

02-05-13 PH Chan **Living From The Stillness**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, February 5, 2013, approximately 11 AM, Sedona, Arizona, on a beautiful warm winter day.

Summary: Living from the Stillness is the way and the practice of life. You already exist in the Stillness and therefore, there is no need to do or to make up your existence. If you wish to have a real, practical, joyous, abundant and sane life, you must live your life from the Stillness of your Real existence. Life from the Stillness is effortless, and without pain or suffering.

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 world that needs nothing to be whom and what it is. And here you sit, once again, wanting to know who and what you are, wanting to know what is life, what is God, and what is consciousness.

Life is not complex. Life is not difficult in any way. Life is not suffering. Life just is. God just is. You just are, Paul. Living in the Stillness is a way of life. It is for you, (Paul,) the practice of life. But living in the Stillness is life without effort, and without complexity. Your life already exists within the Stillness. You do not need to make up your life, or to plan your life, or to make your life happen. Your life is happening. What you do with your body, and your mind, and your house, and your money, and even your daily activities, has very little to do with your life in the Stillness. You may move about in your world in frantic worry, or within the

belief that you must do something with your life, but it has nothing to do with your Real Life. Your practical and real life exists within the Stillness. You already exist Paul. You do not need to make your existence. You do not need to do your existence, and your mind does not need to do your life. Your mind thinks that it is in charge of your life, and that it is the source of you, and the boss of you, and the commander in chief, but it has very little to do with your Reality. If you wish to have a practical and joyous life, if you wish to have a loving and abundant life, you must return to the Source of your life.

You pride your self, Paul, on being practical and functional, and sane and reasonable. And you enjoy the image of your self as a reasonable (and) practical being upon this earth. And we are here to tell you that what you think about your life, and what you plan about your life, has nothing to do with the Reality of who you are. You may appear to be sane and reasonable, your neighbor may think that you are sane and reasonable, and a practical and good person, but what your neighbor or your world thinks of you, and how you present your self to the world, has very little to do with the Reality of who you are. You will never be able to please your neighbor or to please the world, or even to please Paul, the pretend self, that wishes to live and move upon this world. In order to have a real life, and let us say, a real (and) practical and sane life, you must return to your source. You must return to the Stillness that you are and the Stillness that God is for it is One and the same. (13:45)

If you perform your life with mis-beliefs and misinformation, and (if) you perform your life trying to please other people or the world, you will suffer, and

you will not understand what life is, and you will not understand who you are. You must return unto and into That which you are, Paul. You must place your self within your Self (the Stillness). You must experience your Self in order to be your Self. You must become [Paul] That which you are, and That which you are will move through you upon this earth. (15:57) It may not feel familiar to you, in fact it may be odd and strange for the Source of who you are to become present within you.

When you are raised by your society, [and] your parents, [and] your peers, and even the wise men of your society, you can be misled. You can be misguided by your understanding of life. You can be misinformed, Paul. You can follow beliefs that are just not true. In order to have a loving, [and] peaceful, and joyous life, you must give up all that you think that you are, all that you think that you should be, and return home. Return to your Source, Paul. Return to the God of your being. Return to the Stillness where all is known, and all is held within you, and from there, your life springs forth, it springs alive. It springs alive with joy and peace. No matter what your neighbor says about you, or no matter what society says about you, you must be true unto That which you are. You must be guided by That which you are, and you must live within and from That which you are. (21:45)

Your neighbor and (your) society seek the Stillness of That which they are. Your world seeks the Stillness of that which it is. If you live and move from the Stillness of who you are for just a few minutes a day, it is enough, Paul. It is good enough. If you move and live from your Stillness several hours today, it is

enough. If you live and move from the Stillness most of your waking day, it is enough. The Stillness is your home, and the more time that you spend within your home, within your Stillness, the more alive you become, the more practical you become, the more real you become, and your mind begins to become sane and reasonable. Your mind begins to become more and more who you are. Your mind and your body will begin to serve you as you live within this Stillness, and as you move from this Stillness.

Observe your mind and your body and your life Paul. Do not resist or judge who you are at this moment. Do not desire to change the past or future. Desire and ask to be who you are, now. Desire to be present within the Stillness, now. Desire to live within the Consciousness of God and you will live within the Consciousness of who you are. What we are explaining today is that life is effortless, and life is without suffering and without pain, and without difficulty. Your society teaches you that life is difficult, and that life is work and struggle, and eventually pain and death. And if you believe those words, you will indeed suffer.

You do indeed suffer each day do you not, Paul? Notice your suffering. Notice even now, as you speak these words, that there is a part of you that is suffering. There is a part of you that is in resistance. There is a part of you that believes deeply in suffering, and even believes that suffering is a virtue, that suffering is necessary in order to perform a correct life. Suffering is not a virtue Paul, and it certainly does not make for a stronger life. Suffering is a distraction,

and it does not strengthen your life. The Stillness is your life Paul. There is no other life. There is no other way to do your life.

If you seek guidance, seek the Stillness, seek where you live, seek your Source. You will discover that doing your life, that is paying your bills, taking a shower, cleaning your house, (or) fixing your car, is not as important, and does not have the consequences as seeking the Stillness where you live, (or) seeking the Core, or the Substance of That which you are. (34:05) Paying your bills, and eating, and cleaning your house will get done. Those activities will occur, but you must first seek your home. You must first seek where you really live, and from your home, from the Stillness, your life will be lived, your life will be accomplished, and your life will suffer less, and you will eventually discover the joy of life, Paul, the joy of living.

You do not enjoy living and being alive Paul, upon this earth. You pretend to be in joy and in enjoyment, but true happiness eludes you, for you hide from your Self, you hide from That which you are. If you fully embrace your Source, your home, the Stillness of your being, and if you fully embrace even the self that is pretending to be happy, and pretending to be alive upon this earth, you will discover a deep peace, and a deep love that is within you, and you will no longer have to pretend to be happy, or satisfied with your life.

Most people that walked your earth are deeply dissatisfied with their life. They seek to change their life, but they do not know how to change their life. Life and living is a gift from the Source of life and living. Life and living was never meant by God to be difficult, or in any way suffering. God does not suffer unto

Him Self, and God knows not of suffering. You are of God Paul. You are from the same Source, and you are the Consciousness of God. You are the Will of God to be alive. God desires to see the love that He is, and you desire to see the love that you are, and thus you move from your Source out into movement, out into display, into image, and thus you see what you are.

The beauty of life is before you Paul. The joy of life is before you. The reality of life is within you, and the reality of life can be seen with your eyes as it is displayed before you. You can become as real as the Stillness. You can become the joy of the Stillness, and you can become and see the wonders of the Stillness. That wonder is inside of you, and it can be displayed in front of you. Seek the Stillness Paul, and you will experience deep love and joy this lifetime, while you live upon this earth.

And so it is on this beautiful day, on this day of joy, on this day of love. And so it is. End. Bell.