

01-11-15ra **Presence: The Path To Realization**

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The following text was transcribed from Paul Ray Huffman's digital voice recording (recorder A), January 11, 2015, at approximately 5 PM, in Sedona, Arizona, on a drizzly rainy winter day.

Summary: The practice of presence is fundamental to a life of joy and the realization of who and what you are.

Is it not a beautiful day today Paul? The sun is not shining, the birds are not singing on this rainy winter day. And here you sit once again, wanting to understand presence, wanting to practice presence, (and) wanting to understand presence.

Presence is Stillness. Presence has no time, space, or dimension. Presence represents the Stillness. The Stillness has no time, space, or dimension. It just is.

What is presence?

You, as awareness, are connected to the Stillness by the feeling, or state of presence. When your awareness becomes aware of itself, it appears to leave the Stillness. It appears to recognize itself as existence, or 'I am that I am.'

Awareness arises from the Stillness in order (for the Stillness) to see That which it is. God desires to see and to experience That which He, or It is. And therefore, God, or Stillness, or Source, through desire, becomes aware that It exists, and that It is in relationship with Itself, that It is all that there is, and there is nothing outside of the Stillness of Itself, or this state of Stillness, this being-ness of

Stillness. Being-ness, or Is-ness, or That which you are, *extends its Self outward through desire to see its Self*, and desire to know its Self, and to experience its Self. It arises *from* its Self, or you might say it expands *from* its Self, and it becomes an 'I am.' It becomes an alive being, or an alive Self. And as the subject (subject-observer) of its Self, it looks upon that which it is made of, it looks upon the Stillness. It is within the stillness, (and) yet it is outside of the Stillness as a 'thing,' or 'I am,' or a subject, and it becomes all that it is, and yet it is outside of all that it is. It is the viewer, or the witness. That witness is present (or still) within its Self. It is still within the Stillness, yet somehow, it is viewing its Self from a very slight distance, an almost imperceptible distance, and it has, or begins to have, conscious awareness of its Self. (10:20) That conscious awareness creates movement. In order to view its Self, to be its Self, (and) to experience its Self, it must move *within* its Self. It must explore its Self. It must become alive within its Self. Just as you are alive on this planet, and you move about from room to room, or even country to country, God moves within Him Self. He becomes animated within Him Self. He becomes alive. The still picture begins (appears) to move, because God desires to see That which He is. (12:00)

You must move Paul, in order to be alive and experience who you are. If you are born still, and never took a breath, (and) never grew into an adult, you would have no experience of your self, nor would you have an awareness of your self without movement. *Awareness is synonymous with movement.* Awareness can become present within each moment, or within the One Moment. And as awareness becomes present, it relates itself to Stillness. It is awareness

becoming conscious of its Stillness. Awareness begins to move within the Stillness, which sounds impossible, or improbable, but awareness is some 'thing' some subject, some idea (projection) that is given life within the Stillness. You (are) have *Absolute Stillness*, and yet, there is something that moves and is aware *within* the Stillness. (15:45)

As you become present within this moment, *within* presence, you are both the still stillness of the *Stillness*, and you are alive awareness within the *Stillness*. You are both awareness aware of its Self, and you are also within a deep state of Stillness. Presence is a deep state of [the] Stillness. Presence connects awareness *back* into the Stillness. Without presence, awareness floats free and becomes a separate object-thing, a separate 'I,' a separate subject that feels separated from the Stillness. You can become conscious, (or) aware as a body-thing upon this earth, but if you are not present, or within the state of presence, you feel disconnected and outside of the Stillness. You cannot find your way home to the Stillness without presence. You can be conscious and alive upon this earth, but you can also be in a state of confusion, in a state of disconnection, (and) in a state of fear, because you have lost your home, you have lost your base, your substance, (and) your true identity. Without the state of presence, it is *impossible* for you to know who you are, or to experience who you are, or to perceive who you are.

Presence is a timeless, space-less, dimensional-less state of being. It is a line, or connection, or vibration, or force, or pathway, that connects you, as a thing-awareness, to your source. Mind is awareness, and as awareness loses its

presence, or forgets its presence, or loses its state of presence, it becomes an individuated self, a pretend-self, an ego-self, a Paul-self, that imagines its self as free, but also imagines its self as disconnected, and deeply frightened of not knowing who or what it is. And so, mind (or awareness) becomes encapsulated in an identity that is false, or encapsulated within a body that was designed to express the Stillness, that was designed to be in joy of its particular manifestation within this particular world. Awareness identifies with something *other* than itself (the Stillness), and then awareness becomes confused and frightened, and begins to shut down. It (awareness-thoughts) believes that it can die and be no more. (24:10)

When you lose the state of presence, you lose who you are. You lose the source of who you are, and you lose the pathway back to who you are. When you lose presence, the state of presence, the state of timeless-dimensional-less presence, you develop an awareness-consciousness that is confused, and lost, and experiences suffering. By practicing presence, and practicing presence, and practicing presence, and understanding presence, and its relationship to the Source of the Stillness, you begin to expand your awareness, your consciousness, into an understanding of who you really are. Your awareness begins to re-identify itself with the 'I am' presence, the 'I am' stillness, the 'I am source' of That which I Am.

Presence is the correct state of Mind. It is a place in which awareness sits and is held still. Awareness can explore, and move, and see, and perceive, but as it is held within the state of presence, it lives in both worlds, the world of

stillness, and within the world of perception, movement, time, and space. It lives as (the) manifestation of the Stillness, and it lives as the Stillness.

Presence is the timeless now, and that is where you live, that is where you are, (and) that is the *place* that you exist. You can arise from this chair, and yet your state of awareness is held within *presence*. You can drive your car, yet your awareness is held within this present moment, the (this) state of presence, which is the same as the state of Stillness. You have never left the Stillness, and yet through awareness, you can play within this world, you can be within movement, you can be within perception, and you can be within discovery, [and] knowing, and mind. (31:00)

As awareness and mind *live* within this present moment, and are (present) within this present moment, your being becomes fully alive, fully here, and fully developed as it was intended to develop, as God desired to see, to feel, and to be all that He is. You (as aware presence) are the God Source expressing all that you are. And now, within this present moment, you are here in this body, in this room, and within this particular awareness of your self. And you are connected to your home Source within this *state* of presence, within this *place* of presence, this *place* of now, Now. (33:40)

And so we are emphasizing the importance of the practice of presence. Presence is both the Stillness and the awareness of the Stillness. Presence is both a 'thing' and a 'no-thing.' It (Presence) is both absolute Stillness and movement; and (it is) alive-ness, and exploration, and knowing, and mind, and awareness. Practice presence, and you shall be connected and realize your

Source. Practice presence, and fear and the unknown will dissolve, and aliveness will grow and be present within you. Presence is the foundation, and it is the substance of That which you are. It is the substance, the material substance of That which you are, and it is as *real* as breathing. It is as *real* as life itself.

And so it is on this beautiful evening, an evening of presence, an evening of Stillness, an evening of Source expressed, (and) an evening of Source expressing. And so it is.

I would entitle this: "Presence: the substance of life and peace and love," or "Presence: the connection to Stillness"