

11-18-12a PH Chan **God's Expression**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, November 18, 2012, approximately 2:30 PM, Sedona, Arizona, on a partly cloudy warm winter day.

Summary: There is only One Expression of God, and that expression connects all things. God must express Him Self, or demonstrate the reflection of Him Self from the Stillness, through movement or energy, in order to know and to see Him Self.

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, nothing to be who and what it is. And here you sit once again, wanting to know who and what you are, and yet you need to do nothing to be whom and what are.

You are the Self of God. You are the expression of God and the body of God, now, upon this earth. You may not exist tomorrow in your present form, but you will exist. You have always existed as the Self of God.

Your life is an adventure as God's life is an adventure. God is constantly discovering who He is, as you as a small self, as a pretend self, are discovering who you are. Every thing is in discovery of what it is. That is the nature of life. That is the nature of living. Your earth is in discovery of its Self. Your sun is in discovery of its Self. It moves within the life of God as you move within the life of God. There is only One Life Paul. There is only One Consciousness. There is

only One Voice, and One Sound, and One Body, and that is the body, and the sound and the voice and the being of God. (07:00)

Your purpose is to realize who and what you are, and that realization can only be discovered within the Stillness of God. The Stillness of God holds the key to who and what you are. It is there that you exist. It is there that you are. "I am that I am." That is the Stillness. That is the center of your Self. The presence of God is held within the Stillness of your Self, and the presence of God is held within the Stillness of God.

There is only One Stillness, and that Stillness connects all things. There is only One Expression of God, and that expression connects all things. God is the in-breath and God is the out-breath. God is within Him Self (in-breath) and He holds Him Self Still in order to know (to have a realization of Him Self ?) Him Self, and God is the out-breath, which is the (outward) expression of God. God must express Him Self in order to know and to see Him Self. (11:05)

Your computer contains a hard drive, and when your computer is off or still, there is nothing happening. The information, (or) and the heart, (or) and the knowledge of your computer is still, is it not? The information is held within the computer, but nothing is happening. When you turn your computer on, your computer lights up, it is energized, and it expresses itself on its screen that is before you. You use the mouse or the keyboard and you can find the information that is held on the hard drive. The computer expresses that which is inside of itself. You witness information and the movement of images on the screen, and you discover what is held within this computer. And if the computer is hooked up

to the Internet, you discover the movement of information around the world. (13:47) If the computer did not have a hard drive, or flash drive, or storage system of information, you could turn the computer on and there would be nothing on the screen. The screen could not tell you what was within the computer. There would be no information. There would be no expression. If God decided to withhold information, if God decided not to share who and what He is with Him Self and with you, there would be no expression of God. There would just be blankness, darkness, and there would be no movement, and there would be no expression of God.

If you, Paul, decide not to share your information, or your heart, or your mind, or that which is inside of you, there would be no expression of your self. You could not learn who and what Paul is. You could see Paul's body, (or) and Paul's shell of a body, but if Paul did not speak, or sing, or draw a picture, or write words upon a piece of paper, there would be no expression of Paul, and Paul could not see him self or know him self. (17:50)

There is no right or wrong expression. There is no good expression or bad expression. Expression, by its nature, and by its meaning is simply expressing what you feel, or (what) you think this moment, and now, you are expressing within the next moment. You may judge that your expression last year was better than your expression this year, or you may project that your expression in the future will certainly be much better than your expression at this moment, but expression has no past or future. Expression occurs within this moment. If you try to express from your past, that expression will be somehow misguided, or not

quite right. If you try to express from what you think your future will be, that expressions will be also a little off, and will certainly not be present this moment.

(20:25)

Expression can only be defined now, now. These words are being expressed within this moment, now. You may decide to rearrange these words in the future, but you are speaking these words now. Expression is the flow of energy, now. You might say expression is spontaneous. You might even say that expression is out of (your) control. You might even say that expression is not planned, (or) certainly not thought about.

