

06-08-14 PH Chan **A Place Of Rest**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, June 8, 2014, approximately 2:00 PM, Sedona, Arizona, on a partly cloudy warm summer day.

Is it not a beautiful day today Paul? The sun is shining, 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 what you are, wanting to know about this Stillness, and how you access this Stillness, and how you express this Stillness.

You breathe in Paul, and that expands the lungs, and that also expands who you are, and then you release this energy out into your world in the form of an out-breath, or in the form of words and sounds. (4:40) At the end of the out-breath there is surrender, there is a stopping, or hesitation, and for a split second there it is no thing happening. This is the moment the body surrenders and lets go, and lets go of its breath, and even the mind quiets. There is this moment of hesitation, this moment of stillness, which last one or two seconds, maybe three seconds. The body takes in air, which is full of oxygen and hydrogen, and it fills the lungs and all the cells of the lungs full of oxygen, (and) of life. And then the body exhausts the exhale, which contains carbon dioxide. You might say that the body expresses that which has been in the cells of your body, (or) the waste.

Notice that the Stillness never goes away, even though you are emphasizing it (the Stillness) and noticing it on the out-breath, as the breath and the body stops and rests, and even as you breath it (the Stillness) in on the in-breath, the Stillness never goes away. This vastness of who you are never leaves you, just as your breath never leaves you. You breath out and you breath in. There is the top of the breath, (or) expansion, where the lungs are full of air, and then there is the release (of air). You express the breath and then everything stops, and you begin again. (10:42)

And expression is very much like this breath, this in and out breath. You take life in, you expand, you are full of life, and then you express life, and all of

the air goes out from your lungs, and then you rest, you stop, (and) you are still. And then you are reborn the next moment with fresh air, fresh oxygen and hydrogen, moving into the lungs, and then you exhale the wastes of your body, that which the body no longer wants. And so, your body has a moment of life (breathing in), and it has a moment of exhaling life, giving life back to the earth, giving life back to the air, and then there is a rest, and then life begins again. (13:50)

And so, there is the realization that life begins from rest (stillness), from the bottom of the breath, and you breathe in, you expand, and you express the breath through an exhale. And not only do the lungs rest at the bottom of this breath, the body seems to relax also. The body gives up, (or) stops. You might say it (the body) surrenders for just one or two seconds. And what is continuous is your awareness of breath. You are aware that you are breathing, and you can be aware of the high pitch vibration-noise that seems to be within your head and body. If you open your eyes you will notice that there is light and form and the world seems to be in front of you. You can see most of your body, your hands, (and) you can see the trees outside your window. You notice that your sight is a distraction from noticing your breath. You might notice when the thoughts come in, or pictures, or images. These words do not seem to be coming from your mind, but from some other Mind, some other place, some other intelligence. They arise spontaneously. They arise without effort, and they arise without you thinking about it. (19:00)

So, who is thinking? Who is moving these images within your mind? Who is using your body and your mind to express? Who knows about the nature of God, (and) even the nature of who you are Paul? It is the resting that produces life, that manifests life. Stopping desires to move out from the place of rest, and to be within life, and to expand within life, and then it calls out, or speaks out, or sings a song, and then it goes back into rest.

The stopping, or the Stillness Paul, is what defines you. It is what you are. Your expression is not necessarily what you are, for expression can change with each breath, with each sentence. When you rest in the Stillness, you go within

your Self, and it is a vast and deep Self, and you pull out a word, or a sentence, and you sing this particular expression. It (the vast and deep Self) gives you pleasure, it gives you purpose and it gives you expression. (24:55)

A painter paints a painting in the moment, in present time. The painter moves his hands, his body, and moves paint upon a white canvas, and there he expresses in color and form with a deep satisfaction, a deep love of what he is doing. And so, he has a purpose of expression. Someone might buy his painting, and therefore he is rewarded, but the painting is not all that he is. It is an expression in the moment. The next day he might be able to paint another painting, and after many years he may have painted 100 paintings. The painter has within himself a vast Stillness, a vast depth, and each day he draws from that depth. He breathes in and he breathes out, and he is happy within his expression. He has purpose and even clarity, and this world may reward him and proclaim his paintings good and valuable, but a true painter paints for him Self. He paints for the pleasure of painting; you might even say, (for) the excitement of painting. He loves color, and form, and shadow. He loves perceiving color, form and shadow.

God desires to see the love that He is. And so, He expresses from His Stillness, His vastness, a great picture, (or) a great projection, and He sees and He feels His image [out] in this vast space and time. He sees with His vast ocean of Mind. He communicates with Him Self, with His images, and forms, and thoughts, and feelings, (and) sounds, (and) vibrations. This great Ocean of things and Mind and images is where you live Paul. It is your expression as it is God's expression. (33:00) And as you move within this great Ocean you are not lost, you are not abandoned, but you are apart of the great sympathy of God. You focus on your individuated self, and then you can turn and see other individuated selves. You can see your immediate environment, or you can perceive your immediate environment, and it looks very real. You can touch your body and you can touch your neighbor's body, touch the tree outside your window, feel the chair upon which you sit, and hear the voice from which you speak.

Your mind is the Mind of God. Your rest, or your Stillness, or your stopping, is the Stillness of God. You swim in this vast Ocean of love. It supports you. It gives you Life. It gives you intelligence and consciousness and awareness. It gives you forever-ness.

And so, you are swimming today are you not, with ease? Not necessarily full of love for your self, or your neighbor, but you are exploring this ocean. You are asking, "Is it moving me, or am I moving it? Is it conscious, or am I conscious? Is it who I am?" You might ask, "When do I get to rest in the arms of God?"

And so it is on this beautiful day, this day of light and shadow and contrast, this day of color and form, this day of mind, and play, and perception. And so it is. End. Bell.

Working title: A Place Of Rest