

08-03-11, 2011 Paul Huffman speaking Sedona Arizona is approximately 7:40 AM (by Paul Huffman, transcribed)

Is it not a beautiful day today? The sun is shining brightly and all is well in your world. A world of great beauty and harmony, A world without end. A world of possibilities and love.

You are surrounded by love, always. You cannot always perceive it. You cannot always feel it but it is the medium in which you exist. When you change your mind you begin to exist, you begin to live this day, this moment. You have no tomorrow. There is no security in tomorrow. Your happiness lies in this moment. Your security is held within this moment. Your wealth is held within this moment.

Your health is held within this moment. Your future is held within this moment.

Your past is held within this moment. There's nothing for you to do, There are no weeds to pull, tractors to fix, houses to sell, phone calls to make or books to write. When you are present, you are present now. When you are in love you are in love now. When you are held by God, you are held by God now. When you are in communion with God, in commonality, in common with God, you are in common with God now. Nothing is happening. Nothing is happening outside this moment. The future of this day is not happening at this moment. The walk that you are thinking about taking is not happening at this moment. How you felt an hour ago is not occurring at this moment, unless you feel exactly the same way. And that is impossible.

Our voice/your voice is now. Our mind/your mind is now. There is only one mind, one body of God. And in order to know that, to feel that, you must be present. In

order to speak from one mind, you must be here now. In order to be in harmony with your computer you must be present here and now, In order to have an understanding of life, an understanding of who you are, who your neighbor is, who the world is, what this tree is outside your window, you must be present now. Suffering and death is an experience now, as it is occurring, as it is happening. You can be conscious of what your mind is thinking, of what your mind is doing. Or you can be conscious of the moment, you can be conscious of life now.

You can focus on your worry and fears, you can focus on the thoughts of worry and fear and future. Or you can focus on what is happening right now.

Right now you're listening to these words, are you not? Where are they coming from? Where is your mind? Who's speaking these words? Are you wasting your time? You could be walking. It's getting warmer outside, it's going to be hot when you take your walk. Are you wasting these moments? What's going to happen 30 minutes from now? Is this valuable? Is this a good use of your time? What is consciousness? What is focus? What is happiness? What is security? What is money in the bank, money in your pocket? Why are you here? What is your purpose? What are your dreams?

Do you want money and power and a bigger house, several more cars, several girlfriends, respect and honor from your community. Or somehow you want to eliminate the loneliness, a feeling of isolation. What you want? What you want is almost of no importance for you run to this and that, seeking happiness seeking some depth of understanding. You run to this and to that to find yourself

and when you arrive, you are not there. And so maybe the next corner, the next shadow, the next hidden room will contain yourself. And so you scurry about seeking yourself, having ideas about where you might find yourself. Fantasizing about tomorrow and what tomorrow may bring. Worrying about the mistakes of the past or even wasting time yesterday. Or worrying about your health. And so you scurry about with the other human beings locked in their minds, held against their will in some foreign land. Held in deep anxiety. Held in deep thoughts of unworthiness. Held in thoughts of frustration and helplessness.

The sun shines upon you today. The light surrounds you. Remove your hands. Uncover your eyes, let the light shine upon you. Remove your mind, remove your thoughts. And the possibilities of hope, creation, will come. Inspiration, breath, moves within you. The shadow lifts and the song begins. Now. And your mind is replaced with the mind of God. Freedom at last. Living at last. Breathing freely, heart singing, love relating to love, even mind relating to mind. Time unfolding into more time, endless time. Fear dissolved, love returned. Fear dissolved, love returned. Birds painted upon paper. Scribed inspiration moves fear off the white page. Words comfort. Words sing, sounds play. And your day begins bright and shiny.