

05-13-12a PH Chan, **You Never Leave The Stillness**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, May 13, 2012, 12:30PM, Sedona, Arizona, on a warm spring day.

Summary:

Is it not beautiful day today, Paul? The sun is shining and the birds are singing, and all is well in your world, a world that needs nothing to be whom and what it is, a world of great beauty, Paul, as you are of great beauty.

Your mind is both the doorway to who you are, to what you are, and it is (also) a great barrier, even a great sound, that does not let you hear who you are. You are who we are Paul, in the silence of space, and in the peace of space. But space is made up of vibrations, and under the right conditions, there is a great noise, or there is a great light. (3:50)

The Stillness is silent and that is what you seek, the silence, the stillness of the Stillness. It is a place of tremendous depth and understanding, and peace. It is what you seek, as you seek the silence, and it is who you are, the Self of God. But as God desires to see Him Self, He moves out from this Stillness, this place you call home, this place you desire, and He explodes with sound and color, much like great fireworks in the sky. And Life moves through time and space, and you move through time and space, but the silence of the Stillness is always within you, no matter where the light and the noise is coming from. The great Stillness exists within you, and this is what you seek, and this is what you are. The great noise and light is a display of that which you are, a picture of that

which you are. These words move through your body, through air and sound. They produce a noise and that noise vibration is recorded, is it not? It allows you to hear your self, and to hear us. This great noise of Life, allows God to see Him Self. Not only is it a picture, it is a distraction. You might even say it is an illusion. It is there, but it is not there. It is there for you to see, but it is not Reality. (9:23) Reality exists within the Stillness, in the deep depths of the Stillness, the quiet, and that is what you seek. And as you move out into nature, away from mankind in particular, you will have a glimpse of the Silence. You will have a moment or two, of what it feels like to exist (within) in creation, within the picture of God, and within the silence of God. (10:55)

And thus is your practice, is it not, to exist within a world of light and noise, and yet still find the silence within you? As you exist within the distractions of the world, you are still able to find the silence of God, the silence of stillness. And so what you seek is your Self. And so you seek your Self, and you seek your Self, and there within the silence, you find your Self. And within that silence is the joy of Who You Are. (12:30)

And so what we are saying Paul, is that God exists within the light and the vibration of sound, and He also exists within the Stillness, which is the absence of every movement, every sound, every light, (and) every thing. (13:44) It is God held still. It is love held still. It is sound and movement held still. And yet it gives birth to all things, to all movement, and it is the source of joy and peace, for it is your source. It exists at the same moment that you exist in movement and time and space. As you shift your attention, no matter what the noise or light that is

around you, you enter this Stillness through your mind, through your desire, (and) through your will.

The world can explode around you, but as you enter the stillness, all light and noise and form disappears into the background. It is there, but you paid it no attention, you give it no attention. And as you come from the Stillness, you come into the description of your self, which is light, and form, and noise, and activity, and thoughts, and a busy mind, a creative mind, a descriptive mind, (and) a self that wishes to see its self. But within the Stillness there is no self, there is no division, there is just the is-ness of being, and the full consciousness of being. And yet, there is no description of that which exists within the Stillness. There is no wanting to know. There is no place to go, because you are there, because you are home. There is no desire to see your self, because you are home, and you are at rest.

Every thing can be described. Every question can be answered. Every unknown, (or) question, can be answered. Every thought can be explained. God can be explained. The Stillness can be explained. The nature of man can be explained. The nature of the universe can be explained and described, over and over. The explanations and the description of the world, the universe, God, the Stillness, who you are, what you are, can be explained and described, over and over, for the descriptions are endless. The picture of God is endless, without end. Who you are is without end.

Describing who you are and describing God, and Stillness, and all things, is never the final description. It is never the end of descriptions. It is never the end

of knowing. It is never the final truth. There are general descriptions, there are general truths, such as, God Is, The Stillness Is, You Are, but the depth of understanding of whom you are, and the depth of description of whom you are is without end. (21:37)

A painter does not paint a painting of a particular scene, and declare that picture the final picture of that scene. It is one of many pictures. Another painter might come along and set up his easel at the very exact spot as the first painter, but his painting will be slightly different. The form might be different. The color might be different. The blue of the sky may be a different blue. It may be a cloudy day, or a sunny day. They (the painters) have captured the general feeling of the scene, but their picture and description of that scene is different. There is no final answer within the created world, for the world moves and changes. The light moves and changes, just as the clouds above you move and change. (23:48)

Only within the Stillness is there absolute understanding, feeling, (and) knowing of peace and joy, and home, and love. Only within the Stillness do you know who you are, even without description, even without desire, (and) even without movement. You know without a doubt that is who you are, what you are. It does not change, for it is everything possible held still. It is every feeling, every thought, every picture, every description held still. For it must be so. There must be a point of reference. There must be a point in which every thing, every thing of creation looks out from; otherwise there would be more than One Self, more than One View of Life.

