

O2-09-15rb **The Expanded Mind And Aware Presence**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, February 9, 2015, approximately 11:30 AM, on Monday, Sedona, Arizona, on a beautiful warm winter day.

Summary:

I am. I exist. I am observing, and noticing, and watching. I am loving and open and spacious. I am presence, here and now. I am *all* that there is. I am the conscious awareness of Paul. I am Paul's highest Self. I am the Self. I am the Self. I am the Self of "I Am." I speak to the pretend self of Paul to surrender. I speak to the image of Paul, the mind container to surrender, to open, to expand, to create a doorway opening *from* this container, into a new vast world. The (self) image-Paul suffers. It is afraid, and it is certainly lost from its Source. The Stillness is home for Paul. Peace, safety, and security is the Stillness. Paul's body will pass from this earth in time. Paul's thoughts will pass in time. Thoughts are just clouds that pass by. (5:57)

The I Am is as vast as the Stillness, as vast as the No-thing-ness, as vast as No-form, as vast as the potential (of the Stillness) to be some "thing." God, that which you are, desires to see the love that He is, that (which) you are. He and you are the same. He can be within you, and He can be within this tree outside your window. He is in love with you, and that which you are. God loves Himself, therefore He manifests Himself in movement in order to see Himself. You are simply God's desire to see Himself, to know Himself, to be Himself, and to experience Himself. And you exist in movement, and therefore you exist in time and space. Movement creates time and space, but in Reality there is no time, nor is there space, nor is there movement. Every "thing," (every form) is still.

Who is speaking these words? What is speaking these words? What is coming forth from the body of Paul, from the mouth of Paul, from the breath of Paul? These words arise *spontaneously* from the Stillness. No one is doing anything. God desires to listen to Himself. God desires to hear Himself speak,

and therefore this body is the instrument of God. There is no *other* Self other than the God Self speaking to Him Self.

If you notice Paul is not speaking. If you notice Paul (self) is not present, for Paul (self) cannot exist where he cannot exist. *Paul (self) cannot exist within presence* because Presence is the home of God. It is the home of expanded awareness, so the Paul-self cannot interrupt, or interfere, or use thoughts in order to interrupt this conversation. There is no desire of Paul (self) present, or we might say there is no small-self desire of Paul. We being the presence of “I Am that I Am,” we being the God voice, (and) we being the awareness of God's voice expressing God's voice without the (small) “I” presence of Paul. “I Am that I Am” is the larger expanded presence of the small version of the Paul-body-self. The Paul-body-self exists on the ground, and functions and relates with other small body selves of this earth. But you, Paul self, can function without fear thoughts, and without fantasy thoughts, and without your attention being drawn to unnecessary thoughts, or harmful unnecessary thoughts, or (small mind) container thoughts, (or) [that is] restricted thoughts.

As the mind expands, so enters the word of God. As the mind expands, the voice of the Stillness arises, and becomes made manifest into form, into words, into sentences, and paragraphs, and meaning, and experience. (15:15) God can experience Himself through words, sentences, and meanings, and ideas, and concepts. God can *be* Himself through ideas and concepts. Ideas and concepts do indeed exist, and they are real as they are manifested and spoken from the Stillness. If the contained mind has an idea, or a concept, or even an insight, it is possible that idea, or concept is not grounded in reality, or grounded within the Stillness.

The Stillness does indeed have a mind. That mind is called *awareness*, or expanded mind. God has a mind just as *you* have a mind Paul. Within your individual expression, (or) the individual idea of your self, the individual image of your self was created *from* awareness as awareness narrowed its Self down into form. God's Mind has almost no form, and no boundaries. God's Mind includes all that God is and that perspective, and perception, includes *all* that God is. As

God speaks and narrows the awareness of Himself into words and sentences, and paragraphs and pages upon a paper, concepts and ideas become narrowed and confined to a piece of paper, or to a single word, but that does not negate its importance. That does not negate the importance of speaking words, and placing words upon a piece of paper. As the small mind moves over, and becomes the servant to God's mind, then words and vocabulary and thoughts and memory and human experience can be used to express the word of God. (20:05) The Word of God is for God to hear and experience the love that He is. Repeat: *the Word of God is for God to hear, or listen to Himself speaking to Himself, in order to have the experience of Himself, in order to have the love of Himself expressed in words and sounds.* These words are for the Paul-self, but they are first for the Self of God to hear, and see the love that He is. Paul-self is a byproduct of the *original* purpose of words and sounds and meaning and concepts and ideas. Paul is a byproduct, and his mind and body is a byproduct, or a secondary idea and concept, of the *first* reason and *cause* of mind. There is nothing wrong with your mind and thoughts and fantasies Paul, if you understand that it is secondary, and not of great importance in comparison to the *first* reality of Mind, which is God's Mind speaking to Himself. You are God speaking to Himself, and you are God speaking to Himself now, even though the Paul-self-mind may not realize his (his or its?) purpose, or realize his arising from the Stillness has a purpose. The Paul-body-self is for God to see That which He is. And that which He is, is always love in expression, no matter what the form. Again, no matter what the form, from God's perspective and perception, it is always, always, an expression of love, and allowing, and non-judgment, for how can God judge Himself, and why would God not allow Himself to be Himself? God gives unto Himself every thing, every form, every idea, every concept, every thought in order to be Himself. God withholds no thing from Himself in order to express That which He is. (26:06)

If you see a shooting star at night as it lights up the night sky that is the expression of God seeing the beauty that He is. If you walk across this room, or if you walk into the kitchen, that is God seeing and feeling and being the love that

He is. You speak no word, and you make no movement that is *not* the expression of God. Nothing happens in your life, that is *not* the expression of God; no thoughts, no fantasies, no fear, no love, no abundance, (and) no poverty is *not* the expression of God. The small mind thinks that it is doing something, and commanding something, and controlling something, and it is not. And even that play, that fantasy of mind, is the expression of God. You can hate your self for your entire life, or the "I" self can hate its self for its entire life, and that to is the expression of God.

