

03-18-12ra PH Chan **The Song Of God**

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The following text was transcribed from Paul R. Huffman's digital voice recording in Sedona, Arizona, March 18, 2012, at 1:30 PM, on a snowy winter day.

Summary: God sings you a song of love each moment, each breath, and your purpose, as the life of God, is to express this song in words. It is a song of Life; the desire to see love, to hear love, to feel love and be love. This song is about the union of beauty, joy and love. Life moves from the Stillness of God, It flowers and sees and experiences Itself, and then It returns to the Stillness of God. God desires to see and experience Himself, but always through His song of love and Oneness. In order to have Life, or the expression of love, joy and beauty, you must have the un-expressed love, joy and beauty, or the Stillness. Life and death is not a mystery. God is not a mystery. Why would God be a mystery to Himself, when His desire is to know Himself and be Himself? We are the bridge that connects you to God. We cannot leave you, for how can we leave that which we are? How can God be separate from That Which He Is?

Is it not a beautiful day today, Paul? The snow is falling, the sun is hiding behind these thick clouds, and all is white in your world. You live in a world of great harmony; a world of great peace, and you need do nothing, nothing to be whom and what you are. The world needs to do nothing to be whom and what it is. God surrounds you each moment. God loves you each moment and you are safe within the arms of God, safe now.

What are thoughts Paul? What is life? What is consciousness? Who and what is God, the source of your existence? What is your purpose? Only in thought can you suffer. Only in your beliefs and perceptions can you suffer. God wishes (desires) to see the love that He is. Creation was created, shown to be, in order for God to see Himself, and the love that He is. Creation is a projection of God; God's inner core, Gods heart, and God's Stillness.

God is singing you a song each moment, and your job is to write this song down, put this song into words, for it is the love of God. It is the love of all things. The song is a song of joy. It is a song of belonging, and We might even say that it is a song of family, the family of man, the family of nature, the family of all of creation. It is a song of love. It is a song of desire to love. It is a song or a wanting to see love, hear love, and be love. God is about beauty and joy and love, for that is what love is. It (the song) is a union of beauty and joy and love. It (the song) is a dance of beauty and joy and love. It (the song) is the music of beauty and joy and love.

Life is joy and beauty, and love and experience, and seeing, (and) feeling the love and beauty and the joy that is around you. Life comes, it is born and it flowers. It witnesses and experiences the world. It gives off its young and it dies back into the ground. The young witness this beautiful world and grow and flower, and they to die back and become part of the soil. And so a planet is born and it flowers, and it is rich within its soil of plants and waters, and it is surrounded by a blue sky, and it to dies and returns to a central sun. And your central sun collides, and becomes one with another star, and something else is

born and it to flowers, and it to dies. And so life moves and shows itself, and experiences itself and dies and is reborn. And thus there is movement and experience, and joy and beauty. And within this life there is a current of love and desire, to be seen, to be shown, (and) to be experienced. God desires to experience Himself and see Himself, but it is always through this song of love and oneness, for there is only one thing happening, and that is God seeing the love that He is, experiencing the love that He is, and He is in joy, for he sees the beauty that He is. (17:00)

Your consciousness Paul, your awareness, is within the Heart and the Mind of God. If you limit your awareness, (your) consciousness, to that which is Paul, the small being upon this planet, you will perceive yourself as alone and unloved, and forgotten. And yet you are part of God's vast kingdom, God's vast knowing of Himself. The beauty, the joy, and the love of life are in the birth of life, the flowering of life, and then the withdrawal of life into death and change and decay. And from this death, (this) change, a new life begins. You must have this change in order to reappear within God's heaven, and flower and grow and experience and feel. And so, within this decay and death, there is the anticipation of life. (21:11) Within this change, there is the joy and the beauty and the peace, and then the sleep, and then the awakening. And so with each breath, there is the letting go of the air, there is a the rest, the stopping, and then there is the withdrawing, or the drawing inward of the breath and air, and the lungs expand, and you are again alive, you are again aware, and you feel, and you see the beauty and love around you. And so every few moments there is a change within

you. There is a beginning and there is an end. There is a taking in and there is a letting go. (24:00)

