

02-17-14 PH Chan **Be Here Now In Movement, In Stillness**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, February 17, 2014, approximately 5:00 PM, Sedona, Arizona, on a beautiful warm winter 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 who and what it is. And here you sit, wanting to know who and what you are, wanting to know the answers to life.

We are the awareness of God. We are aware that we exist as the manifested form of God, just as you are a form of God. God desires to see the love that He is, and thus you exist Paul, and thus we exist, and every thing in the manifested world, universe, (and) heaven exists. We are in movement as the image of God. You are in movement as the energy (image) of God, and we are all connected by consciousness. You are conscious that you exist, and therefore, you are the proof of your own existence, since you are conscious. You may not be conscious of the entire realm of creation, or manifestation, or the entire picture of God, or the entire image of God, but you do have the ability to become conscious and aware of every thing, and even aware of God's presence, and aware of His Awareness. (06:04) When you become aware of God's Awareness, you become That which is aware, which is the presence of God. There is only one presence, and there is only one awareness, and you are pretending not to

be aware of all things in order to focus within this body. You can expand your consciousness and expand your consciousness, until you reach the gates of heaven. And then beyond heaven there is the Stillness, and that is where you reside, and that is where you have a deep memory of who you are. Your home is the stillness. That is where you live now. That is where you are now. You have never left the Stillness. You have never left this Stillness Paul, and that knowledge will return you to your home. Your Mind will return you to your home, to the front door, to the house in which you live, and then Mind disappears as you enter this door, and you become the experience of your Self. (09:20) You become profound love, and profound Stillness, in which there is no desire to be any thing, or anyone. You are held within the arms of God, and it is there that there is complete satisfaction, complete security, and complete love. It is there that you are one with God. It is there that you are not a thing or a some-body, or a name, or an identity. You are One with God, but the nature of God, and your own nature, [as you are one with God,] is to express who you are, is to see That which you are. The Stillness is not descriptive. It is quiet and whole, and the experience of the Stillness is beyond description, or beyond words, and beyond the mind to describe what it is. But you Paul, and God, and all things, all energies of this world, all energies of manifestation, desire to be seen, and desire to experience movement, and play, and form, within the realm(s) of movement and form. Manifestation from the Stillness, or projection from the Stillness, is God's awareness in display of Himself. It is God seeing Himself. It is God in play and movement with Himself. Manifestation of God is the delight and love of God.

(13:55) Your life Paul is the light and movement and the play of God. There is absolutely no hardship, or lacking, or suffering within your life. It simply does not exist. All of God, all of God, including all of manifestation, in what you call creation, is the play of God as God delights in seeing Himself, and as God delights in describing himself to Himself. God is not lonely, for God is filled with his manifestations. You communicate with God each moment, and God communicates with you each moment. (15:50)

Let us say that you create a movie with actors and a script, with a setting and several directors, and a large cast of people. It would be your way of expressing who you are. The final cut or the final editing, you would sit down with the cast members and the crew, and you would watch what you have created on the screen, and you would have had a wonderful time making this movie, and seeing that part of your self that made the movie. There is something within you the desired to make the movie. You wanted to see that part of your self that was creative, that was the artist. It was, and it is, a wonderful process of making a movie. You learned about yourself, and each member of the cast and crew learned more about themselves.

God delights in seeing Himself. God delights in knowing Himself. You are a small God Paul upon this earth, and you do and (you) are as God is, and as God does. There is no place to go Paul. You already exist within the Stillness. You already exist within the arms of God, and God loves you dearly, as He loves Himself, because you and God are one in the same. There is no place to go Paul for you already exist within the Stillness, and you are here now, as

consciousness, as that part of God that is aware of Himself. You are the I Am-ness of God within this body, and you must achieve absolutely nothing, and you must do absolutely nothing, except to be who you are. You are not this tree outside your window. You exist as a consciousness within this body. If God desired for you to be a tree, you would be a tree. If God desired for you to be some body, or entity, lets say on another planet, then you would indeed have consciousness within a body on another planet. You are here now, and your happiness and love, exists within this moment, and within this body now, and within this place now. There is absolutely no place to go. (21:26) You do not need to strive and work at returning to God's home. You do not need work at returning to the Stillness, for that is where you exist now. You are home, and you are home within this body, within this person, within this environment, and within this house, with this particular bank account and your particular friends. There is no place to be, but here. God and you are one here, at this moment. You are the consciousness of God, this moment, here and now, within this body. You are pure love Paul, pure happiness, pure consciousness and awareness. As your mind shifts into the Mind of God, which is pure Mind, pure description of God, you will realize who you are, and you will be totally satisfied to sit within this chair, and to be here now, for you are in the perfect place, and time, and body, now. There is no place to go, and there is nothing else to be. (24:46)

Your mind feels that if it just had more information, or if it was smarter, or more aware, or more experienced, it would be happy, and it would be within the arms of God. Your mind also tells you that if you were someone else, or if you

live in a different time period, or if you had a different brain, or if you had more money, you would be happier. And it is not true. You are held within the Mind of God, and you are held within the Stillness of God. Do you see this Paul? There is no place to go. You are within the play of God as he sees himself. You are within the movement of God as He sees Himself, now. See and speak to God as He is now seeing and speaking to you. God sees Himself and is alive through His images, through His projection of His Stillness. He moves Himself, He projects Himself from His Stillness into light and form, and thus He communicates with Himself, and thus He sees Himself, and thus He experiences Himself. You are that movement, and you are that experience, and you are that which He communicates with in order to know Himself. If you desire to be someplace else, or if you desire to be someone else, you miss the point, and you miss the purpose of God. You are asleep to the purpose of God, or you are unaware of God's purpose, or you are unaware of God's desire to see Himself. (28:37)

How is it possible for you not to be here when you are indeed here? Only the smallness of your mind can pretend not to be here, or pretend not to want to be here. Your minds says, "Hurry up and be with God. Hurry up and talk to God. Hurry up and realize God. Hurry up and realize who you are." And yet your mind blocks, or covers up, the seeing of who you are, the hearing of who you are, the being of who you are. By being both the movement of God, and the Stillness of God, you become your true nature, you become your purpose, and you truly express the love that you are. Can you see this Paul? If you become lost in the movement, lost in the expression of who you are, you will not realize that you are

indeed the pure awareness of God. If you become lost in the Stillness, and never move from the Stillness, you will 'be,' but you will never discover the beauty and the delight that you are. You will never discover the joy of expression, or the beauty of expression. By being both the Stillness, your heart, your love, and the movement, (or) the manifestation of form, you dance in this world with your heart open. You express with love. You express with joy.

You are pure Mind Paul. You are that expression of God, that picture of God, and you are also pure Awareness held Still within the center of God's heart. Your home is in the Stillness, but your expression of joy and love is here now, Here Now, within this body, within this world, within this time, and within this moment.

Be here now Paul. Be present, and your heart shall open. The joy of who you are shall open, and you will see the beauty of who you are, as God sees the beauty of who you are.

And so it is at this moment. And so it is at this time and place, within this body, now. End. Bell.