And so this point of reference is who you are. It is where you stopped and you gather your self, and you relax, for you have found your self, and the search is over. The questions are over. The description is over. And thus you are that you are. And thus you say, "I am that I am." And thus God says, "I am that I am," for you need Paul, you even desire, because it already is, and (it) already exists, you need a place to call home. You need a place of no concern, of no worry, of no trying, no place to go. And there is such a place. There has always been such a place. There will always be such a place, and you reside there now, now, in this now moment. You have never left. You have never left, but your desire to see and to know what you are, who you are, moves out into movement. And there, through the play of life, you not only describe your self, you live within this movement, within this sound, (and) within this light, and your self attaches its self to this movement, to this light, to this sound, (and) into this particular form. And for a few moments, you ride upon life (and) you play within the sound of life. And you even become lost, do you not? In thinking that that is who you are, you have lost your Home. You have lost your Peace. You have lost this Silence. And now you experience the suffering, the worry of self. You experience being a lost self, out in the vastness of space, and thus you are involved, and thus your attention is involved in being in motion, and in light and in form. (32:50)

But you have never left the Stillness. Only this great Mind wanders in space; only this picture of your self, only this perspective wanders in space.

And as you breathe out, you move from the Stillness, and as you breathe in, you return to the Stillness. For in that in-breath, there is a moment of stopping

before you take this out-breath. You push the air out, and again there is a stopping, a moment of stillness, and you breath in, and you stop, and you move (the breath) out, and you stop, and now you move (the breath) in. There is this constant exchange of who you are; out into life, and now into the Stillness; out into life, and now into the Stillness.

And so you are constantly receiving the perspective of what is true, what is held still, what is absolute, and you move out into form, and movement, and light with the infinite description of who you are. And it is beautiful. It is colorful. It is noisy. It is explosive. But it is life and it is who you are. You cannot be other than what you are.

The tree is just a tree, and in that it is a tree, it is in joy of its self. It appears to be moving in the wind. It appears to be growing from the soil, but its self lives in the Stillness, and its self knows its Self. You are just a body upon this earth, a human being, that walks upright on two legs, and in that you are a human being, you are in joy with your form, with your mind, and with your description of your self. If you wish to be your neighbor, you will suffer. If you wish to be taller, or shorter, or thinner, you will suffer. If you wish to be this tree outside your window, you will suffer. If you wish to be other than what you are, you will suffer.

There is only one place of stability and sureness, and that is the Stillness. If you are focused in light and movement, and color, and noise, you will experience instability, change, confusion, but it is only for a moment, and it is what gives you life so that you might play within this vast space. What you see before you Paul is your playground. It is the picture of your Self that moves through time and space.

Why would you desire for it to be other than it is? Why would you desire to be other than you are? Desiring to be other than what you are creates great confusion within you, and you suffer because of it. You have never left who you are. You are only pretending to be outside the Stillness to play, to interact, and to see your self. If you truly believe that you are this form, that you are aging, (and) that you are this human being upon this earth forever and ever, you will suffer.

(44:40)

Your peace and joy is held within this Stillness. You have never left the Stillness, but your imagination, your desire, (and) your mind, takes you into this most beautiful world, and you witnessed your self, and you are in love with what you see. You are in love with nature, and space, and the planets. And life is yours at this moment, but it is a fleeting picture, an unstable picture, and it moves quickly. And now you are happy, and now you are not so happy, and now you see beauty, you see the light of the day, and now you see the darkness, and you may be afraid of the dark.

And so love to moves you in and out of the Stillness. And so desire moves you in and out of the Stillness, but you really never leave the Stillness. You have never left home, Paul. You have never left forever-ness, and God holds you tight and He carries you within His arms on every adventure, every movement, every rainbow of color, (and) every sound.

And so it is, as you awake to this day, as you focus your self in this body. And so love exists everywhere, and love moves everything. And so you are that which you are, Paul. End. Bell.

