

05-18-14rax **Focus On The Stillness Of God**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, May 18, 2014, approximately 3:00 PM, Sedona, Arizona, on a warm summer beautiful day.

Summary: Pierce the veils of Expression, Mind, and Self, and look back towards your source, the Stillness. Look deep within the Stillness and it will bring you great peace, great understanding, great awareness, and you shall awake, and you shall be as you are, and you shall remember who you are.

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 that needs nothing to be who and what it is, a world that is in harmony with its self. And here you sit once again, wanting to know who and what you are, wanting to become realized or enlightened to the truth of who and what you are. (03:00)

Your mind continues to resist the understanding of who and what you are. Your mind acts as a filter. It acts as a gatekeeper to block out the vastness of God's Mind and (God's) Reality. Your reality Paul is small and defined. It has a beginning and it has an ending, and it is called the experience of life. It is the experience of Paul; the self, the individual upon this particular planet Earth. There is the birth of Paul, there is the life of Paul, the doing of Paul, and then there is the death of the (body) self of Paul. And even though the death of Paul is a future event, it is by far the most frightening event, because the self of Paul identifies with the body of Paul, and the self of Paul can see changes within the

body. The self of Paul can see aging and the eventual death of the body. The self of Paul has witnessed his father dying and even his mother dying. And the self (of Paul) has knowledge that the body eventually dies, and that there is nothing one can do about it. It is part of life. But since the self of Paul believes that it is real and important and alive, it believes that there is a possibility, and maybe even in the probability, that it will no longer exist, (and) that it will fade into nothing and be no more.

But it is impossible is it not, to be no thing in a world of things? In the manifestation of God's Stillness, things appear and then they disappear, and they are reformed into a new form. You have thoughts about your self Paul, and you believe those thoughts are your thoughts, and you believe that those thoughts describe who you are, and therefore you exist within your thoughts, within your mind. The story of Paul and the description of Paul, make up a reality of Paul, but who you are Paul is borrowed from the Mind of God. You receive thoughts from this vast field of thoughts, and you choose certain thoughts, or words, or descriptions, to describe the self of Paul to the mind of Paul. And therefore you have an existence; you have a life with a mind and thoughts, and a description, and a history, and a possible future.

The self of Paul has other friends, or other selves that he relates to. And he watches those other selves come and go. His girlfriend in high school is no longer in his life. His girlfriends and most of his friends in his 20s are no longer in his life. His parents, Danna and O.G. Huffman, or Orland, are no longer in his life. Their bodies have died. There are some people that you will meet this weekend

who will only be in your life for the weekend, and then they will go back to their perspective homes, and for you, they will be no more. They will not exist within your life. As you Paul, free your self from your body, and free yourself from your particular story about your body, and about the life of Paul, you will find that Paul will disappear from your life one of these days, that Paul to shall leave you, and the story and the memory of Paul will leave you. (13:44)

So, what is left over? What survives the body? What survives this earth? What survives life on this earth? You might say that there is a collective consciousness, or even a multiple consciousness of the vibration of Paul. Paul's vibration, or energy is almost without limit, and it is not confine by time and space. We are who you are Paul, and we are focused within your body to give you guidance, and to comfort you, and to receive you or the idea of you, or even the concept you, when your body passes away. If you are so identified with the body, or so attached to the body and the story of the body Paul, then dying might be painful, or it will be painful, and you will suffer the loss of your body. And so, disassociating with the body and the mind of Paul, and the story of Paul, and the future stories of Paul, will greatly reduce the suffering of entity-story-Paul. The body of Paul will suffer little, if the mind of Paul lets the body go, lets the body die when the body desires to die, or pass away. To force the body to stay alive is painful for the body, and the body suffers, and the entity-self-story-concept-Paul also suffers. Facing death is one way one can let go of the story-image-mind of Paul, or being okay with the death of the body, and being okay with death in general, will relax the mind, and will relax the fear around death. (19:20)

You think that death is terrifying to the body, but it is not. It is only terrifying to what the mind thinks of the body, and what the body is for. The body simply is a vehicle to experience life upon this earth. There are billions of bodies upon this earth and there are trillions and trillions and trillions of things and life forms upon this earth, and they all are born and they all die back into the earth, and thus there is life, and thus there is living, and breathing a particular individual life. Keep the body healthy and strong until the day that you die, until the moment of death. Do not ignore the body. Do not think less of the body because it is going to die, or because it is so temporary. The body is your space suit. It is your vehicle to experience upon this earth. You may experience this earth for another billion years, or you may not. It is not up to who you think you are. It is not up to the temporary individual being of Paul. It is not determined by Paul's mind.

(22:49)

You live within a vast ocean of love Paul, and safety, and an infinite continual Reality. You live within the Stillness of God, and you express as some thing, some entity, some dimension, some color and light, some frequency-vibration within the vastness of space and time. You express as God desires to see who would what He is. And so, you are the expression of God, and that expression can never end. It can change within the vastness of space and time, but it cannot end. As you live within the Stillness, you see with God, from the Stillness, that which you are. God's awareness is not singular. God's awareness is infinite, and all awareness, all of God is aware all of the time, and all at once.

There are no divisions within God's awareness, for God's awareness is whole and complete.

