

01-10-14 PH Chan **Consciousness Verses Awareness**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, January 10, 2014, approximately 1:00 PM, Sedona, Arizona, on a beautiful warm winter day.

Summary:

It is January 10, 2014, approximately 1 PM, Sedona, Arizona, Paul R. Huffman speaking, on a warm beautiful winter day. Copyright Paul R. Huffman, Sedona, Arizona, 2014. (928-300-1840)

The question is, "What is the difference between consciousness and awareness?"

There is only one Awareness and that is of God. When you find that Awareness you are one with God, and you are aware as God is aware. Every thing has consciousness. (02:30) Every thing has individual consciousness, and it also shares a collective consciousness. You Paul have a consciousness of Paul, consciousness of your mind, consciousness of your body, and you also have a collective consciousness of the peoples of your world. You even have the collective consciousness of the plants and the animals of your world, and the minerals of your world. You can even tap into the consciousness of the air and the water. You can expand your consciousness and expand your consciousness until it eventually reaches the collective consciousness of all that is.

Consciousness eventually becomes aware of awareness, and eventually expands into the awareness of God. Awareness is the highest level of

consciousness. God becomes aware of Him self through the collective consciousness of all things. If you are fully aware, your individual consciousness will be no more. You would have to focus on your body in order to reenter your body, and become the consciousness of your body, and then the awareness of God, or the awareness of all things, the merging with all things, and the merging with God, would fade even so slightly into the background, and you (would) enter the body, and you would walk across the room. Consciousness implies focus on the object of God, the thing of God. Awareness implies oneness of all things and objects of God. Awareness implies the center of God and the center of love and peace. Awareness just is. Is there awareness within the stillness of God? The stillness implies being, or is-ness without expression. There is nothing to know in the stillness, for you are That which is. There is nothing to be aware of in the stillness for you are That which is. Awareness needs relativity. It needs a subject and an object. It needs something being here and something being there. Awareness needs the Observer being aware, and some thing that it is aware of. In order to be aware of your self, you need to compare your self with some thing else, or to see a reflection of your self. God desires to see Him self in order to know and to love Him self. He asks or commands to Himself, show me the love That I Am. At that moment, He becomes aware that He is a self, a thing, or a consciousness. He becomes aware that he exists. In the stillness he is just being still. He is one with himself and complete with himself, and there is no need for comparison, or to seek something outside of himself, but he is curious and He desires to see himself. He asks the question, as you, the object, asks the

question, "Who and what am I?" and the stillness begins to expand, and through that expansion there is movement, and that movement creates light. It creates a projection of what is inside of the stillness. The outward waves of the vibration of the stillness, as it moves, reflects the inward stillness. That which is inside and held still creates a movement, and therefore an image on the outer boundaries of the stillness. This outer movement or vibration becomes a picture of what God is. And since God has never left him self, or separated from him self, he can feel, or see, and know, the picture of him self. He can see him self describe him self.

Nothing is created from the stillness, or the center, but the movement on these outer boundaries of the stillness, creates a moving image. And this moving image is what you call the universe, or what you call light, and things. It is both heaven, and angels, and the earth, and all the planets, and all the stars and all the universes. You Paul are made up of this outer moving image of the stillness. You are God in motion as he sees him self. And as he becomes aware of himself, through this movement through this image of himself, as he sees himself, that image, that 'thing' of himself, because it is moving, becomes alive. And since He is seeing himself, that seeing creates a communication with these outer projections, which is called mind. All awareness, all consciousness is of mind. God sees and is aware of all that he is, all at once, within each moment, and that seeing and awareness imbues consciousness within the things or objects of God, or these moving images of God. Awareness is the Mind of God, and individual consciousness is the individual awareness of God as God sees

himself. Awareness and individual consciousness is the way in which God communicates with him self.

The purpose of your consciousness is to show God the love that he is. It is to demonstrate love towards God and towards all things, and even the body in which the consciousness is housed. Your consciousness Paul has both the ability to focus within this body, and to focus within the mind of God. Your consciousness can be aware of this body, and the movement of this body, and it also has the ability to be aware of the subject, that is God, being aware of himself. You think that you are separate, because you have the ability to focus on this body and this individual consciousness, but once your consciousness expands into the greater consciousness of God, that is the subject of this self, the originator of this self, and that which lives within the stillness, that which is the stillness, you will become that which you are, God seeing himself, God being conscious of himself, God being aware of all that He is. There is no such thing as individual awareness, unless it is applied to the Self of God. But there is individual consciousness, as your body sees itself, and as your petition mind, ego-self, becomes aware of itself, and aware of other individuals in the room and in the world.

These are just words Paul, and definitions of words. Awareness and consciousness are aspects of God's mind, and even aspects of your mind Paul, which is the mind of God.

