

10-22-11a PH Chan Copyright © 2011 by Paul R. Huffman

Beauty (The Beauty Of Life)

Summary: Everyone and everything expresses the beauty of God in their own unique way. Beauty affects you and inspires you and it is of God. Each breath is a recognition of beauty. Beauty is the opening of the heart to love. Beauty is God seeing that which He created seeing Him. Beauty is loving and knowing the beauty that you are. The beauty of God's life is expressed within this world and all of creation.

It is October 22, 2011. It is approximately 9:30 AM, Sedona Arizona, and Paul Huffman speaking, on a beautiful fall day, with no wind, blue skies, and no clouds. It is a beautiful day today. Bell

Is it not a beautiful day today, Paul? The sun is shining, the birds are singing, and all is well in your world, a world of great beauty, a world of great harmony and peace.

And here you sit once again, open and waiting, for that which you are to come forward. You are waiting to hear that feeling that makes up God, that makes up this universe, and that makes up who you are. Words and feelings are your song, Paul. You sing with words, as we relate to you the feelings of God. You speak sounds, and they somehow come out as words. You feel, Paul, deeply, and that feeling is expressed in words, and these words can be your song.

Everyone, (and) everything expresses the beauty of God in their own unique way. And when they find their unique expression, it moves forth from the individual, and it shines bright upon this earth. The tree outside your window has its own particular, unique, bright expression. It seems subtle. It seems almost unnoticeable, and yet it adds to the beauty of your day. It adds to beauty of your view of the world.

The moon shines bright in the early morning. It seems almost motionless, as it is held suspended in the sky. But it has an enormous affect upon you, and how you feel about yourself, and how you feel about your world. It is not of no consequence. (It is of consequence.) The brightness of the moon in the early morning has tremendous impact upon you, and how you feel about your self, and how you feel about the world. This large body, that is suspended above your earth, [it] gives life to your earth, [it] gives beauty to your earth, [it] gives light unto the night, and it affects you deeply.

The beauty of nature, the beauty of the stars at night, and the beauty of a beautiful woman move you, Paul. This beauty inspires you, and it is of God, and it is of God. Do not discount the importance of beauty, the importance of inspiration, the importance of the sun as its shines upon your earth, or a field of wildflowers as they move softly in the breeze, or a beautiful rock formation is it glistens in the sun.

What is more important than the beauty of your earth, the beauty of your universe? What is more important than to be taken and held by beauty? Do not push beauty of aside and make it less important than it is. Do not take the

wonder of the universe and move it aside, until a later date and time. Who you are, Paul is the embrace of the stars. Who you are is the embrace of light as it shines upon you. Who you are is an eagle that flies high above [you], floating in the warm thermal air, (as it views its world) [as it seeks its prey]. Who you are is the grace of God, as He moves you about this universe. (13:55)

Each breath is indeed an inspiration. Each breath is a recognition of beauty. Each breath is an awareness that you are indeed surrounded by love, and you are indeed surrounded by love, and the sounds and sights and even the smells of love. Each moment you are reminded who you are. Each moment is the sound of God as He whispers to you the beauty of your self, the beauty of what you see (of what is before you), and the beauty of God's embrace, as you are surrounded by this unique creation, this unique aliveness. And so you breath and you breath, and you wait and you wait, and then beauty comes in the form of a bird, or a flower, or a white cloud with an unusual shape and color, or a person who bids you good morning, or the trees in the distance as they wave at you with their wind and color. (18:03)

And what is beauty, Paul? Is it not your heart opening? Is it not your eyes as they opened wide and feel the morning light? What is beauty Paul? Is not a heart that longs for peace, that longs for the touch of God? What is beauty Paul? Is it not a self held right, held strong against thoughts of self hate, against thoughts of worthlessness and despair? Is it not the early-morning moon as it bids you a good day? Is it not a body that stirs in the morning under deep warm

covers, and wonders what it is? What is beauty Paul? Is it not anticipation? Is it not desire? (22:08)

Look into the mirror and behold God as He sees Himself. Look into the mirror and embrace that which you see. Not a mind full of doubt, not a mind that does not know who or what it is, but look into the mirror, and see what God has created. See the breath of God. See the shape of God, and place your hand upon the mirror, and touch that which is you, and look deeply. Do not turn away. Look into the eyes of God and allow God to see Himself, allow God to gaze onto that which He created. And so a tear forms and moves down your cheek, for you are overwhelmed by beauty, overwhelmed by the breath of God. And God greets you this morning, with breath and gratitude, with breath and appreciation. And that which you are rises up, and moves into your heart. And your heart beats strongly, righteously, with the intention of love, for your heart knows who you are, and it grows large within you, large within you, and it beats with the song God, for God is in joy, and God is in joy, for He sees His son. He sees that which He created, seeing Him. And the recognition is complete, and beauty has been found. Beauty is now experienced by the Creator of life and that which has been created. (28:24)

Can you separate beauty and joy and appreciation and breath in this moment? Can you separate the song of life, the form of life, the sounds of life, from that which you are? The beauty and the joy and the song of life are infectious. It moves mankind in the same rhythm, as it moves the trees of your forest in a gentle wind.

And so mankind will one day look at the early-morning moon and be moved, be in gratitude, and will sing the song of love as they move about during the day, and sleep peacefully within the heart of God [at night]. And so the joy of man is upon you, the joy of life is upon you, and moves you this day. (33:02)

And so it is. And so it is as you shine bright, as you shine bright, loving who you are and loving the beauty that you are. And so it is. Bell