

09-02-12a PH Chan **The Movement Of Life**

Copyright © 2012 by Paul R. Huffman, Sedona, Arizona

The following text was transcribed from Paul Ray Huffman's digital voice recording, September 2, 2012, approximately 1:45 PM, Sedona, Arizona, on a partly cloudy day, with the rains coming this afternoon.

Summary: The fear of change or movement is unrealistic for it is not the reality of God's expression of Him Self. The Stillness is God's unchangeable and permanent Being.

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, and a world that needs nothing to be whom and what it is.

And here you sit once again, wanting to know who and what you are, wanting to perceive the reality of God, as opposed to the reality of Paul (self).

The presence of God surrounds you. The presence of God surrounds you, now. There is nothing that you must do to feel and be the presence of God. God is experiencing you, now. God is observing you, now. You speak these words as God speaks these words. You open your mind as God opens His Mind. You cannot be aware of your self unless God is aware of Him Self. You cannot pretend to have a separate life, other than God's Life, without the presence of God. You can have a pretend fantasy life. It is within the law of nature. It is within the law of Mind and Life. You can do and think and be that of the small self. Nothing can prevent you from wandering off into fantasy, into a pretend self-life. Nothing can prevent you from thinking about the future or the past. You are free

to be that which you desire to be. You may call this free will, free choice, but it is the nature of Mind. It is the nature of existence. It is the nature of the interior substance of God. God is without resistance unto Him Self. God is nonjudgmental unto Him Self. God gives all that He is unto Him Self in order to see Him Self. There are absolutely no restrictions to your being, to That Which you are, for you are That Which God Is. You cannot be different than God. You cannot be different from That Which you are. The laws of God, or you might say the nature and characteristics of God are the nature and characteristics of what you are. If you say to yourself, "I am limited in this particular reality, in this particular world, and that I am different from God, and that I do not have the power of God, nor the gifts of God," (it) is not true. (11:21)

God is [not] without limitations unto Him Self. God is unlimited unto Him Self. God has not created Him Self. God is What He Is and God desires to see That Which He Is. God does not create limitations for Him Self. God is in discovery of Him Self. You are not in limitation of your self, Paul. You are in discovery of your self. The self of Paul is the Self of God. The self of this tree outside your window is the Self of God. The self of this brass bowl that sits in front of you is the Self of God. All things that you can see and perceive are the Self of God. No thing is limited even within its own form, for all is Mind. What you perceive as permanent and solid is only the observation of God seeing Him Self. (15:19) If you look upon your television, your flat screen TV in your living room, the images flash before you and move very quickly. If you were to sit in front of your television and the picture did not change, the sound did not change, and

there was no movement, or the appearance of movement on the screen in front of you, you would not sit in front of this TV for more than a few seconds. A frozen picture upon the screen would have no interest for you after a few moments.

There would be no movement, no sound, no action, and the life within this screen would be frozen.

You move and you change Paul. If you feel that you are limited at this moment, in the next moment you may not be limited. You may say, "I am an old man and I live upon this earth, within this house, and I am limited in my movement, in my activities. I am limited in how much money I have, or how many cars that I have, or how many friends that I have." But in the next moment you can be without this body and without this world, and the picture of whom you are as changed radically. When you open your eyes within this next moment, you are of a different form, and you are seeing or observing a different world. The limitations that you experienced a few moments ago has radically changed into a new reality, a new set of circumstances, a new form, (and) a New World.

You perceive your life as solid and unchanging, but your life is but (only) a moment in time, but a moment in time. When you take the next in-breath you may not take the next out-breath. You may be thinking or imagining something within your mind, and all of a sudden your mind changes into a different reality, even a different mind. What you perceive as real and solid may not be real and solid. What you perceive as consistent and ongoing may not be consistent and ongoing.

Who you are Paul is the vastness of God without limitation, as you understand limitation. God seeks to see and to know Him Self, and thus He shines a light from the interior of Him Self, and that light is projected out into a world of images, and sound, and movement. All that you are moves with this light. All that you see and (all) that you think you are moves with this light, which is the interior substance of God. You wish for some to stability, some understanding, some permanence, but within this world of images, there is only movement and change. There is only the beauty of God, the love of God displayed in movement and life and light. Only within this interior Substance of God is there peace and consistency, and what you might call stability, for God is held Still.

God is in love with Him Self, and knows the love of Him Self within Him Self. But God desires to see Him Self. God desires to see the love that He is. And the love that He is and the projection of Him Self outward is vast and beautiful, and it moves with grace and beauty. It changes with grace and beauty. It is not dull and static, but alive. This image is Life, Paul. And within the mind of Paul, it is unknowable. Within the experience of Paul, it is unknowable. For Paul to have a glimpse of God's world, he must let go of what he thinks God's world is. He must let go of his own particular perception of reality. In order for Paul to find security, stability, and happiness and joy and love, he must surrender all that he is, all his beliefs and perceptions unto the Mind of God, the Presence of God. Only by becoming the observer, or the presence of God, only by becoming God's desire

to see and know Him Self, can you glimpse the beauty and vastness of Life.

