

09-16-12a **The Only Life (And Self)**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, September 16, 2012, at approximately 4 PM, Sedona, Arizona, on a wonderful 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 of great beauty, a world of great harmony, (and) a world that needs nothing to be whom and what is.

And here you sit once again, wanting to know who and what you are, wanting answers to life's problems, (and) wanting answers to life's obstacles. And your mind-self takes you on a journey and creates a life for its self, promising you answers, and yet no answers are forthcoming. You try to deal with your mind and you cannot deal with your mind. You try to bargain with your mind, reason with your mind, and the mind continues to have its own life, its own will, its own understandings of life, and its own perceptions of life.

The mind is not to be dealt with or bargained with, or compromised with, for the mind is just what it is, an (a non-entity) entity that thinks that it is you. And your consciousness, (or) awareness, for the most part, thinks also that this entity-mind is what and who you are, and it is not. You are aware of the difference between the Mind of God and the mind of Paul, and yet you seem powerless to act and adopt the Mind of God. You seem powerless in the face of this non-entity, this non-self, (and) this non-life. (07:01) There will always be a world of

problems. There will always be a world of obstacles, and threats, and change, and death.

Everything that you encounter in your life is a challenge to wake up. Your life Paul is not about doing anything. Your life Paul, is not about accomplishing anything, or gathering anything, or being something, or somebody. Your life is the Life of God, and you are That Which you are. You cannot become greater than you are, or less than you are. You cannot improve upon What You Are, or again, become less than What You Are. God experiences Him Self through you. He experiences life. He does not accomplish life. He does not improve upon His life. He does not make His life better, nor does God make the world better. God does not go home after a hard day's work, and relax in front of the television. God is being who He is each moment. God does not have a concept of better or worse. God does not have a concept of more knowledge or less knowledge. God desires to see the love that He is. God does not try to be the love that He is, for He already is the love that He is. He observes Him Self and through His observation(s), He becomes Him Self, (and) He experiences Him Self. He observes what He already is. He does not try to create Him Self, nor does He try to create a different situation within His life. He is observing That Which He Is, and That Which He Is already exist. He cannot improve upon Him Self, for improvement would imply change, or that something, Him Self, would need to change. God does not try to improve upon you. (13:00) God does not say to you, "Paul, you must improve, you must change, you must be a better person, you must be kinder or more loving. You must be smarter and you must have more

money.” God sees whom He is through you without change, without the desire to change, (and) without the wanting to change. How can you be other than That Which you are? How can God be other than that which He is? How can the world be other than That Which it is? How can the stars be other than That Which they are? How can the universe but other than That Which it is? (14:32)

Do you gaze up at the stars at night and plan to rearrange them in a better order? Do you gaze up at the stars at night and dislike the pattern that you see? Is not such a thought absurd? Is not such a thought insane? And yet you wish to improve upon your self and rearrange your self and make your self better all the time. In fact, you want to improve upon your neighbor even more desperately than you wish to improve upon your self. You wish to improve upon your society. You wish to improve upon your environment. There is nothing to improve. There is nothing to change.

God's Life moves along as it moves along. The stream of life is indeed the stream of life. The stream of life has nothing to do with what your self thinks the stream of life is. The stream of life has nothing to do with your judgments or your opinions of the stream of life, just as your life has nothing to do with your personal opinions of your self. Your life is the life of God, period. Your life is not your choice, nor is it your opinion. Your life moves along as God moves along within His own stream of life. You are the observer of life as God is the observer of life. As God observes life and experiences life, so too, do you observe and experience life. Your life has nothing to do with what you think your life is. If you try to rearrange your breath every few moments, you would soon become

exhausted and most likely die. If you try to arrange the rhythm of your heartbeat, your body would go into chaos and you would soon die. If you try to arrange your life Paul, you will suffer and you will suffer, and you will soon die from exhaustion, from tension, (and) from disease. And if your mind small-self has the opportunity, it will encounter another body or form, and it will repeat this pattern, the pattern of suffering, the pattern of work, the pattern of exhaustion, (and) the pattern of insanity. (22:00)

All this information is given to you, and there is a part of you that absorbs this information, and accepts with this information, but still classifies this information as the improvement of Paul, the rearrangement of Paul, (and) the betterment of Paul. There is nothing that Paul needs to do except surrender unto That Which he is. There is nothing that Paul needs to do except to observe the insanity of his thoughts and mind, to observe the insanity of the thoughts of the world and even the actions of the world, but that observation does not translate into action. That observation does not translate into judgment. That observation does not translate into doing, or becoming, or self-improvement, or in any way rearranging the world, or rearranging your neighbor. (23:57)

Look at the difficulties that you have had of late. What to do with this shared well? What to do with your neighbors? What will your neighbors think about you? What will your neighbors do to you? What will you do to your neighbors? How can you improve upon the situation? How can you rearrange the situation? There is absolutely nothing to improve upon, and there is absolutely nothing for you to do Paul. If you are sued and all your money is removed from you, observe what

that feels like, (and) experience what that feels like. If you are moved by God to experience the installation of a shared well, observe how that feels. What are your experiences? Observe your mind. What is it doing? Is it trying to improve the well? Is it trying to make more water come out of the well? What are your experiences? What are you observing? What is your mind doing now? What is your body doing now? Do you feel the love of God? Do you feel the presence of God, or do you feel the presence of your insane mind? Do you feel the presence of suffering? Do you feel your mind wandering off into judgment and fear? What is your mind doing? What are you experiencing?

