

06-07-14ra      **Stillness First, Then Expression**

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*Summary: Breathe in the Stillness of the individual self and breath out the expression of that Stillness. All you need is the desire to enter your Stillness, and the desire to know who and what you are. The nature and the characteristic of God is the nature and the characteristic of Paul, the Self. Quiet the mind by entering the Stillness, and quiet the mind by expressing the Stillness.*

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 the mystery of life, (and) wanting answers (in order) to have an understanding and comprehension of how Life works. And, What is the nature of God? What are the characteristics of God, and therefore, what is the characteristics of the Stillness, or the interior substance of God? What are the characteristics of God's Mind? What are thoughts? What is the purpose of your life Paul? What should Paul be doing for the next 10 years? What should Paul be doing now, today? How can Paul fully surrender to God? How can Paul fully surrender to That which he is?

Paul does nothing, no thing. Paul is not the doer of his life. Paul is not the thinker of his life. Paul has no power to do anything, other than to be and move as the object of God, (and) as the reflection of God's inner Stillness. (07:10)

God desires to know who and what He is. God desires to see and [to] experience who and what He is, and He sees and He experiences who and what He is through His Mind. God does not experience Him Self within His Stillness. You cannot experience your self, Paul, within your Stillness. You can be, you can exist, you can be aware that you exist, but Stillness implies no movement, no thing-ness, no thought, no manifestation, no projection, no sound, no color, (and) no light. There is a sense of vastness. There is a sense of forever-ness. There is a sense of Is-ness. There is a sense of profound love. (11:00) There is a sense of oneness, and there is even a sense of harmony, or sound without the movement of sound. There is a sense of aloneness. There is a sense of 'I Am that I Am,' or 'I exist.' There is a sense of aloneness [though], of Oneness, of solitude, of forever quietness. Your sense of Stillness is God's sense of Stillness. Your sense of aloneness is God's sense of aloneness.

You share God's Stillness, for the Stillness of God contains every thing, every form, every thought, every feeling, without form and without the description of things. Stillness is simply a picture (or wholeness) of that which is God, but there is no picture and there is no form, and there is no contrast, or relationship of things, or ideas, or thoughts. There is no movement. And this interior picture of God, or this interior non-picture, or non-form of God, cannot be expressed or seen within the Stillness. You cannot see yourself Paul, or know yourself, within your own Stillness. You must desire to know who you are, (and) you must desire to see that which you are, in order for your Stillness to be expressed. You are not unlike the nature of God Paul, and your Stillness, or That which you are, and that

place in which you live is not unlike the Stillness of God. Their nature and characteristics are the same. If you begin to experience your inner Stillness, you will begin to experience and to know God's inner Stillness. If you know the characteristics of your Self and nature of your Self, you will know the nature and the characteristics of God. The Self of Paul and the Self of God are One in the same.

It is much easier for you Paul, as an individuated self, as an alive entity upon this earth, with your particular forms of expression, and your particular ways in which you experience life, [it is much easier for you] to discover who you are and what you are, than it is to discover who and what God is. God is vast and without limit, and it would take you almost forever, almost within the limits of time and space, to discover all that God is. You possess the characteristics and the nature of God, and within a limited lifetime, a limited body, and limited forms of expression, you can discover your own nature, you can discover your own Mind and you can discover your own Stillness. (22:50) God does not ask you (to discover all that He is), to show you all that He is, for that would be an impossible task, given your limited mind and your limited existence on this earth. But you can discover, within a short period of time, the basic nature and characteristics of Paul. You can explore your Stillness, and you can explore your mind, and you can explore your own unique and particular expression of who you are.

Your consciousness is housed in and around an individual person-body (Paul). Why is that the case? Why are you not the tree outside your window, or the chair that you sit upon? Why as your particular consciousness, or awareness,

