

12-24-12 PH Chan **The Static Reality**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, December 24, 2012, approximately 10:15 AM, Sedona, Arizona, on a cloudy winter day.

Summary: There is no such Reality as a continuous reality. Reality is static and only exists within the moment, Now. Reality is represented as a still picture or image of the inner Stillness of God, projected outward by the light or power of God. You, as an image of God, must be recreated each moment. Because you have the ability to perceive the past and the future with your mind, there appears to be movement and time. You are the Self of God, not as the image of God, but as the Consciousness of God.

It is December 24, 2012, Paul R. Huffman speaking, Sedona, Arizona, approximately 10:15 AM, on a partly cloudy winter 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 of great harmony, (and) 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 to know the meaning of life, and the meaning of Paul. You desire to know your future, and whether or not you will be healthy and happy. You desire to have enough money to live out the rest of your life and comfort and security.

There is only One Self. There is only One meaning to life, and there is only One Life. There is only One time, or moment, and that is now. There are no

special days. Christmas is not special. New Year's Day is not special. Tonight is not special. Yesterday was not special. You are not special Paul. This world is not special. This day is not special. Your mind is not special. Your solar system is not special, and even your galaxy is not special. What you do and think today is not special, nor is it important. What you do tomorrow is not special, nor is it important. Your mind thinks that you have a life, and you do not. Your mind thinks it has a life, and it does not. Your mind thinks that it is alive and conscious within the world, and it is not.

What is a live Paul, and what is breathing at this moment? What is consciousness and what is special? What is alive within you Paul? What is special within you? What is breathing within you? What is conscious within you? What is important and what is not important? Questions and contemplation will pull you into the answers. What is alive within you Paul? That is the question. What is living within you? What is moving you? What is breathing you? What is looking from your eyes? What secures you? What gives you life and breath? What created you, and continues and continues to create you?

You must be reconstructed each moment. You must be created each moment, Paul. There is no such thing as a continuous reality. If you project a movie or a picture upon the wall, you must continue to allow the light to pass through this film, this substance, in order for this object, (or image), or thing to exist upon the screen, or within life. If you remove the light from the source (of the image), from the energy, from the originator, the image on the screen disappears, for it has no reality of its own. It possesses no light. It has no light of

its own. It has no life of its own, and it exists within its reality because another source, another energy, moves through this object, this film, and projects this information, or image, upon a wall, or a screen, or upon space itself. (18:00)

You have no life of your own, Paul. You are a projection. You are a projected thing, a substance that shines upon space and time. And you appear to have reality, you appear to have substance, and you appear to have a life and movement, but you do not. You appear to have importance, you appear to be special, and you are not. The light from the source, the power from the source, moves through you, or you might even say it moves through Its Self, and projects an image of Its Self onto space and time. You, as the object, you as the projection, think that this is your life and your movement and your consciousness and your doing of life. You think that you are the source of life. You think that you are the light of life, and you are not. Every thing that you see and observer, every thing that you think is real, and that has substance and volume and dimension, only exist because there is a substance (power) behind and through that which it is. This power, this source, this light, creates you each moment. If you could slow down reality, if you could slow down time, Paul, if you could become very still, you would notice that there is a flicker to your image. There is the image of Paul, and there is all of a sudden, no image of Paul, and then the image reappears. Your life is very much like seeing a film upon the screen. The film is made up of a series of still pictures, and these pictures are held within a frame, and these frames are in sequence. As you hold up a strip of film to the light, you will see that the film is made up of a series of small still pictures. And as you move these

pictures with their individual frames passed the light, passed the source, the images appear to move, and they appear to have life. As you witness the film moving past this light, and if you notice closely, there is a hesitation, there is one stillness, and then as it moves to the next frame there is another stillness, but there is a hesitation between the frames. There is a split second between the frames, between the images. If you can slow down your life Paul, if you can slow down time and even space, you will notice that your life is made up or composed of still pictures. As you slow down your life more and more, you will see that now, now, there is a picture of Paul held still. And now, there is another picture of Paul held still. And now, there is another picture of Paul held still. (29:40)

What appears to be movement in your life is really the picture(s) of Stillness. What appears to be life, and movement, and even time is in Reality, Stillness. It is important (you know) that the reality that you think you see is a series of still pictures. It is important that you know that motion, and what you call the movement of life, is a series of still pictures. Every thing that you see is static, (or)held still, and it is not the Reality of life. It is the picture of life, but it is not the Reality of life. You are seeing the picture, because you have been given the ability to do so, but that ability is the consciousness of God, the seeing of God, as He sees the picture of Him Self. God knows that it is not Reality, that it is not His real Self, but God delights in seeing the image of Him Self in movement. This movement is the expression of God. It is how God expresses His Stillness. There is really, in Reality, no such thing as movement. There is really no such thing as life as you perceive it. There is only the Stillness of God. There is only the

Stillness of God. What you are witnessing is the light of God moving through Him Self. What you are witnessing is the light of God moving through His own Stillness. The still picture of God is now. The still picture of God is now. The still picture of God is now, and now, and now. (37:30)

(You are the Self of God, not as the image or picture of God, but as the Consciousness or the Seeing of God.)

And as God observes His own Stillness through you, through your eyes, through your perception, through your consciousness, there appears to be movement, there appears to be life, and there appears to be expression, and sound, and light, and dark. You are the image of God, Paul, projected from the Stillness of God, and you appear to be moving. You appear to be breathing, and you appear to have a life and personality and a name and a birthday, and you appear to have death and be no more. You appear to have a beginning and an ending, just as a flower grows from a seed and sprouts into the sunlight, and opens itself to the sun. But soon the flower dies and withers, and the green stem turn brown, and eventually goes back into the soil. And when you witness the growth of the flower and the death of the flower, you are witnessing the Stillness of God. (41:00)

If you can slow your perception down, if you can enter into this moment, you will discover that you are made up and that you are the Stillness of God this moment, this moment. You are the picture of God held still this moment. And who you are within the next moment is a new creation; it is the new picture of who you are. Each moment there is a new Paul being born. Each moment there is a slight

change within Paul. Who Paul was in the last moment, is not who Paul is in this moment. Paul's consciousness a moment ago is not Paul's consciousness now. If you are asleep to who you are this moment, there is a possibility that you will be awake within this next moment. There is a possibility that God will fully awake within you within this next moment.

Consciousness, Paul, is perception. That is all that it is. What you perceive is what appears to be. What you think that you see, or what you think you see, appears to be true. As you move into the Stillness of God, and into the Consciousness of God, your perception changes into the perception and the knowing of God. The reality of Paul disappears and the Reality of God appears. The body, and the consciousness, and the perception of Paul can change within moments, because he is being created each moment. You can have a physical problem with your body one moment, and the next moment it is completely gone. You can have a certain belief within your mind one moment, and within the next moment it is completely gone. You can be suffering within your mind this moment, and within the next moment there is no suffering, there is only joy.

Consciousness, and belief, and perception within the individual mind and person can be un-consciousness, mis-belief and mis-perception. Just because you are thinking and walking around, and appear to be breathing and have a life, does not mean that you are alive. It does not mean that you are (God) conscious. It does not mean that you are in full joy of who you are.

We know that you desire this information. We know that you desire to wake up this lifetime Paul. We know that you desire to be alive and conscious of God within you, and you within God.

And so it is on this beautiful day. And so it is at the beginning of this New Year. And so it is, as the Stillness of God is held within you, now, this moment. And so it is. You have been reborn many times, many times within this past hour. And so it is. End. Bell.