

10-07-12 PH Chan **Practicing God's Life**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, October 7, 2012, approximately 1 PM, Sedona, Arizona, on a warm beautiful fall day.

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 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 some answers to life's questions, wanting some peace and even happiness. You desire to end your life in comfort and even prosperity. You desire to have friends, and good spiritual conversations. You desire the enjoyment of life without the suffering of life, (and) without the pain of life.

Life just is Paul. It is birth, doing, becoming, and then death. There is no guarantee that life will be as you think it [shall be, or] should be. Your life is the life of God, and that can be a difficult life, or challenging life, or a life of recognition and enlightenment. If you surrender unto God, your life becomes the life of God, and God moves you as He moves Him Self, as He moves the planets around your sun, (and) as He spins your particular galaxy. God's life is His life and it has nothing to do with the smallness of your mind. Your pretend life is indeed a pretend life, and it has nothing to do with the life of God. (07:06)

What you desire Paul is not necessarily the desire of God. Your fears are not the fears of God. Your concerns are not the concerns of God. If God moves

you in a certain direction, then you obey that movement. You may have questions and you may have fear, but you obey the movement and the Mind of God.

Your small mind knows not who you are, and it certainly knows not your direction, nor does it know the outcome of your life, or (nor) can it see into the future and predict your next life, or the next life. You are within the rhythm of God's life, and God desires to see Him Self. God does not create His life, for His life already exists. God is simply seeing that which He is. God did not create you Paul, for you already exist. God did not create this world, for it already exists within this moment. (09:51)

God observes what He is, and God is in love with That Which He Is. God does not manipulate your life. God is His own life. God is the movement of life. (No matter what you think) You flow with the life of God. God does not manipulate His life. God observes His life and then experiences His life. God (also, Paul) becomes that which He observes and experiences. There is no such thing as control, or manipulation. There is only the desire of God to see Him Self. That is all. God projects the light of the Interior Substance of Him Self outward, in order to see the beauty that He is. God becomes the image (Paul image) of Him Self through the observation of Him Self, through the desire to experience That Which He Is. (12:15)

You desire to control your life. You desire to meet this person or that person, and you desire to have this conversation or that conversation. You desire happiness and abundance, but your life already exists. It already is What It Is.

You do not make your self, Paul. You observe your self through God. Happiness is knowing the difference between control and manipulation, and allowing life to be what it is. If you do not resist or judge life, you begin to observe what life is. It is in the observation of life that you find the happiness and peace and joy of life. It is within allowing life to be, that you discover happiness and joy and peace of life. Allowing life to flow and allowing yourself to be within this flow, allowing your self to be the love and the beauty of God, is true happiness Paul, true peace of Mind and true peace of life. (15:50)

At one moment you are full of life and energy, and the next moment you can barely walk across the room, and your breathing is labored and shallow. There is absolutely no difference between these moments Paul. You might judge them to be different, or one moment to be happy, and the other moment to be painful or suffering, but it is not. It is all becoming what life is. It is all allowing life to be what it is. If you desire peace and contentment, you must allow life to be what it is. If your pretend mind, the self of Paul, desires to have its own life, and desires to manipulate its own life and the lives of others, and if you identify with this life, you, as the small self of Paul, will indeed suffer. If you identify with the life of God and the Mind of God, you will constantly be in discovery of who you are, and that discovery is joyful, it is wonderful, and it is indeed the pleasure of God, the love of God. (20:00)

Life can be described in thousands of words, and a thousand ways. It can be a picture upon a wall. It can be a poem or an essay. It can be the way you look at another person. It can be a song or a dance. It can be an idea, a concept,

a belief, and it can be words upon a piece of paper. The beauty of God is everywhere. The beauty of who you are is now, Paul, now. The beauty of life is now. The description of life is now. The beauty of life is now. The beauty of life is not tomorrow, or the next day. The beauty of life is not what you are going to tonight, or even the happiness that you anticipate tonight. The beauty of life is being present at this moment, for it allows God to be present with you at this moment. (24:30)

Without your attention and presence this moment, you cannot connect with God's attention and presence this moment. And so your opportunity to connect and be with God will have been missed, and there shall pass another moment without life, without happiness, and without discovery of who you are. And so a mind that fantasizes about the future, or even that has fear about the future, is a mind that does not exist within the Mind of God, but it is a mind that is pretending to have its own life, its own existence, its own will, its own desires, and it is pretending to have some future happiness. (27:10)

How does one perceive, or follow, or understand, the flow of God, and the flow of life? How does this body and consciousness, awareness, fully become part of the flow of life, or this river of life? How does one integrate one self into What Is? (28:30)

You are already part of this river of life. You are already the life of God. You may not realize that you are flowing with life, or that you are the consciousness and the observation of God. Your lack of realization does not mean that God's life is not happening at this moment. Your being asleep does not mean that God is

asleep. It does not mean that nothing is happening. Your unconsciousness does not mean that there is not a conscious presence here and now. Your lack of movement, or your perception of lack of movement, does not mean that life is not moving within the flow of God's life. God's life is happening now, and your job and practice is to become aware of that fact, that reality. If you are once removed from the reality of God, it does not mean that the reality of God does not exist in time and movement, at this moment. As you practice God's reality you become God's reality. As you do not resist or judge your mind, your mind does not persist, and it begins to fade. If you do not resist or judge your pretend reality, it will dissipate for its lack of importance, (for) its lack of attention. And your time, and energy, and focus, and attention, will begin to shift into this present moment, and it will begin to shift into and become this present moment. (34:08)

The practice is very simple in concept is it not, but it can be indeed, difficult to practice? It takes your desire to be at peace, your desire to glimpse the love of God, (and) your desire to see life as it is. And through your desire to see life as it is, you will begin to discover and describe life as it is, for the beauty of God's world and reality, can be described, can be imaged, (and it) can be expressed. (36:34)

Just as you are an image of God, so to can you produce another image of God. God desires to see Him Self and thus He must project Him Self outward from the Stillness of His reality. And thus as you become a part of God's Stillness, you to can project, project, God's Stillness onto paper, into words, into some form of art and description. As you begin to describe God to Him Self, you

become the Self of God. As you enter into God's moment now, as you enter into God Stillness now, you bring forth the image and the description of God. And as you see your Self, you see God. As you experience your Self, you experience God. As God experiences and sees Him Self through you, He experiences Him Self.

There is only one Self Paul. There is only one Experience of Life, and it moves from the Interior Source of God, and it shines as a great vast light for God to behold and to become. As you become the Center and the Stillness of God, you return to your Source, and you return to That Which You Are, and the separation of the self of Paul is no more, for it now has become the Self of God. You no longer experience separation from God, for you now have become the experience of God, as He experiences Him Self.

It is the in-breath and then the out-breath life. It is into the Stillness of God and then outward into the Creation of life; and so, life moves and so life is held still; and so, into the unexpressed Substance of God and out into the expression of Life, the description of Life.

And so it is Paul, on this beautiful day. And so it is, a day of Life, a day of breathing in and out, a day of Stillness, and now, a day of movement.

And so it is. End. Bell.