A painter does not paint his painting in the future or the past. The painter does not necessarily think about his painting. The painter paints freely now, without resistance, and without judgment, and painters are often surprised by the beauty in which they paint. A painter may judge his or her painting later, in the future, but within this moment, that painting is enough. It is good enough. It reflects the feelings and moods of the person painting the painting. If you paint a painting within this present moment, with the presence of God, with the presence of your Self, your painting will always be the expression of God, for God cannot express in the future or the past. You are the means by which God expresses. You are the means by which God expresses Him Self. (25:17)

The tree outside your window expresses the beauty of God, and as you look at the tree, you know beyond any doubt that that tree is expressing beautifully, and with perfection. If you look at the mountain in the distance, you know that that mountain is expressing perfectly, beautifully. And if you look at

another being and you are present with that being, you will hear and you will see the perfection of their expression. They may be expressing insanely, or violently, but if you look within them, and you are Still within them, you will see their perfect expression, and you will witness their perfection. You will witness the perfection of what they are. You will see within them the presence of God, no matter what they appear to be doing, or expressing, or saying. You will perceive the presence of God. You will perceive the perfection of God within them. Only your resistance to them, only your judgment towards them, will blind you to who they are. (30:10)

The tree outside your window is not pretending to be some thing that it is not. And therefore, it is quite easy is it not, to see its perfection, to see its beauty, and its expression of beauty? When you look in the mirror, what do you see Paul? Do you see the perfection of God? Do you see the perfect expression of God? Do you see the beauty of this form, or do you see with the eyes of a separated being? Do you see with eyes of judgment, and resistance, and non-acceptance? Do you see with eyes of shame and fear? Do you see with eyes that remember the past, or with eyes that can see into the future? As you look into the mirror Paul, is God not speaking to you now, this moment? Is God not calling to you to open your eyes? As you look into the mirror Paul, is God not calling to you to see Him Self? Why would your self be other than the Self of God? Why would your breath be other than the breath of God? Why would your thoughts be other than the thoughts of God?

Acceptance starts with your self, Paul. Look out your window and observe the tree, and accept it as it is. Accept its beauty. Accept its expression. Accept its

aliveness. See the presence of God, now, within this tree. And now turn, and look in the mirror. See the beauty of God expressed within this image. See the beauty of God breathing. See the beauty of God, Still, with love and understanding, and non-judgment, and nonresistance, and total acceptance of what Is.

Your mind, as you gaze into this mirror, cannot be better than it is at this moment. Your body cannot be different or better than it is at this moment. The world that is reflected behind you cannot be better or different than it is at this moment. If you are thinking that you can be better or different at this moment, your consciousness, (or) your focus, (or) your awareness, exists in a different reality. It exists within a different world, and it is not present. (39:45)

Consciousness, and thoughts, and ideas, and concepts, suffer this body, suffer this image, and the expression of this image begins to shut down. It begins to darken. It begins to age and the image begins to die before your eyes. The thoughts and consciousness of this being withers the body, shames the body, judges the body, and judges every thing within this world, and the aliveness within his body cannot express. God cannot speak through this body. God cannot express through this body, for this body is no longer enough, no longer good enough to be the body of God. It is no longer good enough to express the Will and the Desire of God. And so the body is judged to be bad, and so the body is judged to be ashamed of its self.

The tree outside your window, Paul, is the perfect expression of God. Your body, and your voice, and your breath, is the perfect expression of God. Your body is the beauty of God as the tree is the beauty of God.

If the mind cannot perceive the beauty and the perfection of God each moment, it suffers all that it sees. It suffers all that it touches, and it lives within a reality that does not exist. It lives in shame and fear, and it too suffers, it too is ashamed of its self, (and) it too judges its self. (48:00)

And so the expression of God is misplaced. And so the expression of God has disappeared from Reality. The consciousness of God and the expression of God are held in darkness. God has been put on hold. God has been held still within a make-believe reality, within a world that does not exist.

Your pretend mind does not exist, Paul. Your pretend consciousness, and thoughts, and focus, are misdirected and they do not exist within the Reality of God's world. Look in the mirror Paul, without fear. Look in the mirror without judgment, or resistance. Resist not what you see. Resist not what you feel. Resist not what you think. The reality of this world, and you as the body of God, exist within the arms of God. You have never left the arms and the presence of God. You have never left the expression of God. You have never been anything other than the perfect expression of God, now. Let your thoughts go, Paul. Let your ideas go. Let your perceptions go. Let the self of Paul go. Let the mind and consciousness of Paul go. Do not hold it. Do not restrain it. Do not contain it. Allow it to wander off and it will begin to fade. It will begin to fade into a world that does not exist, into a place that does not exist. And it will begin to fade as a nighttime dream begins to fade in (into) the morning. (52:50)

You are the expression of God now, without shame or fear, without judgment or resistance. God holds you in His arms and God sings to you now, now.

And so it is Paul, on this perfect day, within this perfect moment. And so we speak to you from the Stillness of God, from the Heart of God, and you receive our expression within your Stillness, within your perfection, (and) within your God Self. And so it is complete, God expressing to Him Self, (and) God seeing Him Self.

And so it is, and so it is. End. Bell.