

07-10-14a      **Nature Of Awareness**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, July 10, 2014, approximately 10:00 AM, Sedona, Arizona, on a warm cloudy summer 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 harmony, a world of great peace, 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 mysteries of life.

What is present Paul? What do you see? What is seeing? What is looking from your eyes? What is moving the wind that is moving the tree? What is rotating the Earth? What is holding you within this chair? And here we are, ready to help you change your mind, ready to help you move into reality, into the real world. You are who we are Paul, and we are who you are. We connect through this Stillness, this moment. There is no other way to communicate. It is the doorway in which we pass *through* to reach you, and as you stand close to this doorway, we pull you into who We are. We pull you into the present moment, and back into the Stillness of who you are. Every thing occurs, or happens in the Stillness, even though there is no movement within the Stillness.

There is no thought within the Stillness, or expression, *but everything is expressed from the Stillness*. It sounds paradoxical and it sounds illogical, but the

Stillness *is this present moment*. It is without time, or space, or movement, and yet time, space, and movement, and thought, and expression, *emanate* from this *place* of Stillness. As you enter the Stillness, you enter your Reality, and our Reality, and the Reality of all things. Your small mind and fantasies wait just outside the doorway, waiting for you to return to fear and fantasy and expression. Your ego-mind-entity is simply an expression. It is neither good nor bad, but it has movement outside of the Stillness.

What is your mind Paul; the small ego-mind? What it is made out of? Why is it so persistent? Why do you believe in it so strongly? What is so compelling about the mind identity of Paul? You might say it is a shell, a vessel, a container, in which you place ideas, and images, and even your memory, and your feelings. It is like a robot, or a body, almost like you have a second body, Paul, and a second mind, and it is formed by all these parts that you have assembled. You have some basic ideas of who you are, like your name, and you have an image, and you have the memory of your birth or childhood, parents, friends, teachers, and your mind has pictures. You might call them photographs of who you are, and each photograph makes up small part of this body of Paul. So you paste everything together, little tiny, tiny, pieces of pictures, and parts, and beliefs, and ideas, and memories. *And your mind, or your focused mind, creates a self, and that self is a protective device that moves in this world*. You might say it is like an etheric body, or a transparent body that overlays your physical body. It can move with in and with out your physical body, but it is composed mostly of beliefs, and thoughts, and memory. It uses the cellular structure of your body, or the memory

portion of your mind and body for information. This body must be constantly reconstructed each moment, for it does not really exist within the Stillness. This self is the protective device, or a shell, just like you would place armor on the real body, and it would deflect arrows, or bullets, or swords, and you would be thankful that you have the armor, if you were in war, let's say. If you are no longer at war, or within a battle, and you are not fighting to save your body, then the armor has very little function. If you are struggling to make a living or to be in the world, and you are doing battle with the world, then again, the armor does have a function. If you are trying to find out who you are, and discover your true nature, this armor will continue to defend you and to protect you from foreign ideas, and beliefs. It will protect you from who we are, and it might even perceive us as invaders, or some outside energy, that needs to stop at this doorway, this doorway to the present moment. (The ego is not within this present moment.)

Your self, or this self-body-small-mind exists within the dream of living on this earth. The reality of this earth is that you are indeed relatively safe, and there is food and water and shelter. Most animals will not try to eat you or harm you, but since man is still in a fantasy war with nature, and in a fantasy war other men, it is man himself who have become dangerous and life threatening. (21:00)

The real question is: how do we connect? How does the body of Paul, and the mind of Paul, drop his armor, or drop his defenses, drop his beliefs, drop his image, drop his fantasy-self, and wake up to What he is? *If you are always in a state of war, then you will suffer.* You will defend yourself against your neighbor, against God, or who we are, and you will defend yourself against nature, or your

environment, and you will suffer the consequences of this war. We are here to tell you that the war is over. For you Paul, the war is over, and your identity with the warrior body, and the warrior defenses is over. And so, now you are practicing dropping the armor of the self, or the pretend self. You desire to go home to your Stillness, where you live and express *from*. It is a place of peace and love and the absence of suffering. It is not a place of war, or battle, but it is a place of profound peace and Stillness.

