

08-11-13a PH Chan **The Life Of God, Now**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, August 11, 2013, approximately 1:30 PM, Sedona, Arizona, on a fairly mild summer day.

*Summary: There is only the Life of God. God is observing and experiencing His Life through the body and the greater Mind of Paul. Paul's mind focus is to allow God to breathe through the body and the mind of Paul. Without the presence of God, the body would die.*

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 of great beauty, a world of great harmony, and a world of great love, a world that needs nothing, nothing, to be who and what it is. And here you sit once again, wanting to know who and what you are, and yet you need nothing to be who and what you are.

Life just Is. God just Is. Your mind thinks that it must do something, that it must gather money, or food, or that it must keep the body busy and productive. The mind desires for a life, for existence, and it does not have a life, nor does it exist within its own (pretend) life, nor does it exist as an individual life. There is only One Mind and that is the Mind of God. There is only one Life and that is the Life of God. You have only one life Paul, one focus, and that is the life of God. Your focus is to express the life of God and to show God to love that He is. Your focus is not to do Paul's life. Your focus is not to pretend to have a life dominated

by the self of Paul. Your focus is not doing any thing other than observing and experiencing the life of God.

The life of God moves through you and it occurs each moment. It is not for you to judge what movement is good or bad, or even to judge what is happy or unhappy. The life of God always moves towards love. The life of God is always inclusive. The life of God is always sharing the love that He is. The life of God is always being the life that He is this moment.

In order for you to have a life Paul, and a direction, and a purpose, you must be behind and in the life of God. Your life, Paul, is not first, or even second, or third, your life is the life of God. It is not about thinking about life, it is about being about life. (08:35) If you sit still, you will notice that you are breathing, and the next breath will come, and the next breath will come, and the next thought will come, the next word will come, the next description of God will come, the next expression of God will come, (and) the next thought of God will come. All you must do is sit, and breathe, and notice, (and) observe, and experience this moment. (10:04) The only real power that you have is the power of observation, and the power to experience that which you are observing.

If you are busy doing your life, you do not have the time, or even the space to observe and to experience God's life. Why would you do something other than the life of God? What would possess you to think that you are able to do something other than God's life? The mind fears that the life of God is boring, uneventful, unproductive, and certainly a waste of time. If God is breathing you now, and now, you would probably conclude through experience, that breathing

is not a waste of time. In fact breathing benefits the body, just as eating benefits the body. If you are thinking about what to do this evening, or what you did yesterday, you are indeed wasting your time. If you are thinking about breathing, let's say, an hour from now, it seems logical to conclude that that thought is a waste of time. If all of a sudden you stopped breathing, you would certainly focus on the moment that you stopped breathing. You may even panic and have a great desire to breathe once again. And yet, if you are distracted from the life of God, and the observation of God's life, and the experience of God's life, you seem not to be concerned, nor are you panicked about the idea of being distracted, nor are you panicked about stopping the life of God. Your mind can wander off into the future, or the past, and you really have no concern about what is happening now. In fact, you believe it is quite normal that your mind goes into the future, or that your mind goes into the past, so you are not concerned.

(15:49) But if you stop breathing, and your breath went into the future or the past, you would be quite concerned.

Do see the point that we are making Paul? The life of God is just as important as your breathing. The moment of God is just as important as your breathing, and yet, when you are distracted from the life of God, from the business of God, from the experience of God, you believe that your life continues, and you believe that you are alive and well. And yet your life indeed stops, your awareness of who you are stops, your experience of God stops, and you indeed have no life, no function, even though it appears that you have a life, and that you are doing something. Paul is moving around his house. Paul is

trying to sell this particular painting. Paul is trying to do his taxes. Paul is trying to have his own life, and that life is indeed not possible. There is only the life of God Paul. (19:00)

You think that the life of God is not important, nor is experiencing or observing the life of God important. You think that the life of Paul is first, primary, and that you must survive, you must have fun, and you must enjoy your life, and that somehow, the life of God is not joyful, it is not interesting, and it really has no meaning to the self of Paul. But you are listening to these words, and so you suspect that the life of God is important, is meaningful, but you do not know how it relates to the life of Paul. In fact, as you get older, you even find the life of Paul is not that interesting, and in some ways it has no meaning; that you will die, and that you will be forgotten; you will die and you will be no more. You will die Paul, and you will be forgotten, and the life of Paul has absolutely no meaning apart from God, or apart from God's life. If you marry the life of Paul with the life of God, there is the possibility of meaning. There is the possibility of happiness, and there is the possibility of purpose.

