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### **The Power of the Stillness**

Is it not a beautiful day today? The sun is shining and the birds are singing and all is well in your world. A world of great beauty. A world that does not need your participation. A world that moves around its central sun with no effort on your part. With no instructions on your part. There is nothing for you to do except to sit. And to quiet the smallness of your mind. Small worries, concerns. For we are here. For we are always here. Ready to slow your mind down, to calm you. To say, "Do not become distracted. Do not become pulled by the events of the world. No matter if your economy is up or down or if you are poor or rich, we are here. God is here. That which God is surrounds you each second, each moment. Your life is a life and the expression of God. No matter what you think or even what you do, what you express, your life is the life of the one God, the one consciousness, the one purpose. Your life is not unlike the life of this tree outside your window. It waits patiently for the sun. And then it waits patiently for the nighttime. It moves with the wind. And in its own way is happy, is content. It does not wish to be a rock or a bird. It is content, satisfied. It has no future. It has no past. You might reason that this tree will live for maybe a hundred years, two hundred years and then it will die. You might reason that if a disease attacks the tree it may die in a few years. But the tree has consciousness now. It has the consciousness of God. Just as the mountain before you has the consciousness of God. And you have the consciousness of God, the now-ness, this moment, this joy of being. And yet there is something within you that claims to be you. It

claims the right to move your body from room to room. It claims to think, have thoughts, draw conclusions and have an opinion. It claims to protect you. But it more than anything else claims to be you. It has a name, "Paul". It has a history, personality, language. It uses the body to express words but actually uses the mind to have thoughts, to direct those thoughts.

But what is interesting is that the body and the mind are of God. This entity that has been created by your environment, by training, by your parents, sits above and around you but it really does not sit within you. This entity is not your body. It is not the mind of God. It borrows the ability to think from the Mind of God and it borrows the body in order to be mobile, to move about this world. It borrows the eyes; it borrows the hands and feet. It has no power of its own. You must give it attention; you must give it permission to move the body, to move the mind. You must believe what it thinks and you must believe the words that come from your mouth as it directs the mouth and the wind from your lungs, vocal cords, shape of your mouth.

We are using your body now and your voice, the wind from you lungs. We are using the thoughts of creation from the Mind of God. We are using words, the language of your mind, even your history, your memory. But we are using what is called the presence of mind, the now of mind. Which is a place that your entity, smallness mind, cannot go. For there is no room for the untruth in this now moment. The personality mind can only really function with the memory of what

was and it projects into what will be. If your mind comes into contact with the present moment, it disappears. It has no power within the present moment.

There is only one mind and it is the mind of God. Undistorted, within this moment. You might say that we are in the mind of God this moment. We are in the now of the mind. We are the expression of God's mind as you, your body and your ability to think, to be are the expression of God now. The now moment is who you are. It is who we are. It is even who God is.

You are listening, are you not? You are not worrying. But you feel somewhat comfortable with being, let's say, used, shown, how to use the mind. If you were to begin to worry or to become fearful, we would disappear. God would disappear. And your personality mind would return. It would reenter your field of energy. There is a natural state of now-ness, of being present. You can open your eyes, you can look around, you can see the trees move. The fan above you is turning. And your mind is relatively calm. A calm and now mind makes the best decisions for you, for this body, for this world, for your environment, even for your economy. Your mind moves with the mind of this tree outside our window. It moves with your earth as it rotates around the sun and it moves with the sun. And therefore all actions are coordinated. All doing, all purpose is in harmony with all of creation.

Your writings or these words are in harmony with your planet, with your stars and with the mind of God. Your work, therefore, becomes in harmony with God. And in harmony with this planet, and in harmony with your stars. If you make decisions and do activities, do your life from your small personality mind, you'll be guessing as to what is in harmony with God and this world. The small mind may become very learned and it may reason its way the best that it can through life but it is never at peace with its decisions because it does not really know the mind of God, the mind of this planet, even the mind of this body, the mind of creation.

