

10-28-12 PH Chan **The Breath Of God**

Copyright © 2012 by Paul R. Huffman, Sedona, Arizona (Revised 11-13-12)

The following text was transcribed from Paul Ray Huffman's digital voice recording, October 28, 2012, approximately 12:00 PM, noon, Sedona, Arizona, on a beautiful fall-like day with no clouds in the sky, about 75 degrees.

Summary: Practice: Breathe God (love) in and breathe God (love) out. You can learn to be present and you can focus on this present moment.

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 needing nothing, nothing, to be who and what you are you are.

You are a child of God. You are the love of God. God needs nothing to be whom and what He is. God does not need your help in any way. God does not need you to perform in any way. You are the Self of God being the Self of God, (now). God occurs in this moment, and now within this next moment.

There is nothing to fix in your world. There is nothing to do within your world. Your world is alive, and moving, and transforming, and becoming, and being. You are alive Paul, and God moves through you without any effort on your part. You are carried by God, and you are carried by God, and you are moved by God, (and) you are thought by God. Your actions are the actions of God. Your breath is the breath of God. God has no future. God has no past. You are the presence of God. You are the moment of God. You have no future. You have no past. You are alive now, this moment. You cannot claim to be alive in the past,

and you cannot claim to be alive in the future. Who you are is now, now. You cannot be at peace in the future and you certainly cannot be at peace in the past. You cannot be happy in the past for it is complete, it is done, it is over. You cannot be happy in the future, because the future has not happened. It is not there. It is not present. You cannot feel something and be something that has not happened. You can remember the past and you can revisit feelings, memories and thoughts, but those memories, and feelings, and thoughts are of the past, and they are not real this moment, now. What is real is now, Paul. What you see before you is now. What you feel before you is now. What you think before you is now. Who you are is now, this moment.

You are breathing now. Without this present breath, your life would end within a few moments, and you would lose consciousness. You would lose awareness of your body, and you would enter another realm of Now, of that particular moment, and you would shift your attention to that particular moment. You would still be within the present moment, but your awareness and your attention would change. Your experiences would change. (10:35) You would still be some thing, some entity, [again you would still be some thing,] and that some thing is unknown to you at this moment, and therefore it does not exist Now. You can only know what you know Now. You can only be (That) Which You Are Now. (11:40)

You have before you multiple realms of reality. You have this present moment, which is the true and present reality, or you can focus your attention on the past or the future. And therefore your reality is a past or a future reality, which

is also a pretend reality, a nonexistent reality, and therefore you are wasting your life. You are wasting the moments of your life, (and) even the breath and the time of your life. If you wish not to waste your time, waste your energy, waste your breath, waste your life, you must focus on this present moment. You must observe this present moment. What is happening? What are you feeling? What are you seeing? What are you thinking? What gifts are you receiving at this moment? You are receiving the gift of breath, the gift of life. You are receiving God's presence. You are receiving wisdom. You are receiving feelings and sensations. You are receiving sight and hearing and touch, and [maybe even] smells. You are receiving the presence of your body, and the presence of God, and the presence of this world that surrounds you.

What is life Paul? What is the meaning of life? What is the doing of life? What is the purpose of life? What is the direction of life? What is God? Who is God? Why are you on this earth at this moment? Are you here by chance, or is there a particular purpose that you have been placed upon this earth? (15:40)

You are here for the joy of God. You are here for God to observe and to be Him Self, now. God desires to see the love that He is. God does not desire to be something other than He is. God does not desire to be some alternative reality, or some pretend reality. Why should God try to imagine who He is and what He is, when He can be who He is, when He can be the love and beauty that He is? Why would God want to be outside of Him Self? Why would God resist that which He is? And why would you, Paul, resist that which you are?

If you resist That Which You Are, it means that you believe that who you are, is somehow bad, or dangerous, or painful, or in some ways not good, not joyful, or not loving. If you are avoiding who you are, you must have a belief that there is something wrong with who you are. If you pretend to be alive, and if you pretend to have a life, and if you pretend to have a voice and direction, and pretend to have a self, then your awareness and consciousness, and even your attention believes that there is something wrong with being Your Self. There is nothing wrong, or bad about being who you are Paul. There is nothing wrong or bad about breathing and being within this present moment. If you believe that who you are is bad or wrong, then that which believes this idea, this concept that you are bad and wrong, is false. That entity, that idea, that false aliveness, does not understand who and what it is, and it certainly is a poor substitute-pretend-self (it is a poor substitute for the Self of Who You Are). If you are focusing on this part of your mind that believes that you are bad and wrong, then this focus and this part of your mind is not well. It is distorted. It contains information that is not true. It is misguided and it certainly has no business, no business, running your life, guiding your life, or feeding you particular information. If you stop focusing and giving attention to this pretend and false self, it will begin to fade. It will not like being ignored, it will not like giving up control and power over your particular life, but in time, it will begin to fade into the background, and it will become less and less an influence within your life. If you do not focus on this pretend self, the pretend self will even pretend to suffer, and pretend to be angry, and pretend to want to have control of your life, but it cannot do so. It does not

have the power over your life. Only God has power over your life, only That Which You Are has power over your life. Who you are is indeed Who You Are, without reference to any other entity, or thing, or idea. (23:57)

