

04-06-14a PH Chan **Understanding Non-duality (One Reality)**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, April 6, 2014, approximately 12:30 PM, Sedona, Arizona, on a beautiful windy spring day.

Summary: The Stillness would not exist without the expression of the Stillness. You cannot have no thing without having some thing. Awakening is simply the awakening from the Stillness.

Is it not a beautiful day today Paul? The sun shining, 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 who and what it is. And here you sit once again, wanting to know who and what you are, wanting to know who God is, wanting to wake up and see the real world, wanting to wake up and see Paul, wanting to wake up and see your neighbor, wanting to seek peace and security within the arms of God.

We are who you are Paul. You are speaking. God is speaking. Awareness is speaking. God's awareness is speaking. Paul's awareness is speaking. The Stillness desires to express. The Stillness desires to know its Self. The Stillness is all that there is. It exists within this moment, and it is without time. You are without time. God is without time. The Stillness moves from its Self in order to see its Self. God, being the Stillness, desires to see Him Self. The movement of the Stillness must move in order to be seen. There must be objects (in movement) in order for God to see That which He is. There must be the subject of God, all there is in order to see That which He is. Some thing must be the seer (witness) and something must be seen, and that creates two parts to Reality. There must be movement in order for the Stillness of God to see Him Self. It is the nature of God, and therefore it is a Reality of God. You may call this duality, that is a subject and an object, or the stillness and the movement of the Stillness. (10:30)

There is the subject looking into a mirror and seeing a reflection of its self. The reflection may not be the subject in truth, but it is a close likeness, and

therefore, it is close to Reality. If there were not the mirror and the reflection, God could not see Himself, or that which is the Stillness, could not see its Self. To say that the Stillness, or Oneness, or All-ness of this is good, and that the reflection, the movement, is not real or not good is a false statement. The Stillness of God is part of the movement of God. The movement of God is part of the Oneness of God, the All-ness of God. The Truth of God and the Nature of God is to have it both ways; it is to have both the Stillness and the Movement. If you examine your own life you will know, or witness, or experience, that there is the stillness of sleep, or rest, and then there is the awakening, the movement of life. The tree is relatively still in the winter, and moves and flowers in the spring and summer. The contrast between movement and stillness is what you would call Life. It is the Way of life. It is the characteristics of you, Paul, and it is the characteristic of God. Awakening is simply the awakening from the Stillness. Enlightenment is the realization that you are indeed awake, and that you are indeed in movement. (16:00)

Stillness is the state of nothingness, (or) no-thing-ness. Stillness is potential without the movement of potential. Stillness is awareness without anything, any thing, being aware. It is simply pure awareness, or pure potential for awakening. The Stillness must awake in order to know its self. No thing-ness has a natural desire to be some thing. Let us repeat. No thing-ness has the inherent desire to be some thing. You Paul, have an inherent desire to be some thing, some one, some self, some body. You have an inherent desire to move, to be seen, and to see other things. Being conscious within this body, and even being present within this body, is not wrong, nor is it bad, nor is it less desirable than being in the Stillness. The Stillness would not exist without the expression of the Stillness. You cannot have Stillness without having the movement or expression of the Stillness. Let us repeat. You cannot have Stillness without the expression and movement of the Stillness. You cannot have no thing unless there is some thing. You must have the potential (stillness) of life and you must have the expression of life. (20:50)

The ego, or the pretend mind, thinks that it is doing something. It thinks it is the cause of your action. It thinks that it is moving the body from room to room. It thinks it is going to work, and it thinks that it is making decisions, and it is not. God's Mind is the movement and the expression of this (the) Stillness. You, as an object of God, are held within this vast mind of God. What you see before you, in terms of a world, or bodies, or trees, or the blackness of space, or stars, or planets, is the Mind of God. It (Mind) is not doing anything except witnessing the expression of the Stillness. The Stillness has become alive, and it is unfolding, and unfolding within a moving picture of God, or a moving picture of the Stillness. Awakening is simply the seeing of What Is in movement. Awakening is not living in the Stillness. You are the Stillness. You are unlimited potential. You are deep (still) peace and deep (still) love, and you also are the expression and movement of deep peace and deep love.

