

03-01-13a **The Body Of God**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, March 1, 2013, approximately 9:30 AM, Sedona, Arizona, on a beautiful cloudless warm winter day.

Summary:

It is March 1, 2013, approximately 9:30 AM, Sedona, Arizona, Paul Huffman speaking on a beautiful cloudless warm winter day. Is it not beautiful day today Paul? The birds are singing, the sun is shining, and all is well in your world, a world of great beauty, and a world it 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 about the universe and God, wanting to feel the presence of God, wanting to be loved by your environment, wanting to be touched by love, held within love, desiring to live a life of love and security. The presence of God surrounds you, and only by the presence of God can you live, can you be. There is no future moment Paul. There is only one moment at a time, one picture at a time, one breath at a time.

You cannot be the self of Paul and Self of God. You must choose which consciousness that serves you. You cannot serve the self of Paul and serve the Self of God. You cannot serve two breaths, two bodies, and two different and even opposite movements. You must house (be) one body at a time, or your life would be extremely difficult and divided, and yet you attempt to house your self within two minds. One mind has a will of its own and relates to the body and the

physical world. One mind wants a clean house, and a girlfriend, and money, and comfort, and to live forever. That mind wants dominion over the body, and the world and [over] your neighbor. There is only the consciousness of God. There is only the Self of God and the Will of God and the Desire of God to see Him Self.

There is a great conflict within you Paul, as within most people. The self of Paul serves the Self of God each moment, and each breath. The self of Paul is temporary. It dies with the body, for it is built and it relates to the body. It has been created in order to be within the body, and to be within this world, but it merges with your heavenly body, which knows no death. And you do have a spirit, body and that spirit body is the Body of God. You might even refer to it as the Christ body, for that body lives in the creation or the image of God. This is an important body for you to learn and to know about. It is the body that you enter upon death. You might call this a transitional body, or the etheric body, or an image body of God. It is a body that knows no fear, nor does it have any ambition to be other than the expression of God. It is an aspect of God. You might say it is a particle of light that emanates from the heart of God, and you might say also that there is almost infinite particles of light that emanates from the heart of God. Just as you look up at the night sky and see billions and billions of stars that light the night sky, this is what you will experience upon your death. This image, or thing, or light, or point of consciousness is an expression of God. It is where you came from. It moved close to your earth and it still exists within and outside of your earth. It watches over you each breath and it is the source of your life. It is the source of your breath and its function is for God to experience Him Self.

You exist within a form that is finite, and it has the ability to live upon this earth for hundreds and possibly thousands of years. It can renew its form upon this earth through rebirth, or the spontaneous regeneration of its form. It is based on the power of love, which is the essence of God, and the essence of the universe. Once you become aware of this other body, this God Body, and you elect to visit this God Body often, and to recognize this God body as your Self, you as Paul, as this body, or thing upon this earth, becomes transformed. Your mind no longer becomes the mind of the physical body of Paul; it becomes the mind of this God Body. The God Body enters the body of Paul, and enters the body of Paul, and enters the body of Paul, as a form of practice, as a form of meditation, as a form of this present moment. Once you enter this God Body, and once this God Body enters Paul, your life begins to change, and you will experience a great change and transformation within the body and the mind of Paul. And this change or transformation can be very unsettling to Paul and Paul's mind. It can feel as if you had entered a different world, a world that is no longer familiar or comfortable. The body of Paul and the mind of Paul can become frightened, and desire to return to the old ways of Paul, the old habits of Paul, and the old mind beliefs of Paul. But happiness and joy and contentment, and even a deep sense of security lies within this transformation, into this God Body, or what you might describe as into the consciousness and will of God. God desires to see the love that He is, and he uses His power, and His character, or characteristics, or His substance, in order to see and to know Him Self. (24:00) And thus you were born from the desire and the Will of God to see Him Self.

