desire to know, for He needs a mechanism in order to know and to see and to feel Him Self, and that Mind is based on unconditional love of Himself. Your Mind is based on the unconditional love of your self and others. In order to have clear Mind, or clarity, you must understand that Mind is based on unconditional love without judgment. It is based on the observation of What Is. (13:45)

God does not make Him Self up. God just is. God is vast. He does not need to make more of Him Self, for there is plenty of God, and plenty of the substance

of God. You are acting out (and) you are living That which is God. You are not making a new life, nor are you making something new, nor are you creating something new. You are the reflection of God in this moment. God lives in this present moment. He does not live within a future mind or a past mind. God experiences Him Self now. God is busy, let us say occupied, with observing and seeing and feeling and experiencing Him Self now. God does not need to make more of Him Self, or to create another god, or to create one more thing or item, for God is full and plenty within Him Self. You do not need to make more of your self Paul. You do not need to think of your self as 'more,' or to think that you should be doing more, or to think that you should be creating more, or making more of Paul. God experiences you now, not tomorrow, or not when you make more of your self, or when you become better, thinner, richer, (or) more abundant. God experiences you now, as the heavens are open to you now. You do not need to live another moment, or to take a breath in the next moment for God to be satisfied, for God to be in joy. God is in joy of Him Self now. God has no concept of the next moment.

What you call the past or the future exists now. There is nothing that you can do in the future that does not exist now. There is nothing that you have done in the past that does not exist now. Everything is complete now. You cannot enter heaven in the future. Heaven is this particular breath, in this particular moment. Unconditional love occurs at this moment. It is not something that you can do in the future. (20:30)

There is nothing that you need to do, except to be here now, to be present. If you desire to write a book, then you write the book now. You write the book with each moment, with each breath, and you write the information down as God gives you the information, now. There is no future information. There is no future life, nor is there a future death. It is not possible for you to be more happy (happier) tomorrow than you are right now. Happiness is knowing that you are held securely and forever within the arms of God now. It is not possible for you to be happier than you are at this moment. You may say to yourself, "Tomorrow I will start my work," or "I will have a better diet," or "I will make better friends," for tomorrow may never come. The next breath may never come. Your experience upon this world may end in this next breath, or now. There is nothing that you must do except to be here now, within this chair, within this room, within this breath. (25:26)

You never walk alone Paul. You never breathe alone. You are surrounded by thousands of angels. Thousands. And those angels experience everything about you, and you experience everything about them. As they experience God, and communicate to God within Heaven, so to do you communicate and experience God. There is no such thing as separation. Only your mind believes in the possibility of separation. Only your mind believes that there can be something other than love. (27:31)

The mind, or the (your) small mind, desires to understand, and to acquire information, and that information helps the mind as it lives within this body, and as it deals with the world and its particular environment. And the mind is

comforted with information; the more information, the more it is comforted, the more it can relax, the more it can focus on being a part of the great vastness of God, (and) the great Oneness of this particular universe.

The body is not designed to live forever, and one of these days you, the angelic being of Paul, the light of Paul, must let it go and float free into the realm of heaven, to the realm of light. God's Desire, and (or) even the Way of God, is unknown to the mind, and in many ways is unknowable to the mind. The small mind is attached to the body, and it eventually merges with the larger Mind, for it houses memories, and experiences, (and) feelings. Once you merge back into the being of light that you are, you once again will have access to universal knowledge, and you will understand the purpose of God, you will understand the desires of God, and you will feel the unconditional love of God. (32:00)

At this moment, you have a particular purpose by being within this body. You might say your job is simply to be within this body. And your joy and peace may be in learning more about God, and learning more about yourself, and maybe even expressing that to others. Your main purpose is to love your self, and to love others. Learn to love your self. Experience the love that you have for your self, and share that experience with others. See the love that they are, and then they will see the love that you are, and the love that God is. (33:30)

It is all about giving and loving. It is all about giving love and receiving love. It is all about giving and receiving love. That is the foundation and the basis for life, for your life Paul, and everyone's life. It is not about acquiring things or money, or even about acquiring friends, and prestige, and power, or influence.

