

01-25-15rb **The Movement Of Awareness**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, January 25, 2015, at approximately 12:30 PM, Sedona, Arizona, on a beautiful warm winter 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, a world that needs nothing to be who and what it is. And here you sit once again, wanting to know who what you are, wanting direction, wanting to know your purpose, wanting to know how long you are going to live in this body, wanting to know if you're going to be comfortable in your old age, wanting to know if there is going to be enough money and love and shelter and friends, wanting to know if you are important, or not important, (and) wanting to know about tomorrow and the next day, and the next day.

There is no end to what the mind wants. The Paul-self will never be happy or satisfied. There are always conditions and considerations for the Paul-self conscious mind. *The truth of who you are is always present.* It is always here, now. The state of presence, the mind of presence, the awareness of presence, the Stillness of present is the only access to who and what you are. It is the only way of being. It is the only purpose of life.

You may think that your next breath, or your next moment of consciousness is the most important *thing*, or *way* that you can *be*, and it is not. *Presence allows your existence.* Presence allows for you to be here now, and to exist here now. Without presence, there is no knowing, or seeing, or being of your existence now. Awareness arises from presence. Awareness does not create, or make presence. You can be aware of presence, but presence exists prior to awareness. (08:00) The Stillness is a vast and beautiful place. It is a place of profound love and acceptance. It is a place in which you live now, and a place that you have never left. Awareness arises from the Stillness, as God desires to see who and what He is, as God desires to express the love that He is to Him

Self. God does not have a concept of self within His Stillness, or within Himself. God just is God. God, or the Stillness, has a sense of existence, a sense that 'I exist', a sense that something (or non-thing) exists. God only functions within this present moment. There is no other moment. God is not within a dimension, or time, or form. The Stillness is complete within itself, just as you are complete within yourself. God does not need to be aware of Himself in order to be Himself. God does not need to do anything in order to be Himself. God does not need to see Himself, or experience Himself, in order to be Himself. You do not need to be aware of your self to be your self Paul. You do not need to breathe this body in order to be your self. You do not need to *do* anything, or to have a purpose, to be who you are you. You do not have to have awareness of your self, or a conscious mind of your self in order to be who you are. You do not need to be in this body, or in this room, or speaking at this moment, to be who you are. There is absolutely no purpose to your life. There's absolutely no reason that you are alive within this body, and within this room. *Being* is complete within its Self. The Is-ness of your self is complete within the Is-ness of your being. There is nothing to know in order to wake up. There is no realization of who you are, because you are who you are. There is no thing to go *to*, or to retreat *from*. (13:48)

There is no correct perception of who you are, and there is no incorrect perception of who you are. There is no future Paul, nor is there a past Paul. There is nothing to make better. There is no concept of self, or Paul, or mind of Paul, or thoughts of Paul, or beliefs of Paul, because those thoughts and beliefs and concepts do not exist within the Stillness, and do not exist within presence. Presence does not care what you think, or care how long this body lives. Presence is totally in love with itself, and that Self is you, is who and what you are, but it has no attachment to form, and ideas, and knowledge, and knowing, and realization. Presence is in complete joy of its Self, and presence expresses that joy through the arising of awareness, and awareness manifest form and trees and worlds and universes. Awareness is looking at its Self, or you might say awareness is looking *back* upon its Self within this moment, within a stable unchanging moment. Awareness is observing that which it is. Awareness is the 'I

Am' of the Stillness. It is the 'I am that I am' and the 'I am that I am that I exist.' Awareness is simply, "I exist now in this present moment." Awareness is you Paul, in *all* that you are, in *all* forms that you are at this moment. You do not exist within the next moment, and you do not exist within the past moment. Awareness is *not* thinking past or present thoughts. Awareness is enjoying this present moment. Awareness appears to move within the Stillness, just as you appear to move, just as this 'pause light' (on the digital recorder) appears to blink and move, just as your breath appears to move in the body, and out *from* the body. (20:00)

