

05-11-14ra **The Shared Expression Of God**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, May 11, 2014, approximately 1:30 PM, Sedona, Arizona, on a cool spring day.

Summary:

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 who and what it is.

And here you sit once again, wanting to know who and what you are, wanting some answers to what Life is, wanting to know, wanting to be realized, wanting to express, wanting to be w

Who you are and What you are. (02:47)

What is waking up? What is being awake? Who is awake? Why do you want to become realized? Why do you want to wake from this dream? We are who you are Paul and we are awake to that which we are, and we are who you are. We are that which you are. And so, becoming that which we are, and being that which we are, you become awake to that which we are and you become awake within this body, this presence.

Why do you wished to come awake Paul? The more you wake up to who you are and what you are, the more you change upon this earth. It is possible that you would leave this earth very quickly. Your purpose is to be present. Your purpose is to be doing what you're doing right now. Your purpose is to speak these words, and breathe this breath. We are who you are Paul. We are the Mind and the consciousness of God for you.

Enlightenment is an ongoing process. You might say it's a relative process. You are more enlightened than you were 20 years ago. You are more aware of who and what you are than you were 20 years ago. You are who we are Paul, and as we describe who we are, and as we described the nature of God, and the nature of reality, you become more and more attracted to that which you are. (9:33) You become more and more comfortable opening and receiving that which

you are. You're learning to listen and listen to this deep Self of who and what you are, and as you listen, you become more and more of that which you are. Your body changes and your mind changes. Your beliefs and concepts change. You are already who you are. You are self of Paul and you are Self of God expressing, and you are everything in between those two selves, and slowly, the veils of misperception are being raised, or removed, from your field of consciousness. Your consciousness is expanding Paul. The sense of who and what Paul is, is expanding. It (who and what) is including more than his mind, (and) more than his body. And Paul's desire, or desires, are to find peace, and joy and even comfort within this world. Paul desires companionship, and warmth and comfort, and even a certain amount of abundance.

The first step to enlightenment is to know that you already are enlightened, and there is nothing to gain or achieve. It is not outside of yourself and it is certainly not within some future moment. It is simply removing the resistance and even the judgment to who and what you are. You resist who you are, because you are afraid that you will die, or that you will change radically and become poor and in pain. And just the opposite is true. You will be taken care of and you will have less pain and certainly less suffering. We are your companion, or companions, as the nature of God and the things of your universe are your intimate companions. You are only alone within your mind, and within your own individual fear. And there is nothing to fear. Realizing, or realization, is not to be feared. How can you fear that which you are? If you think about it, there should be fear about that which you are not. There should be fear in the resistance and in the hiding of that which you are not. And you are in fear Paul, because you are hiding, and you are resisting your true nature, your true reality, and your true communication with God and the universe. All information and all-knowing is available to you. All words are available to you. All of life is available to you. All love and abundance. And information. and enlightenment. and joy is available to you. There is nothing that you need to do to be who you are. Is nothing that you have to become to be who you are? There is no future event in which Paul becomes enlightened, or Paul becomes who he is. Paul is who he is now, now.

There is only the hiding of that which you are. Do you see this? And certainly, do you feel this? Do you realize this, that you are hiding from who you are? (20:50)

Your mind says please do not look at yourself, and your mind says that it is dangerous to see who you are, that death and knowing who you are is somehow related. You must hold the mind and the self of Paul as a very frightened child, as a very frightened being that does not want to die, that does not change, (that) does not want to become old, that does not want to become physically old or crippled. The self of Paul desires to be loved, and held and comforted, and told that everything will be okay.

And so the body of Paul is fine and okay with birth, and fine and okay and at peace with death. The body of Paul is made up of the substance of God. The body of Paul is made of the stars, and the sun. It is the projection of God, the light of God, the Mind of God, the image of God, and it lives within the stillness, and it is expressed in time and space. Your body Paul has existed for billions of years and it will exist for many more billions of years, as the dust of stars and as the waters of your oceans. Your body Paul, is not afraid of birth and death, for it has almost unlimited memory of change, transformation, and it is alive each moment no matter what form it takes. Your body lives within a community of billions of cells and trillions of parts of its self. Your mind claims the body has its own, but the body is made up of trillions of conscious selves, conscious beings, (and) parts. Each part of you Paul, or your body is intelligent, and is the expression of God. God does not deny your body, or ignore your body, for you are the body of God. You are the body of the Self of God, as every thing is the body of the Self of God. Only your mind believes that it is the body, and your mind is simply a form of consciousness that surrounds the body, and borrows its power from the energy-mind of God, and it declares itself as the owner of your body, and it identifies as the self of the body, and it has almost nothing to do with the body, nothing. (30:40)

And so, That which we are, and that which you are Paul, identifies with God and the vastness of God, and yet somehow we are speaking through this particular body. We are housed within this body, and that is a great mystery is it

not? Why are we not integrated with the tree outside your window, or this microphone, or these objects within your room? Why are we focusing within this body, and using the voice of this body to express? Why the partnership? Why the partnership between That which is awake and the body of Paul? Why does the body allow such an energy, or entity, or entities, to come through the mind and the voice of Paul? God creates experiences Paul. God says, "show me the love that I am," to That which He is. Your voice is an expression of the interior substance of God. Your movement is an expression of the interior substance of God.