Life is about giving and receiving love. The receiving is just as important as the giving. Just as the in breath is just as important as the out breath. Giving and receiving is one action, one event, one moment, (and) one happening. You might say, that it is the definition of life. It is the giving and receiving of love this moment now, now. It is the non-resistance to giving love and the non-resistance to receiving love. And for you Paul, receiving appears to be more difficult, does it not? And yet, as we have just said, receiving is part of giving. (37:00) It is the two sides of the same coin. Love is both giving and receiving. Love is not static. It is not one-sided. The Movement of love is the giving and the receiving love. The Stillness of love, the depth of love, the power of love is held within the heart of God, as all things are held within the heart of God. The Movement of love is that which appears to change and to flow. The Movement of love is what you would call Life. The Stillness of love is what you would call forever-ness and God, or the Source. The Source is consistent, and still, and forever. In order for you to know Source, it must move and become alive. In order to know Source, it must be demonstrated, or demonstrative. It must be displayed. It must have color and light and smell and touch and growth.

In order to experience the movie, the movie must move from frame to frame. The still picture must come alive. Things within the still picture must move in order to be demonstrated, in order to be experienced. And thus you exist Paul, and thus we exist as the movement of love, as the giving and the receiving of love. You exist within the heart of God, and yet you move from the heart of God, into light and into a display of life, so God can see Him Self, so God can see the

love that He is. And therefore He emanates love, gives love, and therefore He receives love from you, the object of His Stillness, the object of His love, the object of Him Self. You are the object of God. You are the thing of God. You are the substance of God. You are That which is held Still within God, in movement, and therefore, you are love in movement. (42:38)

God's desire to see Him Self is His Mind. God's desire to experience Him Self is His Mind. Mind is the demonstration of God. Mind is the experience of God as He experiences Him Self, as He communicates with Him Self. Mind is simply God seeing and experiencing the love that He is. If God did not have a desire to see and to experience Himself, Mind would not exist, and therefore, life would not exist. And there would be no demonstration of love, and therefore, there would be no life for there would be nothing to demonstrate, nothing to be seen, and nothing to be experienced. (44:25)

As you sit within this present moment, God is able through your willingness, and your giving love, to feel and to experience who He is. If your mind is distracted in the future, or worrying about the past, God still experiences Him Self through you, but your consciousness, or your particular small mind, does not get to enjoy, or to be in joy of that which God experiences. God experiences joy through you, and you can experience the joy and the peace of God, as God experiences you.

Your particular misery and unhappiness is self-induced by your mind. The joy of God is always present. The love of God is always present. The receiving of God's love is always present. God is always receiving love from you whether or

not you know it, or not. Life is happening around you Paul, even though you are not experiencing the joy of Life as it is happening around you. Your mind creates a veil, or what we call a blockage of information and love. And therefore, you create within your mind, deep loneliness, and deep unhappiness. Deep loneliness and unhappiness can only exist within the small mind. It is not a reality and it is not what is truly happening around you. (47:50)

God stands before you now. We stand before you now. There is absolutely no place to go. There is nothing to do. By listening and being here now, you are moved by who we are, and you are moved by who you are, and we are all moved by God. There is no other way. God moves life, and you can either be in resistance to life, or you can be within the flow of life, and therefore, within the joy and happiness of life. Every moment of life is joyful, even though it appears to be painful, or difficult. Every moment is the experience of God within your life. This is not your life Paul. Your life is the life of God. Your body is the body of God. Your movement is the movement of God. As your mind practices nonresistance, and as your mind practices giving and receiving love, it begins to move with the movement of God, and move within the joy of God.

Open your mind of Paul, open your heart, and allow your self to feel and to be the joy of God. You desire happiness Paul, even completeness and fulfillment, and we are instructing you in the way of a joyful life. Follow the information that we are giving you, and you will experience joy beyond your imagination, even beyond your knowing what joy is. Follow our directions and you will have understanding of unconditional love that is beyond the capacity of your mind at

this time. Surrender all that you are Paul, all that you think you are into the arms of God, and you will be completely taken care of, completely and securely taken care by the presence of God. (54:10)

And so it is on this beautiful day Paul, on this beautiful moment, on this light and love of this day. And so it is within the breath of God, as God breathes you now, and breaths you now. End. Bell.