(32:41)

If God cannot define who He is, (and) what He is, how can you define who and what you are? If God desires to see and know Him Self and that process is occurring each moment, each moment, now, you must become God's desire to see and know Him Self. You must allow your self to become that which you are.

If you are pretending to be other than God's desire to see Him Self, if you are pretending to be separate from God, you will suffer and you will feel the impermanence of being. You will feel temporary, impermanent, and you will feel the fear of not knowing who you are. You will feel the death of form. You will feel form changing before you, and you will grasp at form, and you will beg form not to change. You will wish for the world to stay the same, just for a few moments. You will wish for the picture on your TV screen not to move. You will want the picture to stay frozen, so you might have a few moments of security, a few moments of feeling okay about your self, a few moments of feeling okay about the world, or your neighbor. (37:56)

The fear of change is unrealistic in the sense that it is not the reality of God (of God's expression). If your earth stopped revolving around the sun, all life on your planet would soon die. If your sun stops producing light and heat and radiation, all life upon your planet would soon die. If you held onto your breath and refused to let the in-breath out, you would soon die. If God had no interest or desire to see the love that He is, all [of] form and life and awareness would soon die.

Only the power of love and forever-ness exist in what you might perceive as permanence, as solid. God is That He Is. You are That You are, Paul. God says, "I am that I am." That is all that is real. The only thing real about you Paul is that you are this Self of God, and that you seek to see your Self, and in that seeking to see who and what you are, is what you would call Forever, for there is no end to this Seeing, there is no end to the Knowing.

The movie of life never ends, and you are never not an actor upon this stage of life. You are never not present. You never die upon the stage of life and then, never return to the stage. You act through the Will of God, all the parts. You are the actor and you are the actors within God's play. You are the image of God mirroring That Which God Is. The Self of God only becomes a 'self' within His own play, within His own play of life. God's desire to see Him Self, brings forward the 'Self' of God, which is the image of God, which is the life of God, which is the movement of God, which is the love of God demonstrated in this world, and within all of God's Reality. (46:45)

Does God have a 'self' within His Stillness? That is unknown, is it not, because it (the Stillness) is unexpressed? The Stillness of God implies stillness. The Stillness of God implies That Which Is without definition, without expression, without desire, without wanting to know, without being seen. The Stillness of God is God's forever love of Himself. The Stillness of God is God's unchangeable and permanent being. The Stillness of God is indescribable, unknowable, because it is the Stillness of God. That which is unexpressed, just is. That which is unexpressed does not move, (and) does not change. It is solid and it is forever.

And That is what you are Paul. That is what you seek. You seek the solid core of your being. You seek this love of your being, this solid love core of your being, and it is what you are Paul. You have never been any thing other than the solid core of God. You have never been other than indefinable and unknowable.

(51:19)

And so, you desire to express, and so you desire to express, for why would you not desire to express the love that you are? Why would you not want to show your self the love that you are? Return unto your Stillness, Paul, to relax the fear of not knowing who you are. Return unto the forever-ness (eternity) of the love that you are and the being that you are, and the unknowable being that you are. And find comfort and shelter and sureness within this Heart of God, within this Heart of Paul. And once you feel anchored in this reality of Stillness, move your form about, move your mind, move your imagination, and look around the room and discover this impermanent reality. Discover this image of your self. Discover the stars at night and the large full moon as it arises from the east. Discover colors of sunset. Discover the blueness of the ocean and the green trees of your forest. Discover the smiles and the love of your neighbor. Discover the smells after a refreshing rain. Discover beauty of your world Paul, and sing a song to God. Described to Go, in your own voice, the beauty and the love that He is. And God will speak through you, and He will express the love that He sees within you, and the beauty that He sees within you, for you are the Self of God, this moment.

(58:35)

You are pretending to be outside of God, yet you know that you are the Stillness of God, the Forever-ness of God. So, why not be within life now? Why not take a chance and discover life as it is? Discover the impermanence of life, the changes of life, (and) the beauty of life. And breathe life in and breathe life out, until there is no more breath,until there is no more breath. (60:14)

And a tear will come from your eye (and) it will roll down your cheek, and God will kiss you upon the forehead. He will bless you for your embrace of His life, for your speaking His words, for your seeing His world. For life moves and changes in a grand dance, and a grand symphony of color and sound. And now it is over. And now it is complete. And now life ends with a simple tear, a final breath, and with the embrace of God, as He thanks you for His life, as He thanks you for His expression, as He thanks you for being who He is on this earth, now, now. (63:35)

And so it is Paul, on this day of sunshine and white clouds, on this day of time and change and impermanence. End. Bell.

Title: The movement of life. The movement and expression of life. The impermanence of life. The forever movement of life.