For you to be lonely, that is for your mind to be lonely, means that you are not in this moment. You are not sure what to do, who to call up, what clubs to join, what social clubs to join. Who is your friend and who is not your friend? Who is good for you and who is not good for you? Practicing being present is being present. You are now present. You are now present. You're not thinking about what's for dinner. Or what you're going to do Saturday. Being present is trusting that the present moment is your best moment, is your best doing. The present moment is in fact, not only all that you can do, it is the best that you can do. Being present is always moving in the correct direction, with the correct purpose and intent. As you are present the words come from your mouth, voice, that are the correct words. They may not sound like your neighbor, but they are the sound of your voice, your reality, your environment. Practicing being present is shifting your attention. Is willing your personality self, past and future self, to sit in the

background. The present self, or you might call it your God-self mind, instructs the self that sits in the background. It uses the thoughts of the past and the future and brings them into the present moment and uses your personality, your body, your mind, your history, the words that you have learned to spell, to write, to speak. It uses your hands and your computer to express the mind of God. And it is as simple as this. Surrendering into this moment. Quieting the mind until it becomes quiet and present.

And so you practice becoming, being present. In the morning, in the afternoon, at night, you ask, "Where is Paul?"

Being present at first seems difficult, it seems that you are spaced out. That you may even be tired, run down. But being present is a natural state as this tree outside your window is present. It has no future. And so the moments connect. One moment, two moments, three moments, four moments, five moments, six moments, seven moments, eight moments, nine moments, ten moments...your mind can wander into some fantasy. Simply bring it back. That fantasy can become part of your creativity or your story. Bring your thoughts into this present moment. And see if there can be worry or fear or loneliness.

So who and what is speaking? Is this the voice of God pushing air from Paul's lungs over his vocal cords to his mouth? What is directing this movement? You might say that this moment, this moment, this moment is directing the movement.

The power of now or we would say the reality of now contains all things, all thoughts. The now is like the stillness. This moment, this stillness contains all that God is. It moves you but it is not movement. It moves your lungs and your air and your mouth but it is not the movement of the air, the vibration of the vocal cords or the movement of the lips. But the now contains God. God is the stillness. God is this moment. You are this moment. Creation is movement. God's presence gives movement to that which He created. God's desire to see Himself, to know Himself, God's emotion, His will created a great sound, a great movement. Which is what you are. It is what the sun is and the stars are. It is held in space, it is light, it is fire. It is a vibration. The present moment contains all that God is. If you wish to know God and yourself, you must enter this present moment, this stillness. You must become the stillness. You must become the moment. For it is the power that moves you, that gives life to creation. That gives life to your body. It seems unreasonable and even difficult to understand but it is not. The present moment is the essence of God. You cannot have a past or a projected future without something in the middle and that is this now moment. The past has no meaning if there is not a present moment. The future has no meaning or reference unless there is a now, a middle line, let's say, a point, a dot in the middle. You can reason this out. Without a reference, there is no reality. The earth is related to the sun through its revolutions around the sun and its distance to the sun. It relates to the moon, to the other planets. If there were nothing but the earth and no stars, no light, nothing, the earth would have no

reference to anything around it for there would be nothing around it. The earth would not know what and who it is. It cannot see itself.

God needs references in order to see Himself. God needs movement in order to know Himself. God stands at this middle center point, the stillness, the now. And everything moves around God. You might say He is orchestra leader. He waves his hands and there is sound, movement. He desires, He wishes, He wants, and there is sound and movement. He cannot be other than at the center. He must be still in order to know and to be. He must be the point of reference. He must be in a place that He can witness, that He can see, that He can know. And that can only be at the center, within the stillness, within this now. The power of now, the power of stillness, the power of no-thing-ness, is synonymous with the power of God. God is central, is the middle point, is the point of reference around which movement and life evolves, revolves.

If you have an orchestra, the conductor stands at center stage and everyone in the orchestra is facing the conductor. The conductor waves a wand or a stick, taps it on the podium, and begins the concert. The conductor does not go to the back of the orchestra or to the side of the orchestra or way back into the audience for he would not be effective, would not be seen or heard. The conductor stands where he can be seen and heard and felt. And thus he conducts his creation.