There is only the love of God. There is only the movement of God. Do not accept your mind Paul, unless it is held within the Mind of God. Do not accept your body unless it is held within the body of God. The body of God is all of nature. The body of God is all of this world and all of this universe, and the space between the stars. The body of God is forever and your body Paul, is forever. The Mind of God is forever and your mind, held within God, is forever.

If your body or your mind is held independently away from God, you will suffer and you will suffer, and your life is a non-life. It is a life without existence. It is a life without observation. It is a life without the experience of That Which God is. Is it a wasted life? It is wasted only because you have missed the opportunity to experience a real life, the true Life of God. God is experiencing you now. God is experiencing Him self now through you. If you elect not to join him, it does not mean that God is not in observation and in experience of Him Self through you, now. If you are unaware of God's presence within you, it does not mean that God

is not present within you now. You are simply choosing to blind your self from the experience and the observation of God. (32:20)

Your pain and suffering is indeed your choice. Your pain and suffering has nothing to do with the Reality of God. Your pain and suffering is self-inflicted and self-inflicted and self-inflicted, and self-judged. And how do you overcome the insanity of your thoughts and mind and worry, and ideas of betterment and improvement? You sit and you practice observation, nonresistance, non-judgment, allowing the presence of God, surrendering to the presence of God, (and) asking God to come forward so that you might see the Presence of God. And there will be moments of you experiencing God as He experiences Him Self.

There will be moments where there is no difference between the Self of God and the Self of Paul. You have not improved upon your self; you have simply become That Which you are. You have not become better at meditation, or better at mindfulness, you have simply lifted the veils of misperception, misunderstanding and mis-mindfulness. We can certainly tell you, inform you, (and) instruct you to relax. We can tell you that relaxation and non-fear is the best path for your life, but since you believe your mind, it thinks that it must do something; it must be something, it must act, it must perform, it must make changes, it must write letters, it must please other people, it must please its self, it must accomplish itself, it must change itself, and it certainly must improve upon itself. (37:08)

Your mind takes you on a ride, Paul. Notice what your mind is doing. Where is this ride taking you? What are your experiences as you are being taken for ride? Does it feel stressful? Does it feel loving? Does it feel dangerous? Does it

feel exciting? What is your experience of this ride that your mind is taking you on? Do you need to take action because your mind tells you to take action? Do you need to do what your mind says, or can you just observe what the mind is proposing, or what the mind is thinking, or what the mind wants you to do? Again, what is your experience of your mind?

You are speaking these words now, are you not? Where they coming from? Whose thoughts are these? Whose words are these? Certainly, the small mind of Paul is not speaking these words, for it does not have the capacity to know these words, or to speak these words. These words are not of fear. These words are not of misinformation. These words are not meant to control or improve upon Paul. These words are from the Mind of God. These words are from Who We Are, which is Who You Are. These words are from the Self of God, which is the Self of Paul. The Self of Paul is the Self of Paul. The Self of Paul is not an improved version, or a higher level of Paul. The Self of Paul exists now, within the Self of God. The Mind of Paul exists within the Mind of God, and thus these words, and thus this knowledge. (45:45)

There is nothing miraculous about you Paul, speaking through the Mind of God, for it is your Mind. There is nothing miraculous about this information, for the information is the observation and the experience of God. God cannot be better than That Which He is. You cannot be better than That Which you are Paul. Paul is just a name for a body-entity. Paul can be mis-identified. Paul can be associated with a body, but the Self of Paul, the true Self of Paul, is the true Self of God. (44:23)

A flower is just a flower. When you look upon a flower, you do not expect it to automatically have a twin next to it. What you see is a flower. You might observe its shadow, but that is not the flower. You might observe some grass next to the flower, but that is not the flower. The Mind of Paul is the Mind of God. There is no other Mind. The Self of Paul is the Self of God. There is no other Self. The Self of your neighbor is the Self of God. He or she may be pretending to have a shadow self, but that is only pretending. It is not real. It does not exist within the reality of God. You can pretend to have a life Paul, but it is what it is, a pretend life, a nonexistent life, (and) a fantasy life. You can pretend to have a mind and a personality and a self, but it is what it is. It is a pretend life, a pretend self, and a pretend mind. Do not expect it to act with the grace and the love and the sanity of God, for how can it? It is but a shadow. It is but something other than God. You say, "My mind is driving me crazy," and so it is, because it is crazy. "My life is driving me crazy. It is stressful. It is fearful." And so it is. Your life is crazy and stressful and fearful. Your real Life is sane and peaceful and loving. Your real Mind is sane and peaceful and loving. And as you practice and practice, and choose the reality of God and the reality of your Self, you choose more and more the reality of God and the reality of your Self. (49:23)

Your path is the path of God. There is no other path. Your life is the life of God. There is no other Life. Your mind is the Mind of God. There is no other Mind.

And so it is on this beautiful day, a day of forever-ness, a day held by God, a day of relaxation and joy. And so, God is held by you and you are held by God.

And so, the Self of God and the Self of Paul are joined. The Mind of God and the Mind of Paul are joined. The observation and the experience of God are joined with the observation and the experience of Paul.

And so it is today, with clarity. And so it is today, with peace and love.

End. Bell.