God's characteristic and substance and core are this great Stillness. And so some thing needs to be shown in movement and (in) form outside of the Stillness in order for God to witness and to experience Him Self. (25:10) And so from the Stillness, there is consciousness, there is awareness, and within that Stillness, and from that Stillness, consciousness moves. And within that movement, there is experiencing, and seeing, and knowing. God is infinitely complex and beyond your knowing Paul, beyond your small mind, but the concept can be grasped and the imagery can be grasped and known by your limited mind.

Once you enter your God body, you also enter a higher mind, and that higher mind can further grasp the concept of God, or even the essence of God. And as you move closer and closer towards the stillness, your body expands to include all that is within the stillness. In other words, your body grows and grows as God sees himself and knows himself. The individual points of light, or points of consciousness, merge into one light and back, or within one stillness. Your body, or your God body, may appear to be an individual or separate from the other God bodies, but they are not. They grow and they move back into oneness, and that oneness surrounds the stillness. It is a light, or halo, that surrounds the Stillness, just as you would have a circular halo around your moon or a glow around your central sun.

You have moved from your God body and you have become a particular thing, or object upon your earth. That object lives upon this earth and breaths and moves as an animal upon this earth. If you were not in the form that you are in now, you could not exist upon this earth within its atmosphere and with it within

its gravity and pressures. You eat the food of your earth, just as you can be eaten and the food of other things upon your earth. Your earth is alive and it too has a God body, just as your sun or your moon has a God body. Every thing of form has a God body, and every thing relates into and of the center of the Stillness. Every thing including the God bodies, are related and have a love function to the center of the Stillness. As you move from the veils and we might even say the ignorance that is housed within the body of Paul, you begin to understand your relationship to God, or the Stillness. No thing is random. No thing is without cause. The stillness causes you. God causes you. You Paul, do not cause God, or cause your environment, or cause your God body. You are the result of God's desire to see Him Self, and even though you are not aware, or conscious of this fact, God is witnessing and being Him Self through you each moment. You may experience suffering, or hell upon your earth, but it is the mind and the body of Paul that is having this experience. God is not having a difficult time through you. God is experiencing Him Self through you without judgment and without resistance. And he experiences Him Self through observation and He does not understand the concept of suffering or pain. God only sees love and beauty within form. If you choose suffering and pain and poverty, you choose it through ignorance, or not knowing. You choose it through misguidance, or non-guidance. As you enter the God body, the consciousness of Paul, the awareness of Paul, contained in the desire and the light of God, [you] will begin to understand the perfection of God, the beauty of God, the love of God, and you (will) begin to understand that there is only the Will of God to see the love that He

is. If the mind and the consciousness of Paul desire to suffer, it has absolutely nothing to do with the will and the peace and the love of God. It is indeed an aberration. It is indeed a dream of what love is not.

And so we ask that you relax and enjoy the ride as you return unto the body of God, the light of God. You will still experience your self as an individual, for that is the will of God and that is the characteristic of God, that is the method of God, as He chooses to see the love that He is. You are the point of light that sees the detail, and experiences the detail of that which God is. Your God body has the ability to expand and to return as the aurora of the Stillness, or the halo of the Stillness. The body of God is a small point of light, and yet, it is also a great aurora, or crown of light that surrounds God. But as God examines your earth, and explores your earth, you become part of your earth you become an animal of your earth, and you breathe the air of the earth. And when the animal is complete or finished, the consciousness of that animal returns into the body of God, to be reborn upon this earth, or to be rejuvenated within this same body, or to move in a different direction, and in a different Will of God. Nothing random is happening. The will of God is simply the will of the consciousness of God. Once you integrate with the consciousness of your God body, your light, you will understand the perfection of the movement, the perfection of being and the perfection of consciousness. You have no life of your own, you have no will of your own, and you certainly have no body of your own. You are not a thing of your own. You are not a thing of independence. You are interdependent and of the things of this earth, this world, and you are interdependent within and upon

the lights of God. Your consciousness is the desire of God to see Him Self. It is that simple. Your consciousness is the will of God to see Him Self and to know Him Self. It is that simple. (44:46)

