

03-08-13a PH Chan **Seeking And Experiencing The Stillness**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, March 8, 2013, approximately 3PM, Sedona, Arizona, on a rainy cold winter day.

Summary: As you become the desire of God through the Stillness, you become That which you are. As you enter the Stillness, you enter God, your Self.

Is it not a beautiful day today Paul? The rain is gentle, the clouds are gray, and your world is quiet is it not? You live in a world of great harmony, great peace, you live in a world that needs nothing to be whom and what it is. And here you sit once again, desiring answers, desiring to know who and what you are, and yet who and what you already exist. You do not need to know what already exists and what already is known.

Life is an experience. Your life is the expression of God as He desires and seeks to see and to know Him Self. Knowing is in reality, experiencing. You experience the sounds which you hear, and then you know, or recognize the sounds which you hear. God desires to see, and to experience, and to witness, and to observe That which He is. He becomes That which He is through you. He lives His life through you. The more that you understand the desire of God, the more you will understand who you are and your purpose. God's Will and Desire results in your birth and existence. You have no desire or will of your own. Your happiness and peace and harmony are directly dependent upon knowing the desire of God. If you experienced the desire of God, you will experience your

own desires, and you will experience the bliss and the love that God emanates through His desire. (07:50)

The mystery of God is not, in reality, a mystery. God does not hide from Him Self, nor does God hide from you, or His manifestation, or creation, or image. As you become the desire of God through Stillness, you become more and more of That which you are. As you enter the Stillness, you enter God. And as you enter the Stillness, you enter what God is. And as you enter the Stillness, you become the desire of God, you become as God is, and you become as God's consciousness, and God's awareness, and God's intention. If you focus on God, and as you focus on the understanding and the knowing of God, and the being-ness of God, and as you desire, that is as your consciousness desires, to become that which God is, you become That which you are. (10:45)

The mystery of God is not a mystery if you become That which God is, for you are no longer looking (seeking) for God, you are experiencing That which God is through the Stillness of God. The Stillness is simply the Stillness. There is not Paul's Stillness and God's Stillness and your neighbor's Stillness. There is only One Stillness, and within that Stillness exists, and is, the nature of God. God does not withhold His Stillness in it any way, whatsoever. God does not shield, nor hide His Stillness. His Stillness is your Stillness. Seeking God is seeking your Stillness, for it is one and the same. (13:31)

If you believe that you should not look at God or become the Stillness of God, you will never discover That which you are. You have been taught that God is greater than That which you are, or who you are, and that you should not

attempt to understand God, nor should you attempt to become God. This belief is wrong. If you wish to go to your grocery store to buy some groceries, you must indeed go to your grocery store, and enter the grocery store. If you desire to know what Paul is, you must go to where Paul is. Paul lives within the Stillness of God. That is where he lives at this moment, and it is from there he is manifested into light, into movement, and to fulfill the Will and the Desire of God. (15:48)

God moves Him Self from the Stillness into movement. That which moves into movement is not some thing other than God. There is no foreign substance floating around within creation. Every thing that you see before you is of God. It is from God. It is God projecting Him Self from the Stillness in order to see Him Self. You, Paul, in your form, are a manifestation of that projection. You can look at your body in a mirror, and you can indeed call it the image of God, the interior substance of God, or That which God is. You can look at your mind and consciousness, and you can say it is the mind and the consciousness of God. Your mind and consciousness may contain beliefs and concepts that are not true, but your mind and consciousness are of God. As you observe God within the Stillness, you can observe Truth. You can observe what is true. And so as you return to your body, to your movement, to your consciousness, you will know what is true and what is not true. Only by seeking and becoming part of the Stillness, that is part of the core substance of God, can you know what is true. If you seek knowledge and experience outside of the Stillness, you will not experience God, and you will not know what is true. If you associate your self in

beliefs and forms, and (within) a society that does not know the truth, you will be forever lost within that which is not true. (20:38)

You can read thousands of books, and watch thousands of movies, or DVDs, and listen to thousands of audiotapes, but you will not understand the truth, or what is true, until you enter the Stillness of God. Entering the Stillness of God is indeed an experience. It is a way of life and it is indeed life. All life exists through the Stillness of God. There is no other life. There is no other way to live. You can pretend to live your life without awareness of God's Stillness, but it is indeed a pretend life, and it is indeed a life of suffering. If you are suffering, or experiencing unhappiness, or depression, or dissatisfaction, it is indeed a sign that you are not living within the Stillness of God. It is a sign that you are not living God's life. There is only one life and that is the Life of God. There is only one breath, and that is Breath of God. There is only one body, and that is the Body of God. There is only one sound, and that is the Sound of God. There's only one movement, and that is the movement of God. There is only one desire, and that is the Desire of God.

Life and living and knowing and experiencing are not difficult. It is indeed far from difficult. Life only becomes difficult when you think, or believe that you are different from God, that you are not of God, and that somehow you are independent of God, and somehow you have your own life and you have your own experiences. And through your life and experiences, you can conclude that you know the truth. And if you believe your experiences and your knowledge without the presence of God, you will be misguided, and you will suffer.

Surrendering to God appears, or seems difficult, for you feel that you will be giving something up, or that you will be losing something, or that you will be surrendering your life to some unknown force. But it is indeed just the opposite. By surrendering your life to a pretend god, or a pretend self, or a pretend mind, you are indeed losing who you are. You are losing the knowledge of who you are and the experience of who you are. Only by becoming, and seeking, and desiring to seek That which you are, can you become That which you are. (28:30)

To know who you are is to become who you are. To live your life fully is to become the life of God. To know your Life is to know the Life of God. Your desire for Stillness is your desire for God. Your desire to become quiet and still is your desire for God. Your desire for love, and truth, and even companionship is your desire for God. Everyone and every thing seek the experience of God. They may be misinformed, or seek in the wrong direction, but they do indeed seek the experience of God, for it is who they are. They seek Themselves, and they seek the experience of Themselves.

If you seek the Stillness of God, and seek the Stillness of God, your outer circumstances will change, your outer environment will change, until the Stillness of God surrounds you, until your life becomes Still. If you seek the inner Stillness, you will manifest outward Stillness. If you seek the inner truth, you will manifest the outer truth. If you seek all that God is, you will manifest on the outward environment, all that God is. Experience the Stillness of God, the Life of God, the Desire of God, and you will experience and know your existence. You are the love of God. That is your nature, it is God's nature, and it is the nature of all

things. You cannot be other than that which God is. You can seek that which is other than God, but you will experience suffering, and you will eventually return to the experience of God, for it is who you are. You are the expression of God. You are the desire of God to see Him Self. You are the desire of God to see the love that He is, for there is no other way of life. There is no other path of life.

And so it is Paul, on this rainy afternoon, (on this) beautiful rainy afternoon. And within this rain there exists the Silence of God, the Stillness of God. And even though the rain makes sound upon your deck, and a sound up on your roof, within that rain, within the existence of that rain and the nature of that rain, there is the Stillness of God. Witness the Stillness of God, and witness the manifestation of that Stillness, and together with the Stillness and the manifestation of the Stillness, you have life, you have Existence.

And so it is Paul, and so it is. Bell. End.