

03-05-14ra **Practicing God's Presence, Now**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, March 5, 2014, approximately 12:00 PM, Sedona, Arizona, on a beautiful sunny winter day.

Summary: You practice being present by expressing Who You Are, by expressing God's world, and by being expressed by God's world. As God expresses you through this moment Now, you are held present within this moment Now.

Begin: 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 once again, wanting to know who and what you are, wanting to feel your connection to God, wanting to feel your connection with who we are, wanting to remove yourself from thoughts of the future, and even the fear of the future, from the fear of growing old, the fear of loneliness, the fear that you will not quite make it into heaven, the fear that you are not in heaven now, and the fear of your mind.

Your mind creates great anxiety and unhappiness in your life. Your mind seems to be present, always, and love and well-being, happiness, and the presence of God seems not to be present, and you want to know why. The love-self of Paul is not always present. Why is the presence of God so difficult to feel, so elusive?

God is always present within you Paul, and the thoughts of love and well-being are always within you, for you are surrounded and live within, and swim within, an ocean of love. You are beginning to feel it now, are you not? Your presence, or your attention, your focus, or your attention, and your will, has to be in this ocean of love. This ocean is called Presence. It is also called the space of Now. It is also called Who You Are. We are the space of Now, this place is Now, and you are this place and space of Now. This is where you exist Paul, and this is your Reality, and it is the reality of all things.

All of God exists within this Presence. There is nothing outside of this Presence. Your mind also desires to come into this presence, and somehow command this presence, or establish itself within this presence. All life exists here Paul. If you try to take this presence into the future, it will disappear. If you have great concerns or regrets about your past, this presence will disappear. The presence contains all forgiveness, all healings, and the presence accepts things as they are now. The presence accepts you Paul, and honors you, and honors every one equally, and the presence honors the harmony of all life, and the harmony of all things, and the harmony of all thoughts. Presence cannot resist any thing, any thought, anyone, any event, because it is the timeless presence. The presence is not of time, because the presence has always existed, and it shall never not exist. The presence is this moment Now. You are speaking and your body is breathing, and your world is indeed is turning and moving around your central sun at a great speed, but this presence is consistent, and steady, and forever. This presence observes Reality. It contains reality. It holds all of

Reality. There is nothing outside this presence. (17:41) There is no darkness, nor is there light outside of this presence. God is not outside of this presence and you are not outside of this presence. We are the expression of God, as you are the expression of God. Every thing expresses the love of God. Your mind may interpret, or judge what it perceives as not the love of God, but every thing indeed is expressing the love of God. Your breath now, is expressing the love of God. Every cell within your body, and every molecule within this room are expressing the love of God. And every breath that you take, and every molecule within this room is also experiencing the profound joy of God, as God feels and knows the love of all things, as all things move towards the love of God. All things share in God's joy and in God's love. Since you are a thing of God Paul, an object of God, an expression of God, it is impossible for you not to feel the love and the joy of God. If you are not feeling the presence, and love, and the joy of God each moment, then you are choosing your particular condition, your particular feelings and mind. You must use all of your resources, all of your mind, all of your energy to resist the love and the presence of God, for the resistance to the love of God does not exist in the natural world. It does not exist in heaven. It does not exist within the Mind of God and it does not exist within you as the love and the object and the expression of God.

Somehow, you believe and identify with that which is not love, and that includes the self of Paul, and Paul's mind. You believe that you have the ability to resist love, to resist God, and you also believe that you have the ability not to swim within the presence of God, and not to exist within this loving presence of

God. And therefore, you suffer greatly, and therefore, peoples of your world suffer greatly, and therefore, there is disharmony in your world. Not that it is a real disharmony, but it is a made-up disharmony, a pretend disharmony that matches the pretend mind of man.

It takes a tremendous amount of energy to resist the love of God, and to resist the love of the natural world, and to resist this great Earth as it moves around your sun. Do the peoples of your earth have plans to slow the rotation of your earth, or to slow its revolutions around your sun? If you stand under a waterfall and try to resist the water and its weight and force upon your body, it will fail. You will fail and the force of the water, the gravity of the water, will quickly send your body downstream. And the self of Paul may begin to realize that such an effort to resist the water and try to contain the water, or to try to control the water flow was a bad idea, was a silly idea, and it really had no effect upon the flow of water. But the body may have suffered, as it tumbled through the rocks at a great speed, as it moved down the stream. Your mind may do foolish things Paul, and your mind is certainly free to do foolish things, but your body will eventually let your mind to know that it has suffered enough, that it has stressed enough. Your body will eventually let you know that it is unhappy, or sick, or dying. (34:24)

The presence of God also contains the expression of God, or the description of God, and that description is what you would call the Mind of God, or Mind. By entering this moment now, and by entering the presence of God now, the craziness of your mind cannot enter; the unreasonable and unnatural pretend

mind cannot enter. All judgments, and all that is not love, cannot enter. [Or, only love can enter the present moment. all that is not love cannot enter the present moment.] If that which is not love attempts to enter the present moment, it is transformed into love. It is transformed into forgiveness of its self. It is transformed into non-judgment, because only what is real can enter this now moment. (37:50)

If you desire to wake up Paul, be here Now. If you desire to transform the pretend mind, practice being within the presence of God as you are doing now. You may find this time-consuming, and even difficult sometimes, but this path is available to you, and the presence of God is available to you, for you to practice, and practice, and practice, until the pretend mind begins to fade, and lose its power of belief, and lose its power of non-reality, until you become disinterested in the world, and disinterested in the world and the events of the world, and you use your time and resources to explore the reality of God's world. (40:36)

As you enter the present moment, this now moment, this now presence of God's description and Mind, you enter another world. This world exists within you Paul, and this world exists within your world, and indeed it is the real world, and it is where you live. The pretend mind creates a world each moment that does not exist. The pretend mind breaks its self up into many parts, and talks to itself, and talks to its neighbor, talks to the government, talks to the peoples of other countries, and somehow the pretend minds of the world agree upon this pretend world, with pretend beliefs, pretend concepts, (and) pretend mottos (a brief description of guiding principles). (43:22)

Why not practice God's world Paul? Why not explore God's world? Why not explore Reality? You do not need to explain your self, or to save your pretend world. All you must do is save your self from suffering, from bad ideas, from false beliefs. All you must do is to enter God's presence, which is your presence, which is your love and God's love, and your joy and God's joy. By describing God's world Paul, you practice being within God's world, and you spend more and more time in God's world, and less and less time within your pretend mind. Why be in a hurry to leave the presence of God, the love of God, and God's Mind, God's reasonableness, (and) God's joy? Why not float down stream with the Stream? Why not believe in Reality? Why not believe in what is true and easy and reasonable? (47:30)

You practice being present by expressing Who You Are, by expressing God's world, and by being expressed by God's world. As God expresses you through this moment Now, you are held present within this moment Now. The presence of God never leaves you, nor has it ever left you. This moment Now, will never leave you, nor has it ever left you. Presence is steady and forever. The Presence of God does not change. The Love of God does not change. The Stillness of God does not change. The Stillness of Who You Are, Paul, does not change. The expression of God appears to change, appears to move, and it even appears to be alive.

The discovery of God's world, and the description of God's world is your job Paul, just like it is the job of all things to describe to God the love that He is. The

exploration of God's world is the exploration of Paul, and Paul's Mind, and Paul's love.

And so it is on this beautiful day, this beautiful day of presence and God's love, this beautiful day of heaven and Reality, this beautiful day without resistance and without judgment. And so it is to feel God's presence, Now. End.
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