

04-01-12 PH Chan **Living In The Light**

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The following text was transcribed from Paul R. Huffman's digital voice recording in Sedona, AZ, April 1, 2012, at 11:30 AM.

Summary: Give your attention to the reality of who you are. Shift your focus, shift your consciousness, and shift your thoughts to the reality-place of God's life of light and love. Your life is God's life. It does not belong to a being that thinks that it lives in the shadow world, deep in the earth. You are safe and you live in the reality of light, love and joy.

Is it not a beautiful day today Paul? The sun is shining and the birds are singing in a world of great harmony and peace, a world that needs nothing to be whom and what it is. And here you sit, surrendered unto your Self, and you need do nothing to be whom and what you are.

Resist nothing, Paul. Be no thing. Do no thing. Allow your Self to be taken by the hand and the voice of God. Surrendered each breath, for you own not one breath. You own not this body, this mind, these thoughts, (and) these words. Your pretend mind thinks that it owns everything about you, every thought, every movement of your body, every breath of your body, every thought, every feeling, every touch of your body, and yet this pretend self is a no thing. It is an idea. It is a concept, a belief, a voice given unto itself, thoughts given unto itself, identity given unto itself, and you focus upon it, you give it attention, and you believe it as real. Your consciousness, awareness, [that which you think you are] listens and believes in something that does not exist in the real world. You have moved your

attention and consciousness in to something that does not exist, and your focus, your attention, and your consciousness has become lost within this deep and dark hole of nothingness. You have fallen into a deep pit of non-reality, a deep hole, which seems so deep and the walls so steep, that you cannot remove yourself from this deep dark hole. And you feel protected by its darkness, by its depth. You feel reality (your world) is like a storm above this hole, this shadow place, and that you have retreated into the ground, and you are hiding from the storm, hiding from this tornado, or hurricane that blows about and destroys all that is on the surface. And so you feel protected, and you feel limited by the small dark hole, limited by what you know, by what you can feel, limited by your understanding of the world and the universe and God. Somehow, this dark hole feels manageable, feels contained, feels isolated, feels singular, and you feel that it is your place, your home, your safety, your limited reality that is manageable.

And you know that others have similar holes in which they live. And few, very few that are brave enough, venture to the surface of this world, of this place of storms, of this place of unknown, of this place of light and movement, and knowledge. This place above your small hole in the ground is vast. It seems not to end at its horizon. It seems not to end as you look up at the sky. It seems vast and scary, does it not? And yet there are souls that live above the ground, above the dark shadow holes, that lives above the limited self. (12:50)

Why do they live within this vast world? What allows them to take the chance, and remove themselves from the darkness of their particular self, and open to a world that is unknown, a world without end, a world without protection,

a world undefended, a world without limit, a world in which the sun always seems to be shining. And even at night, the stars and the moon are so bright that there is barely a difference between the night and the day. Who are these beings that live in the light? Who are these beings that take a chance with the storms, that take a chance with the unknown, that take a chance with the limitless horizon, and the high peaks and the deep oceans? Are they not frightened?

Every thing, Paul, lives in the light, lives above ground, and lives without shadows, and without horizons, and without limitation. You live in such a place where the light continues during the day and during the night, but there is a very, very, very small part of you, that appears to be all of you, that appears to be who you are, for it is what you call consciousness, awareness, attention, focus, thought, (and) mind. And since your attention and consciousness live below ground in the dark shadows of your own particular self, your own particular hole in the earth, you think that all of what you are lives in the shadow place. And only your attention, your focus, your consciousness, your thoughts, your mind, live in such a place. And you think that must be the whole of you, that must be all of you, when it is only a shadow of unreality. It is only a shift in your attention, a shift of your focus, for very, very few seconds, or moments, within eternity. When you shift your focus, your consciousness, your identity with this shadow place, it disappears. This place of darkness disappears and you discover that you have always lived in the light, above the earth, above ground, in the vastness of life, in the vastness of light, in the vastness of love and joy. (21:00)

And so a long time ago, you wondered out loud, and with attention, and with focus, “What would it be like to live underground in the shadows, in the earth, where life was limited, where life was manageable, and where you could focus yourself and become a self, and become an individual, and become separate from the vastness of all things, where you could become in control of your world (and) of your life, where you could create exactly the way you wanted to create.” And you could declare that you were indeed the god of your being, the god of your particular hole in the ground. And even though it was limited, and dark and damp, it was yours. It was your home, your place, your domain, and you could control it, you could manipulate it.