Awakening is simply the realization, and the experience of this vast movement and expression of God. Just as you awake in the morning, you witness the room. You witness your body and you notice that you are inside of this thing called the body. You might notice your breathing. You might notice that there is a partner next to you in the bed. You might notice that the dog wants to go outside, or the cat wants its morning meal. You might notice that the sun has arisen (risen) and that your environment is full of light. Awakening is simply not resisting or judging what is. Awakening is not filtering the world and movement through your pretend mind, or ego. The small mind, or ego, or pretend mind filters out Reality, and Reality is the movement of God, and it is the Stillness of God.

What you know, what you believe, and all the thoughts that accompany your beliefs, is mostly wrong. The personal small-pretend-mind is all about survival, and the protection of the body, and the protection of its self as a body of ideas and concepts. (29:16) It believes that it is the god of your being, and that it is in control, and that it has unlimited power, but it does not. Its job is simply to assist the body in survival. Its focus is on the body, and the survival of the body. It will kill, or try to kill its neighbor in order to survive. It will take food from its

neighbor in order to survive. It borrows from the energy of God's mind in order to exist. It exists because it is part of God's mind. It is like one grain of sand on almost an infinite expanse of a beach. It is very, very small and it has a very limited function, but you as the object of God, identify with this very small mind as who you are and it is not who you are. (32:35) It is a very, very small part of your existence, but it filters out and blocks and veils the vastness of God's Mind, or what you would call consciousness. Your consciousness is connected to the expression of God's Stillness. Every thing has consciousness, and every thing shares within this vast consciousness, or witnessing of God. (34:00)

God sees Him Self, therefore He is conscious of what He sees. His seeing is what you call consciousness. When you wake up you realize that you are the consciousness of God, that you are the witness of God seeing Him Self. The small mind constantly blocks the awareness and consciousness of God, or filters out the vastness of God's Mind in order to focus and have a life. It thinks that it is having a life because your consciousness, your being-ness has identified with this small pretend mind. Your consciousness, or focus, or attention, identifies with the thoughts and the concepts and beliefs within this small mind, and therefore your understanding and your realization of life is very, very limited. (36:00)

Once you surrender who you think you are into the vast ocean of God's Mind, the small mind becomes part of a larger mind. The small mind-self ceases to struggle, and ceases to suffer, for it accepts life the way it is. It accepts the death of the body. It accepts the death of the small self. It even accepts the death of its self as a small attachment to the body. It knows its self as limited, and it knows its salvation, or the end of suffering, to be in its surrender to the vast Mind and expression of God. And that is awakening. And with the awakening, and with the acceptance comes the experience of you becoming the Self and the object of God. Your mind integrates with the reality of God's Mind, and your body integrates and accepts its self as the object of God, the expression of God. (39:24)

There is only One Substance, one thing, or one real Reality, and that is the substance of love, and that substance is the Stillness. It is forever. It is unchangeable, and it is what every thing is made of, but that one substance has an inherent desire to express its self and to become some thing. And that some thing moves and is expressed within the reflection of this substance. It moves in what you call time and space, and this substance, as it moves, is this beautiful movement of God. (42:09) It is beyond words and description. And the only way to witness it is to enter the mind of God. And the only way to enter the Mind of God is to be present, to be still, because God witnesses Him Self from Himself, which is the Stillness. As you become Still you become the Witness. You see what God sees, and you also become what is being seen. You become what God sees, and you experience what God sees. (44:04)

The irony is that you must become the Stillness now, at this moment, in order to see the movement of who you are, in order to witness the movement of who you are. And that Witnessing is the Awakening of your consciousness. That witnessing is the realization that you are God seeing Him Self. You must be in this present moment, in the Stillness, in Reality, in order to witness what is real. If you witnessed from the pretend mind, that is if you witness from the future or the past, you cannot perceive reality. Only from Reality can you perceive Reality correctly. Only from the Truth can you perceive the Truth. If you perceive from half-truth, you will see half-truth. If you perceive from a false mind, you will perceive and see a false world.

And so it is on this beautiful day, this day of sunshine, (and) this day of awakening. End. Bell.

Working title: Understanding Duality