Your breath is purpose driven. Your breath has meaning and it has function. Without your breath, your body will die within a few moments. Without the presence of God, your body will also die within a few moments. Without the life and the experience of God, your body will die within a few moments, but somehow, you do not realize this, or know this, or think that it (this fact, reality) is very important. But as your body begins to die within a few moments, you will realize that the life of God and the presence of God are very important. (25:20) In

fact at the moment of death, you will think, or your thoughts will turn to, that God has left you, that God has forsaken you, and you will feel a moment of panic. But in fact, you have left God. You have disconnected from God and you are floating free in some make-believe world. The mind continues to fantasize, but the body is dying. God has never forsaken you Paul. God has never left your side. You have never been outside of the arms of God. In fact you have never been outside of the Stillness of God, and yet your mind takes you on journeys and fantasies, and you pretend that you are having a life. And yet, once that life begins to fade, either through awakening, or death, you (your mind) believe that God is leaving you, and that you have indeed been forsaken. And there is indeed a moment of panic, a moment of death, but it is not necessarily the death of the body. It is the death of the self, the death of the fantasy of the self, the death of the mind that believes it is having its own particular experience. (29:20)

You cannot take the next breath without the presence and the experience of God. You cannot even have the next thought, or the next feeling without the presence of God. God desires to express through you Paul, one breath at a time, one moment at a time. God desires to express through your mind, one thought at the time, one moment at a time. God desires to be who and what He is. God does not desire to pretend to be you, Paul. God does not see you as separate, but God sees you as Himself, His breath, and His mind, and His purpose. (32:02)

The death of His body is only a change in form. His life does not end. His expression does not end. You as a pretend self definitely ends. You as a thought about the pretend self definitely ends. You as a fantasy about your self definitely

ends, but God's life does not end. Your consciousness does not end. Your awareness of your Self as God does not end, for you are the awareness of God. You are the truth of God. You are the reality of God. God cannot end Himself. God can only observe, and through you, experience that which He is observing. (33:10)

When you lay dying upon your bed, God is present observing and experiencing the death of His body, the change within His body; and this change happens trillions of times a day, trillions of times a second.

Your breath is a breath of God. Your life is the life of God. The changes around your death of your body are the observation and experience of God, as His body changes. Do you see this Paul? You have a body and you have a voice, now. You have a breath, now. You have air that moves from your lungs over your vocal cords out into space, now. It is your form of expression, now. It is your form of observation and experience, now. A flower expresses the beauty of its self, now. The bird outside your window sings a song to God, now. The beautiful sunset in the West expresses to God, now. (37:20)

God's life cannot be other than It Is. (I Am I That I Am). God's life is Real and it is not capable of fantasy. It is not capable of being un-real. All you must do, Paul, is to express God now, and to experience God now, and you will have shelter until you do not have shelter, and you will have food until you do not have food, and you will breathe until it is time not to breathe. You will walk upon this earth until it is time to lie down.

You have no future Paul. You have no past. You have no life of your own. You have no possibility of life of your own. You have no way of life that is yours, that you possess. You possess nothing other than the body of God, presence of God, and the breath of God. Each thought is the expression of God. Each moment that you move this body is the movement of God. Each song that you express to God is God's song, and God's experience of Himself.

God observes and experiences what He is. He has no power to change what He is. His joy is experiencing what He is. His joy is observing the beauty and the love that He is. God is consumed by the love that He has for Himself. God is consumed by Love, and thus He Is, and thus He exists, and thus He exists within you now, within this breath, and now, within this breath.

And so it is Paul. And so it is. End. Bell.