We cannot over emphasize the power of possession, the power of dominance, the power of having something that you can call your own. “This is my house, my car, my wife, my children, my money, my land. I control it. I possess it. I own it. I am the king of my world.” (25:20)

And yet there is a price, and the price is separation, loneliness. The price is you are able to feel ownership and dominance and control, for only a short period of time, for as soon as you feel that you own something, there is also the feeling that it can be taken away, that you can lose what you own. You can lose your money, your house, your wife, (and) your children. You can even lose the body that you claim as yours. You can even lose this dark deep hole in the ground, as the rains come, and the winds, and the dirt seems to fall into the hole along with the rain. You must keep digging. You must have a bucket in which to throw out the water. You must have candles or some type of light so you can see

your world. You must defend your particular hole in the ground, so someone else and may not be able to take it from you. You must be strong. You must be powerful. You must have the right weapons to be stronger than your neighbor.

And so there is indeed a price. And so indeed this appears to be your life, this appears to be who you are, but it is only a dream. It is only a few moments of fantasy. It is only a few moments of a life living in the shadows. And when you awake from this dream, you will awake on the surface, with the sun shining, and the birds singing, surrounded by yellow flowers, surrounded by other beings that love you, (and) they care for you. You belong unto the family of creation, unto the world of abundance, and peace, and warmth. You belong to the body of God as He moves about His world, His world.

Living in the light is as easy as shifting your attention to the light, into light, into the vastness of living and light, into the heart of God, the love of God, the body of God. (33:35) Focus your attention, your consciousness, your awareness on the light of love, on the reality of where you really are, and your eyes will be opened, and this shadow part of you will be united with the 99.9% of who you are.

It seems difficult to remove yourself from this shallow place, but you will find, as you climb out of this dark place one step at a time, the light above you will grow stronger and stronger. The latter out of this hole is strong enough to hold you. The practice given you is strong enough to hold you, and to move you upward, one step at a time, one thought at a time, one moment at a time. Resist no thing. Judge no thing. (37:20) Feel everything. Be Who You Are. Live in light.

Focus on love, and giving, and forgiveness, and abundance. Focus on the joy of life, the beauty of life, the love of life, over and over, until this dark place disappears from your consciousness and is no more.

Where is your attention, now? Where are your thoughts, now? Are they in fear? Are they in confinement? Are they in fantasy? Are they in judgment? Because you believe your thoughts, and where (that which) you are focused upon, you believe you live underground in the shadow world of fear. It is because you believe what others have told you, and in some ways you believe what you see and perceive in this shadow world. There is a vast society which believes in this shadow world, and it communicates to you fear and violence, [and] limitation and lack [of], and so you watch TV or you watch a movie, or you read a book, or you read a magazine, and it confirms what you are thinking about. It confirms your attention, your focus, (and) your consciousness. And so the dark reality seems to be real, and yet it is only a moment within the vastness of time and space. It is only a flicker of a shadow, a moment hesitation within the vastness of reality. You exist within the heart of God at this moment, now. Your mind has shifted you into a place of darkness that does not even exist. And because you believe that you have a separate mind, separate from the Mind of God, and you believe that it is the god of your being, the master of your universe, the king of your reality, you miss completely where you do live, (and) where you do exist. And that (place) is above the ground, within the light and the love of day, where the sun shines and the birds sing, and all is well in your world. A world without end, a world in which you come and go, as the flowers come and go, a world that

turns from light into the night of stars and beauty, a world that moves within the harmony and love of God, a world that always, always, shows God His perfection and love, and His joy. And this place of light, this placed above the ground and without shadows is where you live. And with a slight shift of attention, a slight turning of the body and mind, you will be relieved to know that you are safe, and that you are as God is, and you are as love is.

And so it is on this beautiful day. The sun is shining and the birds are singing, and here you sit, now, within the reality of your God Self, your God being, and your God consciousness. And so, today you sing the song of God, and you hear the song of God, and you give attention to the song of God. And thus you are real, and thus you are present, now.

End. Bell.