Who you are is the interior substance of God. Who You Are is God expressed through You, Him Self. There is no other power or being other than the reality of God's Self. You are the Self of God expressing at this moment. You (can) repeat over and over, "I Am the Self of God expressing the desire of God this moment. I Am the Self of God expressing the desire and the will and the reality of God this moment. I Am the Self of God speaking these words, this moment. I Am the Self of God breathing the breath of this body at this moment. I am the Self of God walking within this body at this moment. I Am the Self of God observing and feeling with this body at this moment. I Am the Self of God breathing, and being, and observing, and having thoughts of love and joy and peace, now, this moment. I Am the Self of God expressing within this world, now, this moment. I Am the Self of God feeling and observing every thing, this moment. I Am the Self of God expressing the interior substance of That Which I Am, this moment. I Am the Self of God being That Which I Am, this moment. I Am the Self of God, now. I Am the Self of God seeking and being, and observing, all that I Am. I Am the Self of God being now, now, That Which I Am. I am the Self of God in joy of That Which I Am." (29:00)

Focus your attention on your breath, for that is something that occurs within the rhythm of time. It is something that you possess, and it is something that occurs every few moments, whether it is the in-breath or the out-breath. "I

breathe in and experience the presence of God. I experience That Which I Am. I breath out and I experience the presence of God, That Which I Am. I Am That Which I experience. I Am That Which I experience, and I choose to focus and to experience the presence of God, the presence of peace, (and) the presence of love. I Am my awareness, and I choose to be aware of the love that surrounds me. I Am my consciousness, and I choose to be conscious of the love and the peace that surrounds me.” (31:45)

You have no life of your own Paul. You have no breath of your own. You have no land of your own. You have no money of your own. You have no time of your own. You have no body of your own. You have no movement of your own. All that you are, all that you think you are, all that you think you possess, belongs to and unto the life of God, the presence of God, the reality of God, the being of God.

Who you are is God observing and experiencing Him Self. You are the presence of God, the Self of God, in form and movement, observing and experiencing Him Self, now. There is no other true consciousness within you. There is no other true awareness, or attention within you. You have no breath other than the breath of God. You have no other way of being other than the being of God. Your thinking that you are some thing other than the being of God is a false thought. It is a mis-belief. It is an entity that suffers. It is an entity that thinks that it is bad and wrong to be the Self of God, to be that which it is, which is the Self and the consciousness and the breath of God.

The pretend self hates its self, and it hates the world and everyone in it. It hates reality, because reality is a threat to its self. If it moves into God's reality, it will disappear and be no more. It will lose control of Paul's life. It will lose its voice. It will lose its anger. It will lose its poverty. It will lose all the information that it has acquired. It will lose its concept of its self. It will lose its identity and it will be found out. It will be revealed that it is a false god, (and) that it is a false self. (36:40)

The pretend self of Paul suffers, because suffering is all that it knows, because suffering is familiar, because suffering fits with its image of its self, with its identity of its self as bad and wrong. It suffers because it believes that it must suffer, and it must be punished. It believes that it cannot be possible to be a Self of God. It believes that it is not possible to love its neighbor, or to love its self, or to love God. It believes that the world is a struggle, and that the world is about suffering, and unhappiness, and pain, and death. (38:35)

This false entity, this false self that you believe in so strongly Paul, is not real. It has never been real. It has never been who you are, but it is compelling, it is addictive, for you have structured your thoughts and beliefs around this false identity. And it is frightening is it not, to think that this is not who you are, (that) this is not the self of Paul? It is (frightening) because you identify with its death as your death. You identify with its shame and falseness as your shame and falseness. This false entity believes in hope and change and betterment. It believes that one day it will find God and it will be loved by God and cared for by God. It does not believe in this present moment. It believes in some future event,

some future happiness. There is no hope or future for this false entity, Paul. It is simply wrong. It is simply misguided. Who you are now, Paul, is loved by God. Who you are now, is the Self of God. Who you are now, is held within the arms of God. There is no future event. There is no hoping to be better. There is no such thing as improvement.

You are That You Are, Now. "I Am That I Am, Now. I Am that which I seek." But in truth, there is no seeking, there was just being. You seek love and peace, but in fact, in reality, you are love and peace, now. There is no such thing as future love, future peace, future knowledge, or future God. God is now. Love is now. Peace is now. Knowledge is now.

God in and God out, or love in and love out. Just as you breathe, Paul, focus your attention on your breath, each moment, each breath. God in, as you breathe in, and God out, as you breathe out. That is your focus and that is who you are. You are the Self of God inward, and you are the Self of God outward.

And so it is. Not being able to stay focused, Paul, and present is also a function of the mind, the brain. As you practice focusing on the in-breath and the out-breath, the brain begins to rewire itself for its proper function. As you practice being present, the brain begins to cooperate by chemically rewiring itself.

You can learn to be present, and you can focus upon this present moment. God in, and now, God out. Love in and now love out.

And so it is on this beautiful day Paul, a day of this present moment, a day of God's Self present now, a day of speaking the words of God, and a day of hearing the words of God.

And so it is. End. Bell. God in and God out. Love in and love out.