

07-01-12a PH Chan **Relax, It Is God's Life**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, July 1, 2012, approximately 1:30 PM, Sedona, Arizona, on a warm summer day.

Summary:

Is it not a beautiful day today Paul? The sun is shining and the birds are singing, and all is well in your world, a world that is at peace with itself, and a world that needs nothing to be whom what it is. And here you sit once again, desiring to know whom you are, desiring to wake up and be held by God.

You live a busy life, full of distractions, full of confusion and you have relationships with other people whose lives are busy, [and] filled with confusion and misunderstanding. And thus you try to navigate your way through this world, and thus this world is a very difficult place to be if you focus on its difficulties, if you focus on it confusion, and if you focus on trying to fit into this world in which you live. (4:55)

If you focus on the natural world, and we mean the world of nature, animals and plants, and blue skies and blue oceans, and if you focus on the presence of God, God's nature, God's will, you will fit within this world with ease. And you will become a natural part of this world. You will leave the confusion of man, and the confusion of man's mind. As you divorce yourself from your own small self, small mind, small personality, and as you divorce yourself from the small minds of man, you will live a relatively quiet life. And it may seem to others uneventful, and

even without meaning, or substance, or accomplishment, but you will achieve the Peace of God. You will achieve God's embrace and you will achieve a quiet happiness. As you retire from life, you retire [to] within yourself, and within nature.

If you can express the beauty of nature, and the beauty of God, and the beauty of your Self, so be it. If you can use words to describe the nature of God, you will find great happiness. If you can take color and pencil and draw upon a white piece of paper the beauty that you see before you, you will achieve happiness and peace. If you can demonstrate the love of your Self, and the love of God, and love of nature, you will achieve peace upon this earth. (10:58)

The confusion of man, and man's mind, is [but] (only) a mirage that floats within your society, and it floats within nature (the world), but it is [but] a shadow and it is of no consequence. Your mind and personality and inner confusion is but a shadow that floats within you, and it is of no consequence, and it will disappear in time, as the fog dissipates under the morning sun.

The light of God is within you Paul, and the light of God is within everyone, and so, there is nothing to be fixed within your society. There is nothing to be improved upon. And in God's reality there is nothing that needs to be spoken, or written about. No paintings or pictures are necessary, for the reality of God is ever present. It cannot go away. It cannot be damaged. It cannot be dissipated. You can create veils of confusion over the presence of God, over the reality of God, but God remains standing before you, and you remain standing before God, forever, under any circumstance, and within any world.

And so, nothing needs to be accomplished in this world, for God is within you, and you are the Self of God, expressing the Self of God. The present of God means the presence of God, now. There is nothing to seek. There is nothing to accomplish, for you are held within the arms of God, now, within this breath and within the next breath. And so, joy and happiness is a choice. It is a state of mind. It is a changing of the mind, and it is the presence of Mind, for you possess the Mind of God. And within this Mind of God all things have already been accomplished. All knowledge is already held within you. All joy and happiness exist at this moment, because the presence of God exists within you, this moment. (18:44)

And so, if you ask the question, "What should I do with my life?" we would say that your life is happening now, and it is happening now, and that you must do absolutely nothing, for your life is fully and completely the life of God, and the doing of your life is not your decision. The doing of your life has nothing to do with a small-confused mind of man. Your presence in your breath is indeed enough. You are enough in that which you are, in that which you exist. Existence is the accomplishment. Breathing is the accomplishment. Your only action, or job, is to observe God moving through you, and to feel the ecstasy and the pleasure of God moving through you. If you are confused as what to do, or what action to take the next moment, observe the nature of God, observed the nature of your planet, and your solar system. Your planet does not wake up in the morning and ask itself what actions it will take today. It does not worry about a large meteorite that might, or might, not collide with this particular earth. It moves through space

and turns upon its axis, and it is warmed and cooled by the sun. It does not decide to stop in orbit, nor does it decide to move a little faster in orbit. It surrenders to that which it is. It surrenders to the power that moves it within its orbit. (25:34)