Every breath that you take is the breath of God. Every sight that you see with your eyes is the sight of God. Every thing that you touch is the substance and the touch of God. Your mind, in order to survive, or at least it thinks it must survive a certain way, your mind believes that it must remain independent and strong in order to survive upon your earth, but in fact, Your body upon this earth is interdependent upon every thing upon your earth, for his born of this earth. It is interdependent upon the air, and the water, and the soil, and the animals, and the plants, and the sunlight, and even the night sky. For you to think that you are independent and separate is being absolutely blind to reality. To think that you can live upon this earth and not affect this earth is the height of not knowing. It is the height of blindness. To think that you are without love, or to think that you do not need love, or to think that love does not exist is the height of stupidity, and it is the height of suffering. Suffering is non-existent. Suffering has no place within the universe. It has no place within your life, and it is not known by God. God is joy, [and] love, [and] beauty, [and] wonder, [and] excitement, [and] fascination, (and) delight. For you to think that your life is any different than the life of God, is the definition of not knowing. It is the definition of unconsciousness. If you were going to live a few more days, or a few hundred more years, it is not up to you. It is not your decision, nor is it the will or the knowing of Paul's mind. Your life is lived, or we should say the reality of your life is lived, through will and the

characteristic of God. As you begin to understand the nature of God, you will begin to understand the nature of your life. If you observe God, it will better enable you to observe your self. It is time Paul, through the Will of God, for you to enter the body of God, the consciousness of God. And that body will appear to be an individual light body, but it is indeed more. It is indeed more. (52:35)

We are of the light body of God. We exist as the forever-light body of God, and so we transmit this information to you via your light body. You are who we are, and we are who you are. You are of the light of God, and we are of the light of God, and we surround the Stillness of God, as you surround the Stillness of God in a great aura, or a great crown, or a great halo. You are a great light and beauty to behold, as we are a great light and beauty to behold.

Once you understand these simple concepts, these simple images of God, once you understand that God is love, and beauty, and non-resistance and non-judgment, once you understand that God is all giving and all receiving, you will understand more and more about your mind, and even about this body upon this earth. But it is now time to expand your consciousness, and even this body, this energy around this body that you possess now; it is time to expand it into the body of God, for it surrounds you at this moment, Paul. (56:20) You may call it your spiritual body, but it is the body of God. You may call it your light body, but it is the body of God. And it surrounds you, Paul, and it gives light to you as a thing of this earth, as you give light to the stillness of God.

Practice moving up into this light body, sit in Stillness and move your mind and your attention up into this light body. We speak from your light body Paul.

We are who you are, and we guide you as you expand. We guide you, as you desire understanding. We do not give what the individual mind desires; we give you the Desire and the Will of God. God desires to understand Him Self and thus you desire to understand your self. God desires to see Him Self and thus you desire to see your self.

The nature and the reality of God are the nature and the reality of God. It is not the nature and the reality of Paul's small mind, for Paul's small mind is mostly without knowledge or understanding. So move your consciousness, Paul, higher and allow it to expand into knowledge and understanding. Speaking to us, or speaking to your God self, or your God body, is your particular way of expansion. It is your particular way of recording information, and learning information. It is your particular way of changing your mind, changing your outlook upon life, and changing the way that you see life. As long as you can sit still and stay awake, we, or you, can speak to your self. We have all the time in the world to give you information, and to expand the self of Paul, and even to comfort the self of Paul. We love you with the greatest love that can be given, for you love your self with the greatest love that can be given.

And so it is Paul, on beautiful day. The birds are singing, the sun is shining, and all is well in your world, a world of great harmony, a world of great peace, a world of great love. And now, you see who you are, and now, you know who you are. And so it is. Bell. End.

Title: the body of God, the desire of God, the reality of God, the expansion of the self, the knowing of the self.