As you enter the Stillness, you begin to realize that there is indeed another Reality, and (that Reality) it has a characteristic, and even a form and structure, even though it is formless, and structure-less. You access the great Stillness by being still, by being present, by being at peace, by leaving your (ego) self at this doorway, this threshold. (28:00)

And so, how do you connect with us Paul? If you can stand near the doorway through your practice of stillness, and breathing, and openness, and intention, we can pull you through. We have the energy to draw you into the Stillness. You are *from* That which we are, and so you must return to That which we are. You have moved out into form, into expression, into movement of time and space, and therefore you must eventually return unto this present moment, onto this Stillness. *We breathe in and expand, and you are expressed outward into form and expression.* This does not mean that you left the Stillness, that you are lost in some fantasy world. It just means that you are an expression of who we are. When we express with you, we speak these words, and you type these words into your language and words and your particular expression of your

world. This does not mean that you have become lost in fantasy, or lost in the past or the future. You are still *present*, but you are within time and form and space. Nothing is happening except that you are in a particular form of expression, and you have a particular purpose of writing, or drawing What we are. You might say you're not a warrior, but you are a scribe. You scribe the words of the Stillness, the words of heaven. You express the characteristics of the Stillness, and the characteristics of God, or consciousness, or awareness. You described to your dream world the world of Reality. The world of Reality is present, now, upon your Earth. As you lose the warrior-self, you begin to see there is no war, that there's nothing to defend from, and after that, you will begin to see that there is no self to defend, and no self is present, except for a body and the Mind of God. There is no warrior self, or pretend self, and there is no make-believe self, and there is no ego self. There is no Paul. There is just a body that moves upon this earth, and expresses the desire of God to see the love that He is. You express love through pictures or through writing. There is nothing special about you, or even unusual about you, for you are just doing your job, which is to express the Stillness, and express the stillness each moment. You are not here to save the world, for the world does not need saving, but if you are writings or message, or pictures bring comfort to the world, then that benefits the world, but that is not your primary purpose. Your primary purpose is to wake up from your fantasy world, and relieve your personal suffering, and express to God the love that He is. (38:20)

The ego is competitive. It desires to win the war. It wants to conquer nature and its neighbor. It wants to win over the beautiful woman, or gather the most money. It wants the biggest house and it wants the greater safety, and so the ego builds friends, and armies, and walls, and wealth, and property, in order to win the war. There can be many types of warriors. There can be a political warrior who gathers votes in order to gather power, and there can be the spiritual warrior who gathers followers in order to gather power, and therefore a belief system, which keeps him or her in power.

The body wants to survive. That characteristic is built into the DNA, or the substance of the body. Every plant and animal and insect desires to survive. You might even call this the first instinct. It must survive in order to grow. If the body is occupied, or busy defending itself, or surviving, then the body cannot be used very efficiently to express back to God the love that God is. Most of nature is able to survive, and if it does survive, it is able to express back to God the beauty of God. If the tree outside your window survives for few years, it begins to grow and possibly even flower into a beautiful form, and therefore it expresses to God the love that it is, and the love that God is. It expresses its own particular beauty of form. Once you survive through and from childhood Paul, you are able to express to God through your mind and your hands the love that God is.

You not have to be at war with world in order to survive. (43:45) Man must be in cooperation with the world in order to survive. Being at war with the world, man's survival is very slim, and very selective. The things of your natural world cooperate with each other in order to survive. The rain and the sunlight nourish

plants. The air brings oxygen to the animals of your earth. The plants provide food for certain animals, and certain animals are eaten by other animals in order to survive, but there is a system of cooperation. There is a method of cooperation and survival.