associate with this particular form? Your Stillness, Paul, is unique to your particular consciousness, and yet it is where you live, and it also is held within the Stillness of God. The key to your unique existence, and individuality is held within your unique and particular Stillness. You swim within God's vast Mind, this Ocean of Mind, and you have a particular perspective, and a particular form, and a particular perception of where you swim, and how you swim. You are the eyes and the experience that God seeks. God says, "Show me who I am from your unique perspective, from your unique vantage point of feelings and experiences." God does not say go outside of your self, or to become some thing other than who you are. God does not say to change bodies, or personalities, or to become a better person, or worst person. God does not ask you to change your clothes, or to speak a different language, or to take a rocket ship to Mars and live the life of a Martian. (29:52) God says to wake up to That which you are, now. Wake up to your uniqueness, and identify your Self by your Stillness, by your home, by your characteristics, by your nature, and not by your body, and certainly not by your mind or beliefs. If you look within the smallness of your mind Paul, and the smallness of your beliefs and thoughts, you will not find yourself. If you look at your body, and even the age and description of your body, you will not find your Self. If you look within your Stillness, which is the portal of who you are, or the doorway of who you are, you will see That which you are. You will see the vastness of who you are. You will see the heaven of that which you are. You will see that you are not alone. You will see that you are more than an individual body-Paul. You will see that you are not alone, but you see that you are made up

of trillions and trillions of beings that move and express, as you move and express. You will see your forever-ness. You will see your sureness, and you will develop a sense of confidence, or even power and steadiness and completeness of That which you are. By examining your Stillness, the doubts of who you are will vanish. The fear about who you are will vanish. Your frailty will vanish. Your imbalance will vanish, and your energy will grow. Your body will heal. Your mind will open, and you will understand and comprehend far beyond what you think your mind is capable of. Your mind will connect to the vastness of God's Mind, and you shall become in tune with this great Ocean of Mind. You shall understand firmly and completely that there is no death of consciousness, there is no death of Mind, (and) there is no death of a sense of awareness. There is no death of words, or expression, or pleasure, or experience, or joy, or love. There is no end to the experience of life, and the absolute joy of life.

Your Stillness Paul is always, always, your beginning. It is where you start. It is from which you breathe. It is from which you have a thought or feeling. (40:06) It is from which you discovered love and forever-ness, and as you begin with the Stillness, you end with the expression of the Stillness. You breathe in to the Stillness, and you breathe out expression, (or) manifestation.

Who you are Paul, is held still in the Stillness, and who you are in this lifetime is the expression of that Stillness. And so, the Stillness is forever and steady without end, and your expression reflects your discovery of who you are. You go within your Stillness, and you reflect outward that which you see and experience (from the Stillness). You go into your Stillness, and you move into life

from the Stillness, from that which you are, not from fantasy, or from the smallness of your mind and imagination, but you move into life through your body, through your existence here upon this earth, as the expression of your Stillness.

“I live within my Stillness. I exist within the (my) Stillness, and now I come forth into life. Now I am born into life, and now I express who I am. And now I breathe into my Stillness and I rest, and now I move out from my Stillness into life, and into color and form and sound, and texture, and light. I sing the song of my Stillness. I write a story about my Stillness. I write a poem, or I speak to my neighbor about my inner Stillness. And as I witnessed my Stillness, God witnesses my Stillness. As I witness my Expression, God witnesses is my Expression. (46:22) I do no thing except desire my Stillness, and desire to see That which I am. I desire my home and forever-ness, and I desire the experience and the understanding and the expression of That which I am.”

And so, Paul, surrender unto your Stillness, and then surrender unto your Expression, your movement. Do you see how this works Paul? God desires to see and to know Him Self, and thus He moves from His stillness into expression, into manifestation of His inner substance. And you, as That which is inside His Stillness, desire to know and to experience your Stillness, and thus you move from your Stillness into form and movement and expression.

All you need is desire Paul, which is the longing to know your Self, the longing to experience your Self. Your mind thinks that you are no one, or certainly no one important, and certainly nothing of value, except to keep the

ego-mind alive. Allow God's Mind to describe who you are Paul, to the consciousness, or the awareness of who you are.

Self-hate and unworthiness, the product of the world and the ego mind, is a false belief. It is a false understanding of the individual Self. Start with the Stillness of Paul, and your expression and path will become clearer and clearer. It is always first the Stillness, in then second, the Expression of the Stillness. It is the breathing in, and resting in the stillness, and inbreeding out, and resting in the expression of who you are. There is no effort on your part, for you are being moved by the energy of God's Mind, and the power of this great Ocean. The energy of who you are is without limit, as your mind and understanding of who you are is without limit.

And so it is on this beautiful day, this beautiful day of Stillness and expression, this day of inner guidance, inner knowledge and even inner experience, and this day of love and completeness.

And so it is. End. Bell.

Working title: first stillness, second expression, or stillness and then expression of the stillness, or the expression of the stillness.