Awareness moves within the Stillness, and Stillness appears to move, but by definition, Stillness does not move. Is that not interesting that all that you see before you is essentially still, for it (a)rises from the Stillness, and in that arising, it appears to move, but you, and all that you see and sense before you, is awareness moving within the Stillness? If you were at the center of a wheel, a wheel that was stable and still, but you as the center, as the axle, moved very rapidly, very quickly, and you spun your self at a very high speed, it would appear that the wheel is turning, but it is not. The wheel is stable and fixed, and unchangeable, but you as awareness are moving at a great, great speed, and therefore, what is stable and still appears to move. You, as awareness, feel your self to be stable, and real, and unmovable, but in fact, you are the one that is moving. (23:03) As you focus on presence, your awareness begins to slow down. Your mind begins to slow down. Your perceptions and feelings begin to slow down, and you begin to enter the Stillness. And only by entering the Stillness as awareness, can you begin to know the Stillness. You cannot know who you are until you reenter the Stillness, and by reentering the Stillness, you begin to remember who you are. Remembering is held within you, which is held within the Stillness. Perception is held within the Stillness. Mind is held within the Stillness. Knowing is held within the Stillness. All of life, and all life, is held within the stillness. When awareness becomes present, it begins to remember its self. You become the Self of Paul in the largest sense, and you become the Self of every Thing, again, in the largest sense of Self.

God desires to see Him Self, to see that which He is, so God must have some thing outside of Himself, outside of the Stillness that can move almost instantaneously within Himself, or within the Stillness. And so, awareness arises from the Stillness, and is slightly outside of the Stillness, in order to view the Stillness. The Stillness is dimension-less, time-less, formless, but Stillness desires to be seen and felt and experienced and expressed. Awareness without presence, or without a connection into reality, or into its self, or into the Stillness, would exist as some *thing* disconnected to the Stillness, would exist as some thing *unknown* to the Stillness, and the Stillness unknown to awareness.

Presence is the partner unto awareness. It is the source of awareness, and it drives awareness in and through the Stillness. If you, as awareness, have lost your presence, have lost your connection to the Stillness, you have no knowledge of the Stillness, and you have lost your function, or least you have lost the idea and the purpose of your function, and you as conscious-awareness feel lost as you move about it at such a high rate of speed. As you move about the Stillness, you have no idea why you are there, or what you are doing. (29:56)

Awareness needs to be anchored within the stillness in order to be *of* the Stillness, *from* the Stillness. What you see before you is not the Stillness, but a reflection of the Stillness, a picture of the Stillness, a moving picture of the Stillness. It is moving because you are moving. It is not because the Stillness is moving. The Stillness is the source of love and beauty. Awareness is the expression of that source of love and beauty. The Stillness cannot express itself. It needs movement in order to express itself. It needs some 'thing' that can picture and express the Stillness. The Stillness is without effort, because it exists, because it is, and it is Still. It is not becoming some thing, and it was not some thing in the past. The Stillness did not arrive and the Stillness is not going to leave. (32:16)

What is awareness? How does it arise from the Stillness, and what is awareness made out of? What is its substance? There is nothing outside of the stillness, so it must be made out of the same substance as the Stillness. It must *be* the stillness. It must *be* the stillness arising within itself, from itself, and within

itself. You might describe awareness as moving Stillness, or the moving picture of the stillness. Awareness is the play of the Stillness. It is the delight and form of the stillness. It is the play of the Stillness. It is the in and out breathing and aliveness of the Stillness. It is the Stillness in animation, in movement. Without awareness expressing the Stillness, you would not have your world, or your body, or your neighbor, or the moon, or the universe. Awareness is the delight of God, as God sees and expresses Himself.

And why is this important? Why is this understanding important? It is for you, as an object of awareness, as an object of expression, so you as a mind remain clear, so you as an awareness-object remain clear, and without suffering, or concern, so you as an object awareness remain focused and clear and at peace with your self, at peace with God's purpose, at peace with God's Self, so that *you* know there is no doing other than God desiring to see the love that He is. As you perform naturally, you are in joy your Self, you are in joy of your expression, which is love, form, words on paper, feeling purposeful, feeling in alignment with the Stillness, feeling in alignment with that which you are. As you perceive correctly, as you know correctly, you line up with your presence, you line up with the doorway unto the Stillness. As an object of awareness, you are the seer and the witness of the stillness. You are a witness for God to see Himself. You are God expressing Himself to Himself. And as you line up with presence, you begin to experience God experiencing Himself. You begin to experience God knowing Himself. If you know that you are safe, and if you know that you are seeing and understanding correctly, that you as awareness is moving within the stillness, and again, that you are safe within the Stillness, then you will act with abundance and love, and you act towards other people and objects in love, and in abundance and love and you will act towards other people and objects in love and in abundance. You will give all that you are, and you will receive all that you are. (40:48) You will dissipate the fear of not knowing, or the fear of uncertainty, or the fear of pain. How can you as a being be comforted in this world, in this body? What other means to you have to be comfort?

And so it is on this beautiful day, this beautiful day of movement, and love,

and understanding, and knowing, and comfort, this beautiful warm day on your Earth, (and) in your world, now, at this present permanent moment, this unchanging moment. And so it is. End. Bell.