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The Practice Of Life

Summary: It is November 7, 2011, approximately 10:30 AM, Sedona, Arizona, on a very wet snowy day.

Life is complex, yet it is simple in its beauty. You can create a picture of God with words, as you can paint a beautiful flower, or a beautiful tree. God can be described and described, over and over, with thousands of pictures, thousands of words, and those pictures will open your heart, and will open the heart of man. Your gift is listening to the words of God, and therein lays your practice, your profession, your security, and your path to God.

Is it not a beautiful day today Paul? The snow is falling and the weather is cold is it not? And yet you are warm and comfortable watching the snow from your window.

Life is a wonder. Life is magical. Life is unknown. Life is a mystery. Life is beauty. Life is breath (and) movement. (4:13)

We are here to guide you, Paul. We are here to move you throughout this day. We do our best to be with you, and you do your best to be with us. We are who you are. We are the essence of you. We are your spirit. We are that which connects you to God. We are your life force and we are forever, in the sense that we are connected to God. There is no beginning, nor is there an end to God. And since God sees Himself through you, through that which you are, as He sees Himself through all of creation, you exist forever. (7:55) Your form changes, Paul,

for it must go back into the earth and be reborn. Just as every breath is a new breath, you release your breath, and then you draw in a new breath. You were born upon this earth, and you have an experience upon this earth. You think that you exist, and then you think of your self as not existing. Your mind's experience of this life is different than even our experience of your life. We see, always, the beauty of your life, as God experiences the beauty of your life. You may flounder and suffer during your life, but we do not and God does not suffer, for life just is. (11:31)

When you gather the flowers in a field, and pull the flowers' stems from its (their) roots, and place them in water when you return home, the flowers give you happiness and beauty, for your home. The flowers serve you, and so you serve God with your beauty, with your thoughts of love, with your kindness, with your compassion. (13:07)

God (may) takes you early in life, or God may take you later in life, but God takes you, Paul, and holds you. And you return to God over and over. He grows you from the soil and you appear, [and] He admires you, He loves you, and He sees Him Self in your beauty. If you sing His song, He hears Him Self. If you do His movement and harmony, He sees Him Self, and who He is.

And so you live upon this earth and within this soil, over and over. And each self, each life, becomes more and more in the likeness of God. The son becomes more and more like the Father. And all of mankind eventually moves upon this earth, with the rhythm and the sway of God. And all of mankind become like the

flowers of a field. They move with the earth and the sun, and they move with the wind, with beauty and color. (18:34)

If you wish to be happy, if you wish to be deeply content and satisfied, if you wish to be who you are, and thus who we are, give up all thoughts of suffering, give up all thoughts of struggle, and surrender unto our arms, Paul, our essence, and we therefore, carry you into the arms of God. Surrender your self unto God, and look to us as your essence and who you are. Look to us as a team of support and guidance. (22:45)

We serve God 100%. We have achieved what you think that you must achieve. We have achieved union with God. We have achieved a full surrender unto the desire, and desires, of God. We know that the love of God is the only way and possibility. We explore the universe and creation as God moves us, and as God desires, and you are within us, Paul. You move with us. You are who we are. (24:22)

And life frightens you and thus you move about on your own, and feel frightened, and you feel the shadow of suffering, (caused by) the displacement of mind. You have taken the gift of mind and you have twisted it, so that it can experience suffering, and experience the pain of your world, and experience the possibility of fear.

God is beauty and joy, and therefore you are beauty and joy. Do your life each day, Paul. Do your life one small step at a time, and each step moves you closer to God, (each step) moves you closer to who you are. Practice mindfulness. Practice the prayers of surrender. Practice being quiet. Practice

listening. Practice channeling. Practice the writing and even the publishing. Practice the words of God. Practice our words. Practice arranging them on paper, [and] so they produce a beautiful sound and song. Listen not to suffering. Listen not to fears, or lack of. Listen as we come through you. Listen as we come through you and become you. And then all that God is, will move through you, Paul, just as all that God is, moves through every flower, every tree, every cloud, every star, every raindrop, or (and every) snowflake.

Feel and witness the presence of God. Feel and witness the presence of God, as God moves through your hands, as God moves through your voice, as God moves through your words, (and) as God sings to the world. Your mind wanders and wanders does it not, with fits and starts, and then stops in confusion. It seems to make decisions without your permission. Your mind seems to do things beyond your control, as if it had a life of its own. And it does have a pretend life of its own. [and] It thinks that it is you, Paul, the person, the body. And so it talks to itself, and it agrees that it is you. And there is a part of you that also agrees, a part of you that does not know or experience, another identity, another Self. And so we come forward as a voice, as an alternative mind, as an alternative consciousness, that is different from the Paul-personality-mind. (36:14)

And we say simplify your life, Paul. Ride upon the words that we speak. Sell your land and stay warm within this house. Do your practices. Simplify your garage and your house. Understand the words that you speak, and reached towards beauty, reach towards the essence of God, and listen to God, Paul, for

that is your gift. Listen for the words, listen for the sounds, for that is your gift. Print the words on paper. Print the words on a screen. Let them flow from you and into the hearts of man.

The world of God is simple. A flower can be beautiful and simple, and yet within the flower, its structure is complex, its systems are complex, and yet it presents to you the simple beauty that it is. God is complex and intricate, intricate without end, and complex without end, and beyond your scope of knowing. But you can paint a beautiful flower, can you not, with colors, lines, and shadow. And you have captured the beauty of that flower on paper, or you have a picture of the flower in your mind. And so God can be drawn upon the page, Paul, upon the canvas. God can be described in words and color, and lines and shading and depth, and the eye beholds beauty. The eye beholds the beauty of the flower, the beauty of the flower, the beauty of God. (42:39)

And so God stands before you, and we, as whom you are, stand before you, and we move your breath, as God moves your breath. We alter your mind and thinking, to match the beauty of God's mind, the harmony of God's mind. And so the rhythm of God is felt, the rhythm of God is seen. And so we move your hands, we move your voice, we move your body and all that you are, as you lay comfortably, securely, in the arms of that which you are, in the arms of life, the arms of living, and the arms of God. And so God embraces you, as we embrace you, as you embrace life without fear, (and) without confusion.

And as you practice life, so life surrounds you. As you practice breathing this moment, the breath of life breathes you. As you practice life, life moves you,

Paul, without effort. Life becomes the wonder that it is. Your life becomes the wonder that it is. As you practice, God moves you, and therefore He moves Himself, and therefore He witnesses and sees Himself. (47:30)

He has said, and He says, "Show me the love that I am," and you respond and you obey, for that is the practice of life, that is the doing of life, that indeed is the simplicity of life, that indeed is the surrender of life, the surrender of life, the surrender of life.

And so it is Paul, on this beautiful day, as you set your self aside, as you embrace your true Self, your true Life. And life becomes now, not tomorrow, not this afternoon, but life becomes now, as you listen, as you move and obey the word of God. And so it. Bell. End.