Working title: Heaven Now

Question: Does my unconditional love Self exist in heaven or in a non-physical level? Should I focus on that Christ Self as my Identity rather than the Self of God? Is that an easier step for me within human form?

Discussion: We are the bridge or Self that connects you with you as the Self of God. We are all the Self of God. There are many levels to who you are Paul. We are all form that is manifested from the substance and the Stillness of God. We are only separated by the degree of vibration which we each hold, or manifest. You are of physical form, or of manifest form, and you can perceive other physical forms of your vibration, because you are of like vibration. We are your guides and also who you are in a slightly higher, and different vibration. You can see and feel us as you shift your vibration to a higher level. You can already hear our thoughts and messages. As you shift into unconditional love and allowing love to be within your life, you will see us and feel us more and more. We experience you and you experience who we are, which is an expanded

version of you. We surround you and care for you and even protect you until it is time to let your body go or die.

Question: Does the body have its own life and spirit?

Discussion: The body is innocent like the tree or another animal. It is connected to all manifestation and to God. It does not judge you and it is made of unconditional love. It allows you, as a different consciousness to enter into itself, the physical body to protect it and to experience it. It is not bad or good. It is a product of your earth, an animal on your earth and it is born on your earth and it will die on your earth. It is aware of its self. It knows that it is a self because you occupy it with a different consciousness and it knows the difference. It relates to your earth and the elements of the earth like water, fire, minerals. It is very child like and desires to eat, have sex, stay warm and play. It desires to stay alive and not feel pain and it enjoys the pleasure of touching, sex and eating and shelter. It is very present and very much in the moment of life. It does not have a future or a past except it remembers pain and how to avoid pain. It has presence and it is tuned into the earth as a body and the universe as a body. It is made up of the stars and it feels all of manifestation.

Question: Where does the ego mind come from?

Discussion: You as a light being identify with the body and you want it to be more than it is. You want it to be faster, more beautiful, stronger, richer and more and more. You think that you are the body and that the body should perform differently and live forever and be happier. The body is just the body and it has a certain consciousness and a certain life. You are here to experience the body,

care for the body and enjoy the feelings and senses of the body. That is all. You are not here to make the body better or to live the body longer or to make the body different that it is. You superimpose your will and intelligence on the body and it does not always fit. Allow the body to be the body. Allow it to be present within its self. Allow it to live and allow it to die. Watch or observe the body, be within the body or ride within the body as you would ride within a car. The ego is the interface between the body's intelligence and your intelligence as a nonphysical being. Your job and joy is to experience the body and the body experiences you as a higher vibration. What is ego-mind? It is just a belief or thoughts about what the body is. It is cloud or thoughts and beliefs that identify with the body. You think this is your mind but it is not the mind of the human body nor is it the mind of the light nonphysical body which houses the body. At death you separate from your body and move into a light body which is the real you. The ego mind is not present and it cannot exist in the present moment. The mind of the body exists in the present moment, and the mind of you, the light being, or Christ being, exists only in the present moment. So this false mind is not real and creates a false self or identity which you habitually identify with.

Question: So, the ego mind is the interface between the human body spirit mind and light body spirit mind?

Discussion: The light body got lost within the body and life of the body and created another self. It created a future to plan for the survival of the body and to have more protection, more food, more shelter. It created a past to store information to protect the body. The ego is all about the protection of the body

and the body being better. The light body became lost within the body and it thinks the body form will live forever. Consciousness become disconnect from its source or forgot why it is here and where it came from. Ego is the false god of the body and ego believes it is the god of the body. It believes it created the body and is in charge of the body. The ego is just a belief system that you, you, your consciousness identifies with, or you focus attention upon. These group of thoughts and beliefs have been running your life since your parents and society gave them to you. You are not your ego thoughts, or ego beliefs, or ego identity. That is why you watch your thoughts and beliefs, and determine what thoughts are real and what thoughts are within the present moment. The real mind exist within this present moment, and is without fear, and contains only thoughts of unconditional love.