And so at night, you lay down upon your bed and your body is relatively still. Your mind dreams of fairy tales, dramas, and you wake up the next morning refreshed, rested, and you wake up to a new day. It may be your last day of consciousness upon this earth, but it is your day, your morning, and God feels Himself through you. God feels the anticipation of the day. He wonders what the day will bring, as you wonder what the day will bring. And so you breathe, and so your heart beats, and your body begins to move. Is the air cold or cool? Is the air warm? Is it light or dark outside? And you move into your body, and you allow God to move into your body, and you are carried within the arms of God. There is no tomorrow, Paul. It might feel like there is going to be a tomorrow. Your mind might say, "I remember yesterday, so there is a good possibility they will be a tomorrow." But there is only a song. There is only a breath now, and there is only God deep within you, the pleasure and the beauty and the love of God deep within you, now. There is no concern about tomorrow. There is no concern about this afternoon, but there is the pleasure of this moment, the beauty of this moment, the breath of this moment, the song of this moment, for as God sings to you, you are held, you feel the joy, the rapture, and the tears that form in your eyes. You feel the embrace. What is tomorrow, as compared to the now, this moment? What is death compared to this moment of life? What fears can you have tomorrow, when you are surrounded by joy, love and beauty? (31:31)

The song of God takes you this moment, and then the next moment, and then the next moment. And the smallness of Paul's mind seeks understanding, seeks clarity, and delves into the depths of fear, of not knowing, (and) not understanding what is happening.

And now there is a breath in and now there is a breath out, and now there is a breath in, and now there is a breath out. And that is all that needs to be explained to the smallness of Paul. There is life, awareness, witnessing, feeling, experiencing, and there is the stopping, the resting, the peace, and now there is the rebirth of life, the seeing, and the feeling, the experiencing. And now there is a stopping, there is a rest, a relaxation back into the earth, and now, from the earth again, alive, and now back into the earth, at peace, and at rest. And so you move, Paul, from life to rest, and so God moves from life to rest within you, and with all things. And so you have forgotten God's song and you perceive suffering, and now you remember God's song, and you feel the joy and the beauty and the love of God's presence.

Life is not a mystery. Death is not a mystery. God is not a mystery. Why should God be a mystery into Himself, when His desire is to know Himself, to be Himself? Who you are Paul is the joy and the love and the consciousness of God. That is not a mystery. The smallness of Paul's mind, says over and over, life is a mystery, life is difficult, life is painful, and it knows nothing of life, nothing of God, and nothing of the Oneness of consciousness, the Oneness of self, the Oneness of this dance of love and joy. And so, you have moved into the joy of God, into the song of God, now, now.

Can you not stay with us Paul? Can you not breath with us? Can you not feel our presence, as we represent the consciousness of God within you? We hold you Paul, as God holds us. We are the bridge upon which you enter, upon which you become, and we connect to that which is God. Your practice is to stay with us, do not leave us, for we do not leave you. How can we leave that which we are, and how can you leave that which you are? How can God leave that which He is? God is not some thing outside of Himself, and you are not some thing outside of your self. You can pretend to have a separate life, but it is only pretending. And you sleep before it is time to sleep. You die before it is time to die. You stop (living) before it's time to stop. You close off love and joy and beauty, when there is no door, (when) there is no such thing as closing off love and joy and beauty. There is no door to be closed. You must create this door in your mind, for it does not exist. You must create fear where no fear exists. You must create a pretend life where no pretend life exists. We ask that you stay with us, with this breath, and now this breath, and now this breath.

And so it is Paul, on this beautiful day of snow and cold wind, and quiet stillness. End. Bell.

Note: And so I would call this, "Life and Death", or "Life and Change" or "Life and Rest" or "The flowering and the dying." I like, "Life and rest," or "Life and change."

My guides are asking me to stay with them. They are the bridge upon which I become and wake up. And so it is. End.