If you surrender to the power that moves you Paul, you will move with grace, and peace, and happiness. You will not worry about your mortgage payment, or your future girlfriend, or who will do what this particular day. You will awake in the morning as naturally as you fall asleep in the evening. You will breathe out as naturally as you breathe in. You will make a sound from your mouth as naturally as you hear a sound with your ears. You will drink water and you will eliminate the water, naturally. If the sun is too hot, you will sit in the shade. If your body grows tired, you will lie down and take a nap. And as your body grows old and tired, you lie down and become part of this earth. You are held by God, and there is never a moment in which you are not held by God. You are moved by God, and there is never a moment in which you are not moved by God. Only the smallness of your mind thinks that you must do something. Only the smallness of your mind thinks it has a separate life, separate from the life of God. And once you surrender the smallness of your self unto the largeness of your Self, the smallness of your self is carried by the largeness of your Self, by the presence of God, by the body of God, (and) by the power of God. (30:48)

The question of what to do with your life is not a valid question, for you have no life. The question of what to do with this small confused mind is in some ways not a valid question, for you simply do nothing with it; you surrender it. You give it

to God. Even who you think you are is none of your business. Your concerns are none of your concerns. Your life is none of your business. (32:39)

Worry, fear, concerns, float within you and give reference to that which you identify as your self. The self and the smallness of its self, and the confused mind of its self, seek to be alive, seek to have an identity, seek to do something, to be something, (and) to accomplish something. And when you remove this false self from your body and your presence and your world and your actions and the largeness of your mind, worry and concern and action and accomplishment leave your presence, leave this self, this body, and what is left is a True Self, a God-Self; right action, right mind, right thoughts, happiness, joy, abundance of the self, knowledge, security, contentment, (and) peace.

Is it not a strange idea, that by removing the smallness of your identity, the smallness of your self, you gain that which you are? By taking away something, you actually become something of reality. By relaxing into the nature of your Self, you become the nature of God. By not doing, the power of God does (acts) for you. By not thinking, God thinks for you. By removing your self from worry and confusion, you gain the clarity of God.

Is this not the opposite of how the small self thinks? It thinks you must do something, that you must accomplish something, that you must work hard in order to achieve something, when the very opposite is the truth. Backward thinking gives life to a backward self. Backward thinking gives existence to something that does not exist. If you wish to create confusion in your life, and worry, and non-clarity, make up a story about who you are. Create a life of Paul,

and what Paul should do and should not do. Create a life of judgment and resistance. Create a life of rules and more judgments, and more rules, and be sure and condemn others as you condemn yourself. (41:13)

And why is this so difficult? Why is surrendering to That Which You Are so difficult? Why is doing nothing, unto your self so difficult? Living in a phantom world, for so long, and with so much reinforcement, feels safe and it feels normal, or what we might say it feels natural, but it is the opposite of reality. It is moving through life with a pretend self that is unhappy, depressed, and confused, and knows not what it is. It takes action to find its self, but it cannot find its self, because it does not exist. The phantom-self looks for more phantoms. It believes that phantoms are real and necessary, and something to be achieved or accomplished. As you surrender unto God, God gives you all that He is, and you become all that He is. And the vastness of God and even the joy of God seems at first a bit overwhelming, and even frightening to the small phantom-mind, but as you relax and listen, God begins to describe Him Self to Him Self, and your mind begins to overhear this conversation. It begins to relate to the conversation as God speaks to Him Self, as God shows Him Self to Him Self. (46:24)

Understanding who you are Paul is a practice of relaxation and a practice of more relaxation, and a repetition of ideas and more repetition of ideas, until your mind becomes full of the Nature of God, and therefore (your mind becomes) the Mind of God. And once you become integrated within the Nature in the Mind of God, the small mind of Paul rest in the background, and becomes an observer. It becomes the student and it is carried along with who you are. It does not need to

work, it does not need to worry, (and) it does not need to pay the mortgage. It needs (to) do nothing, except relax and enjoy its retirement.

And so it is on this beautiful day, a day without worry or concerned, a day of relaxation, Gods day, God's Self. And so it is. End. Bell (50:25)