All things created express the love of God. All things created have the gifts and the likeness of the father God. And so Paul, for you to be creative, for you to be the conductor of your life, you must stand in the center. You must be still. You must raise your arms at the podium. You stand, you tap the podium with your stick, baton, and you conduct your life. You are after the variety of sounds – the bass drums, the horns, the brass.

But God stands in the center of you. If you were to wander off to be your own conductor, you would be guessing at the music. You would be hoping that God liked it or that you liked it or that the audience liked it. You'd be worried, would you not, that it wasn't quite right. But when you stand in the stillness within your own life, and when you are moved by God in this moment, there are no thoughts of right or wrong. There's no worry. There's no future. There is simply the beauty of God moving through you. There are no mistakes. There may be challenges, there may be experiments. You may even seem to fail or to hit the wrong note. But if you are within the stillness, within this movement of God, you are doing the expression of God. You are enjoying the creation. You are witnessing the creation as you are doing with these channelings and writings. Do you see? You could paint a painting as God moves through you and you would enjoy the beauty of the painting. Your mind might judge it good or bad or naïve or immature or not the right color. But there is a part of you that's connected to God through this moment, this now, that knows that this is the right painting. It's the right color, it's the right form. And you witness it through your touch and your



smell, your eyes, hearing. You become the eyes and the touch of God. And within that surrender, surrender, you feel the joy of God.

And so your life is really not happening as your personality, your small mind, your pretend mind moves you from room to room, moves you from worry to worry. It is like you have pushed this pause button on this recorder. Nothing is happening, nothing is being recorded. As you do your life, you are on hold. You are in the future, or in the past. You are guessing how to do your life. You are not sure, confused. But within the moment, the power of now, lies the power of God, the power of decision-making, the power of expression.

You can sit here for hours being within this moment. Learning about the power and the wisdom of God, the harmony of God, the knowledge of God. And your personality mind will say that you're wasting your time. What have you really accomplished? What have you done all day? You can feed yourself, you can watch a movie, take a swim, earn a living, clean the house, organize your bills and still be, still be present. But it is not your decision when to eat, when to sleep, when to pay the bills, when to go to work, how two respond to your neighbor. These are not decisions for your small mind. The personality can be used to facilitate your life. But the smallness of your mind does not know how to do your life. It does not know when to go to sleep, when to eat, when to take a walk. All living things are held by God in this stillness, in this present moment, in this power of now. As you are at this moment.

When you enter the small mind, this personality mind, this ego, and you allow it to be the conductor, it must conduct from outside the stillness. It must conduct by imagining the future or remembering the past. For if it enters this moment, this present moment, it has no power. It has no authority. It has no way to express itself.

Do you see this? Do you feel this? Where is the power of your worried mind? Where is the power of your fears? Can you find them at this moment? Where is the loneliness, concerns? The power of now, the power of the stillness overwhelms that which is not real, that which is not of God, that which is not of harmony, that which is not of love. Even though the craziness of your mind seems extremely powerful and consuming, it is not. It has very little power. It must borrow parts of the mind. It must borrow the body. It must borrow this air that surrounds you to breathe, to make a sound. It must go into the past, it must go into the future in order to function, in order to move. As you become more and more present, as you practice this present state power, it becomes more and more familiar, easier to put on, easier to be around. And you choose this to be more and more the conductor of your life, the stillness.

And so it is on this beautiful day. This moment, now.

The Power of Now

## The Power of the Stillness

All that God is is contained in this now moment, this present moment. God is not in the future or the past. God is now. Our connection with God is now. And how we access God is now. God moves me through His stillness and I receive God through my stillness and I do conduct my life through my stillness. There is no other mind other than the mind of God. There is no other way of being except through the way of the stillness. There's no movement, instructions, knowledge, understanding except through the stillness, through this present moment.