Mind is the communication tool of God. God desires to communicate with himself in order to know himself, in order to discover himself, in order to discover

and see the love that he is. So, awareness is also seeing and knowing what God is. Awareness is descriptive. It is the seeing, and the feeling, the hearing, the touching, the sensing, and the knowing of all that God is. Awareness is also the feeling of profound love that God has for him self. As you become more and more aware of God's presence, you become more and more aware of the love that God feels for him self. Self-consciousness, or even the term self awareness, is the first step in becoming aware of God's presence, and God's consciousness, or awareness. You must first understand, or realize, that you exist, that you are, before you can realize that you are part of something greater that is, or exists. As you become self-aware, you eventually become aware of the existence of a greater self, and you begin to communicate through your awareness into the awareness of this greater self. Let us be clear, you can have individual awareness but that awareness is always a part of a greater awareness. An animal can be conscious, but it may not be aware that exists. It may not be aware of itself as a self.

Continue to explore the differences between consciousness and awareness and mind Paul. You will find that they were all aspects of God's desire to see the love that he is. Your seeing and knowing who you are Paul will bring you great peace and love. And you, as an individual, will relax into the arms of God, as he communicates with you through awareness, through seeing. And as you communicate to him the love that you are, he shares his love and you share your love, and thus the movement of God, and thus the movement of the object of God, with God. As you quiet your individual mind, the real knowing begins, and

you begin to communicate and identify with that which you are, which is God's self desiring to see and to know its self. And this will bring great purpose and peace and love to you Paul. Your true home is within the center of God, the heart of God, and the stillness of God, and you are visiting this body in order to show God to love that he is. And as you begin to see yourself from God's perspective, God's awareness, or consciousness, you will see the love that you are, and you will see the love that you do indeed demonstrate, for there is nothing else to see, for there is no other way in which to communicate with God, and for God to communicate with you. Your purpose and your actions become clearer and clearer, as you expand your consciousness into the awareness of God, and God's purpose, and God's desire. Listening as you are doing now is a form of awareness. You are aware of a voice or words, but we are a presence, as God is a presence. We were present to connect you to God. Your job is to communicate with your self, who am I, what am I, and to contemplate the answers, and then to ask more questions, and more questions, and contemplate the answers. Write it down. Study the information. Eventually, you will become one with the information, and your consciousness will have expanded, and expanded, until you have become more aware of your self, and more aware of your self. (37:50) We are who you are Paul as God is who you are, and God is who we are. We are the projection of God and we also live within the heart of God. You are God on this earth describing to God the beauty and the love of this earth. Your consciousness and senses, your ability to touch, and to hear, and to see, and to smell, and to taste, communicate to God all that he is within you, the body of

Paul. As you expand your consciousness into who we are, you are comforted more and more by the love that you are, and the love that we are. (39:40)

Who are we Paul? Who is speaking to you now? What is speaking to you now? You are essentially talking to yourself. We are that part of you that knows and can describe to you in your own words who you are, and what you are. Language is very limited, and it cannot in fact described, fully, reality, or the reality of love. You exist upon this earth, within this particular house, and within this particular body. And you have so much money in the bank, and you have your particular friends in which you associate with. You have a life upon this earth, and you feel fear, you feel loneliness, and you feel happy sometimes, sad sometimes, confused sometimes, and we are here to comfort you. We are here to give you guidance. You might describe who we are as your Angels or being of light that surround you. We love you unconditionally, and we never judge you. You are here to experience this particular life, and this particular life has a beginning and an ending, and as you know, and as you suspect, it will end in a few years, or 20 years, but it will end, and you have a certain amount of fear about that ending, and so now you're learning about near-death experiences in order to comfort yourself, as you will be leaving this body as a point of consciousness, and returning to a heavenly state, a heavenly place in which you will feel the love of all things, and you will feel the love of God. We will be at that heavenly place, just as we are around you at this moment. We are in your room as you are in your room. We are in your mind as you are in our mind. We are in your body as you are in our body, as you expand your field of energy. You may

think that you are doing this life alone, but you are not. You may think that you are a singular consciousness, an individual, a self within a body, but you are more. You are multiple beings Paul. You are multiple consciousnesses, and soon your awareness may expand, and you will become aware of us, just as you are aware of your own body. You might look at your hand, and you might even claim it as your hand, but you know that this hand belongs to an individual body.

(47:40)

You must meet us beyond your mind, beyond the chatter and the fear of your mind. We exist within this present moment, not in the next future moment. We exist with the presence of God. You reach us through your listening abilities, but also your field of energy expands, and expands, until it merges with our energy. You are in physical form Paul, but we stand next to you, in love with you, as you are in love with us. God experiences you in many different ways, and one of those ways are through who we are. We experience you, and therefore God experiences you. Your job is to experience his body, the feelings of this body, the breath of this body, and to experience this world. What would comfort you Paul? What would allow you to feel the love of God? What would allow you to feel love of yourself? What would allow you to feel God upon this earth? What do you need to be happy upon this earth Paul?

The question that I have is, "What would help me be the love that God desires me to be? What would help me demonstrate the love of God upon this earth? God desires to see the love that he is through me, through my actions, through my thoughts, through my presence upon this earth. I somehow become

the eyes and the senses of God upon this earth. I somehow show God this world through my eyes, and my hearing, and my sense of touch, and smell, and taste. How can I comfort this consciousness, this fear that lives within me? How can I know that I will be okay? How can I be shown that I will be okay? What are the steps that Paul needs to take in order to expand his mind, and to feel the presence of who I am?

It feels like the end of part one, and there may be a part two to this discussion. End. Bell.

Working title: Awareness Verses Consciousness