All things are a particular vibration or frequency from the interior substance of God. God projects Himself outward from His interior Stillness, and each thing, (or) particle-substance, is a particular (unique) expression of that particular interior-substance-picture. (36:00) Every thing is a reflection of the interior of God, and it carries a particular vibration, or frequency, and you as a thing Paul, an expression of God, carry a particular and unique expression-vibration-frequency of God. Your body is not unrelated to who we are. Our frequency matches the frequency of your body, and your body matches the frequency of your earth, and so from the interior stillness-substance of God, there emits a certain frequency, a certain color of light and that is who you are Paul, and that is who we are. We are harmony with your body, as we are in harmony with God, as your body is in harmony with the particular frequency of God. And so, we speak and therefore you speak. Your mind, your particular mind speaks, and your particular body allows itself to express physically through its body. There are almost an infinite number of things in the universe, and from the Stillness of God, that match your frequency, or is in harmony with your frequency. And thus as we express, God expresses, and as you express back to us, we express back to God. And billions and trillions of things like your cells and electrons, and atoms, and particles, express and are in alignment to the desire of God to see Him Self.

There billions and trillions of things within your universe Paul, at this moment, that are expressing the same vibration that you are now expressing. As you align with us, and we align with you, everything within this field of like

frequencies, express back to God. Your voice is not expressing as a single voice, but as a voice of every cell within your body, and as a voice of trillions of things upon your earth, and trillions of things within your universe. There is no such thing as one voice. There is no such thing as one expression. There is no such thing as a singular voice of God, or a singular vibration from the interior substance of God. God expresses with almost infinite voices, and infinite light, or almost infinite light and color. You are expressing the song of God, and there are almost infinite beings within the expressed-manifested universe, that is at this moment, singing the same song. You cannot sing an individual song Paul. You cannot express individually. Even though your body appears to be an individual, and it appears to walk alone upon this earth, it is not. It walks and expresses at the same moment with almost infinite being and consciousnesses within your universe. (45:50) If you could see at once who you are Paul, you would see that you are a plane of existence, that you are a beam of light that is broad and deep, that penetrates the universe with its unique color and sound, and you exist on this particular plane of existence. It is part of your unique expression, and that is how we relate to you, and how you relate to us, and how this plane of frequency-vibration-color relates to God. Who you are always, that is each moment, now, is focused on the interior substance of God. You were born as a pinhole of light from the vast Stillness, and you have spread through sound and vibration, and color and light, outward into the vastness of dark space and what you call time. But you exist within this pinhole of light, quietly and still within the stillness of God. You exist as God exists within the stillness, but you express and you are, as God desires to see who and what he is, and thus you exist and you express, as God desires to see Him Self. (50:20)

There are infinite pinholes of light from the interior substance of God's Stillness, and these infinite pinholes radiate infinite vibrational-frequencies of light and color and sound and expression, and together these pinholes of light make up the image of God, the singular picture of God, the love of God as he sees himself. And so your mind perceives you as being alone, when in fact, there are almost infinite vibrations of Paul in the universe, and you are moving together,

you are acting together, and you are expressing together, and you are singing the same song at once, now. The idea of who you are is expressed at once, now, with almost unlimited beings of your universe. Your song Paul is an incredibly powerful song. Your expression, and light, and vibration, and color are infinitely powerful. It is what makes up the image of God, and it is the power of God, now. It is the mind of God, now.

And so, when we say that your individual mind has not a clue as to who you are, this is what we are speaking of. When we say that your mind is in resistance to who you are, and what you are, this is what we are speaking of. And if this information seems overwhelming to your mind, it is because it is. Your mind is and was designed to limit the scope of your reality, in order to function upon this earth, in order to walk upon this earth, in order to have an individual experience on this earth, but it is now possible for your mind open and to include the reality of what it is, the reality of its own particular vibration, and color, and sound.

Your mind has stepped back into the background and it is allowing this conversation. It is allowing this information to come within itself, or what it thinks it is. Your mind is the servant unto this greater Mind and vibration-frequency of God. Its purpose is to express this frequency as it is doing now. Its purpose is to sing its particular song back to God, as it participates with these almost infinite other beings in singing the same song back to God. (58:42) We are who you are in complete harmony, and in complete expression of this particular vibration-color-frequency, as we sing with you, and with other energies, or things, the song that God desires to hear. God desires to know who and what He is, and we, and you, and billions and trillions of entity things, sing this particular expression to God, so God might see and hear and know that which He is.

And so, as you express, as an individual body with an individual voice, as you express either in voice, or in writing, that information-voice-writing is recognized by thousands or even millions of consciousnesses upon your earth. They recognize your song Paul, as their song. They recognize your voice as their voice.

And so Paul, listen deeply for your particular expression. Listen as the almost infinite voices come through you. Listen to the song that is being sung now, as you exist within this particular plane of existence, within this particular energy-frequency. Listen as you sing your song to God. Listen to His response. Listen to His joy and bliss. Listen to His gratitude and love.

And so it is on this beautiful day, on this day of light and song and expression. End. Bell.

Working title: The almost infinite song of God, or the almost infinite expression of God, or a plane of existence expressed now, or "A shared expression of God."