There is a structure, or you might even say a mechanics to the nature of God. God just is, and God desires to see who and what He is. And therefore, this desire, or you might even call it this expansion of wanting to know, creates time and space, color and form and sound. It creates multiple dimensions of realities. And the underlining feeling, or characteristic is love, and joy, and peace, and Stillness. There is no war within God's world. There is no self in which to collect more than other selves, or there is no self to dominate another self. It does not exist within reality. There is only God desiring to see Him Self and the love and beauty that He is. God does not compete with Him Self, or try to take some thing from Him Self. He does not even try to create more of Him Self. *God is enough in That which He is. You are enough Paul, in That which you are.* You do not need *more* of That which you are. You have a *function*, just as a flower or a tree has a function to be a flower or a tree. You are not designed to be a tree, or to be a lake, or another type of animal. You have a function to be That which you are, and to express That which you are, or your particular expression-function.

(50:10) And so, what is *your* particular function Paul? What are the details? Your first function, or we might even say one of your functions, is to experience life, to feel this body, to breathe air, to drink the water, to eat the food of your earth, and to be present with those sensations. And be not at war with your self,

or at war with your neighbor, in order to have the time and the presence to experience life. When you are drawing a drawing, or writing words from the Stillness or the heart, you feel the presence of the Stillness, and you feel the presence of this earth. It is a combination of the experience of this earth, and the experience of the infinite Stillness, that gives you life, and that gives you expression. If you are communicating with this earth and (with) your body, and you are communicating with us, or the Stillness, or God, then you are within the *balance* of life. If you are cut off from God and the Stillness, and That which you are within this present moment, if you are cut off from this present moment, the Stillness, you will suffer. If you are cut off from this body and this world, or if you ignore your body and ignore this world, you will suffer. Your being is designed to be present in both form, this world, and within the Stillness, which is formless. You are *both* form Paul, and the formless. That is your reality. (54:50) You may move into the formless, or into the stillness, but you will always express within form. There cannot be the formless without form, and there cannot be form without the formless. The Stillness is considered reality, or the real Reality, because of its unchanging nature, its fixed picture, and its fixed unchangeable stillness. Every thing originates and lives in the Stillness, and it is forever without time. It lives for eternity, but the Stillness is always, always, in a state of expression. There is never just the Stillness without expression. (57:20)

*There is really no such thing as non-duality.* There is no such thing as just the Stillness. There is no such thing as just form, or just expression of light and time and space. The Stillness, or God, is always greater than its expression. The



stillness, or God, is always more than its expression. The Stillness, or God, is always more powerful and real than its expression. The expression of the Stillness changes each moment, changes throughout time and dimension. There is only the Oneness of God, but that oneness always includes the expression of form, which is the expression of mind. *Form is defined as the Stillness expressed.* And that can be so, so, subtle that there is almost no difference between expression and the Stillness. (1:00:03) If there appears to be duality, and duality is an expression, then there is expression (of duality). If there is darkness, and there appears to be light, then there is both light and darkness. If there appears to be Stillness, and then there is the perception of movement, then there is both the stillness and movement. There is both the known and the unknown. There is both that which is revealed and that which is not revealed. There is both the structure to life and the non-structure to life. There is both no form, and there is form. There is no thing, and there is some thing. There is the mystery of life, and there is the known Reality of life. There is this great ocean of Mind as it moves through the universe, and there is That which causes this great ocean of Mind *to* move through the universe. There is only *one* characteristic that seems to transcend both the form and the formless, and that is love (the awareness of love), *and* the awareness behind love. Awareness can be present within the form and the formless. God seeing Him Self and knowing Him Self exists within the form, and quietly exists within the Stillness. God's awareness of Him Self, the "I Am that I Am," the "I Am that I exist," occurs within form, and within the Stillness, or the formless, or the great Void of no thing. And this great

awareness-consciousness does not exist outside of its home of Stillness, or does it exist outside of form.

To say that awareness exists as 'pure awareness,' without its home of Stillness, and without its expression of form, is not true. Awareness cannot be by itself. Awareness is not alone. Awareness is the manifested and the un-manifested. (1:06:00) The "I" of Paul will always relate to something, whether it is the Stillness (the formless), or whether it is form. Awareness is always, always, in relationship with Itself. Awareness has *substance* even though that substance appears to be no thing, or appears to be the void, or appears to be the Stillness.

And so it is on this beautiful day, this beautiful day of light and form, this beautiful day of mind and substance, (and) this beautiful day of light and shadow. And so it is. End. Bell.