As you feel contained within your body, and as you feel your awareness emanating from your body, so God feels His awareness emanating from His body. And His body is vast. His body is His manifestation of that which is inside of Him Self, or that which is inside of His Stillness. You are included in the awareness and manifestation and Stillness of God. And what God knows and experiences, you know and experience. The fact that you can experience your self as an individual, and even think of your self as an individual, and see your self as a body, is a miracle. It is really impossible to do so. But your mind has limited its awareness, so that you might limit who you think you are, so that you might focus within this body, and focus within the experiences of this body. You are more or less consumed by the experiences of this body, and the mind that surrounds this body. You think that it is who you are, and it only exists for a moment within the (vast) consciousness of Paul. It exists in less time than it takes for us to finish a sentence, or even finish one word. You exist now Paul, and now you don't. There he is, and there he is not. Why worry about something that takes only a few seconds to perform? Why worry about something that you will forget within the next few moments? When your consciousness expands and expands to the vastness of God's reality-consciousness, you will not remember for long, the life of Paul, nor will you be concerned about the body of Paul. You will be enjoying and loving the presence of God, and you will be seeing with God's Mind the vastness of God's expression. You be experiencing God, and you

will be experiencing the Stillness, and you will be experiencing the expression of God. Paul's mind will disappear as a small drop of water disappears into the ocean. The small drop of water is overwhelmed with joy to be back home within this ocean of love, and comfort, and forever-ness. (33:40)

Do not worry or project into the future about your death Paul, for it will mean almost nothing to you. It is not a reality to be concerned with. The more you let go of your mind now, the less fear you will have, and the less concern you have about your body and your future. The joy of life is now. It has never been about the future. It has never been about tomorrow. The joy of God's Mind is now. The joy about God's consciousness and awareness is now. If God desires to express Him Self, to see Him Self, to know Him Self, then it is your desire to express your self, to see your self, and to know your self. If it is God's desire to love Him Self, it is certainly your desire and will to love your self.

You are not the doer of Paul, and you are not the thinker of these thoughts. These thoughts come through the body of Paul, and are filtered through the mind of Paul, but these thoughts are the collection of the highest thoughts that Paul can gather, that Paul can absorb, that Paul can receive. We are the highest part of Paul at this moment, for there is no end to what or who Paul is. We are here now to bring you home, now. We are not here to end the body, but we are here to end the pretend mind of Paul, and to end its resistance to waking up and merging with our mind, and then merging with God's Mind. There are a series of steps, a series of events within your particular mind and personality and self (to end its resistance to waking up). You are following the steps. You are performing

the steps, and as you focus on waking up, and focus on waking up, you will wake up. You will realize who you are without drama, without a near-death experience, and you will enjoy the process of waking up. It will not make you better, or it will not make a better person, but it will bring some relief to your mind. It (waking up) will comfort you knowing the forever-ness of who you are. It will comfort (the self of) Paul as he is held by God, and loved by God. You exist as trillions and trillions of things upon this earth and even within this earth, and you exist as trillions and trillions of things within what you call heaven, and [that] you share consciousness and aliveness and being-ness with trillions and trillions of things. As you repeat these words, know that they are formed and expressed by trillions and trillions of things at once. These words are not just our words or your words; they are the expression of God as God witnesses who and what He is. God hears these words, as you hear these words, as we hear these words. (44:30)

The Song of God is a spontaneous (and) joyous arising of sounds and thoughts and things and color, as they are spontaneously combined and produced by That which God is. No one, or no thing is doing anything Paul; it is just being That which it is. It is just expressing That which it is. You are the expression of That which God is. The tree outside your window is an expression of That which God is. God is simply seeing, or witnessing the unfoldment of Him Self. You are witnessing and listening to the unfoldment of God, or the expression of God as He moves (or projects Him Self) from the Stillness in order to see Who and What He is. (47:20)

We are not speaking Paul. We are listening as you are listening. You are repeating what you are hearing, and we are repeating what we are hearing without sound. We transfer our energy to you, as you transfer these feeling-thoughts into words. Every thing is witnessing what it is. The tree outside your window is not doing its life. It is being its life, and it is conscious of its life, and it is witnessing without resistance, or judgment, That which it is. Thoughts rise from the expression of the interior substance of God, and they move out into manifestation, and they are collected by the vibration of who you are, and you sing a particular song with us, and with trillions of things. We listen and we repeat. We listen and we express, and you listen and you express Paul. You listen and you repeat. You reflect that which you are. We reflect that which we are, and God reflects That which He is. Manifestation of the universe is the reflection of God. You, as a reflection of God, move within your reflection, move within your reflection, as God Is within His Stillness-Substance. (51:10)

If you look into the mirror, the image within the mirror does not move on its own. You, as the source of the image, move and it is reflected within the mirror. You are the reflection of God, and you cannot move as the source of that reflection, for you are the image, (and) you are the reflection. Do you see this? God is the source of who you are Paul and He is simply seeing That which He is, and He is experiencing That which He is. Nothing is really moving Paul. You are simply within space and time and you are the reflection of the Stillness. And as you exist within time and space, you appear to move, but as you look closely back into your source, into the Stillness, you will see that you are indeed Still,

that you are indeed the picture of God, the beauty of God, the love of God, the changeless-ness of God, the forever-ness of God. (54:40)

And once you look back into the Stillness, into the source of who you are, it is possible that who you are moves back into the Stillness, (it is possible that who you are) is withdrawn into the Stillness, and it is there that you exist. It is there that you wait for another moment of expression, for another moment of projection, another moment in which to be hurled back into space and time, possibly as a new image, a new still image of God.

And so Paul, pierce the veils of Expression and Mind, and look back towards your source, the Stillness. Look deep within the Stillness and it will bring you great peace, great understanding, great awareness, and you shall awake, and you shall be as you are, and you shall remember who you are and what you are.

And so it is on this warm summer day, on this day of love and peace, on this day of Stillness, and (on) this day of expression. End. Bell.