It must be clear now, that God does not suffer. God does not suffer Him Self, but as you is a small being, as a small mind, interpret and perceive your life, you may interpret and perceive your life as suffering. Your mind is the source of suffering, even though that separating is also the expression of God's love for Himself. You interpret suffering as suffering. God interprets suffering as love for Himself. Your aging and death is interpreted, and seen, and felt by God, as the love for Himself. The only entity suffering within you Paul is your small-contained mind, your small contain thoughts, and your small contain perception of who you think you are. No one, or no thing is suffering except your interpretation of suffering, or your perceived knowing of suffering. God is not suffering, and your presence, your "I am that I am," and your God Self is not suffering. Presence does not suffer. If you reason it through the expanded mind, you will perceive that presence, and who you are cannot suffer, for it is born and held in love. It is born and held in peace. It is born and held in complete security, (in) complete warmth of love. Love, and warmth, and home, and security never ever leave you. You have never left the Stillness. You have never left forever-ness, for it is impossible to do so. (32:48)

Where is Paul (self) now? Is it possible for Paul to break in to this conversation? Is it possible for Paul to move him self into fear? Is it possible for Paul to arise from this chair, (and move around) until he again feels the suffering of him self? Yes, but what would compel you to seek suffering? What would compel you to arise from this chair and create pain within the self? *What* desires you to do that? Is that not the small mind, which has become addicted to

suffering, addicted to lack, (and) addicted to fear? Does not the small mind enjoy fearful thoughts? Does not the small mind secretly desire its own death? The small mind does, *does*, secretly desire its own death, because it is tired of the suffering. It is tired of not knowing. It is tired of being in control of nothing. It has a dead-end job. It has a dead-in existence, but it does not know how to let go of its self. It does not know how to give up the search for its self. It does not know how to give up hope, for hope and search is also an addiction.

Be strong in where (within presence) you are at this moment. Abide where you are at this moment. Do not give it up. Do not cling to it, but know it is who you are. It is the greater Self that speaks from its home that speaks from its awareness of its Self that speaks the truth in order to know the truth. It speaks the truth in order to experience the truth.

Why do you seem divided at this moment? There's something speaking to Paul. There is something greater and more real and more alive speaking to the smaller version, or the body-self of Paul, or the mind-body of Paul. So why is there a split? Why are there two things happening here? Why cannot there be just One possibility and (One) reality of Paul? Why does Paul need to be talked *to* and *from* some other place, (from) some other perspective? Why does Paul need to hear these words from some outside source?

It is because this outside source is Reality, and it *is* the greater Paul, or the expanded mind of Paul speaking to a very narrow suffering mind of Paul. Paul has built an image-self with its own self, and voice, and personality, and that personality-self thinks that it can hear some thing outside of it (its self) speak to it. Paul needs to surrender to who we are, and what we are, which is the Voice-Mind of God. We are not a person, or a thing, or a self, and Paul is not a person, or a thing, or a self. The appearance of Paul, and the appearance of Paul's personality is an extension of who and what we are. We are the Paul-self. We are the Paul-body-mind self, and we know how to move from room to room, and we know what moving from room to room means, and what it is for. We are not thoughts or thinking, but we arise from the Stillness into motion, and form, and words, and ideas, and thinking. We arise from the Stillness in the form of Mind,

movement, or Mind that creates movement. God is held still, and God can only see Himself through His arising, (and) His movement of Himself. Awareness is everywhere. Awareness is in every form, every letter of every word, every atom in every molecule, every particle, (and) every form of light and dark. (43:53)

You desire to be free, as God desires to be free. God does not want restrictions upon Himself. God does not want limits, for within God, there are no limits. Freedom for you Paul is the expansion of the mind. It is creating doors that open out from your mind. For you, it is creating windows, large windows, and so you can see outside of your mind. This session, as *you* open the door to your mind, and walking outside of your mind, and entering a Mind that expresses who is what you are. And you take these words, you type these words, you place these words on paper, and you practice these words, but as you live and think and become outside of your mind, you *become* these words, and you recognize these words, (and) you realize these words as who you are. It becomes easier and easier to move away from your suffering mind, your suffering thoughts which are addictive, (and) repetitive thoughts. (46:35) You must ask yourself what is the attraction to suffering, and what is the attraction to your mind-thoughts.

You cannot be taken “over” Paul, for that is impossible. God is God. God just is, and God manifests Himself in awareness, and as awareness moves within the Stillness, you appear, you become, and it seems as if you are moving, but you are not. Awareness is moving, and within that movement, awareness manifests form in order to play its Self out into some “thing.” As awareness is drawn back into the Stillness, the form itself becomes more and more still, until it also becomes the Stillness. As you become still within your awareness, within your presence, you move back into the Stillness, or you perceive Stillness, and yet you somehow are still moving within form. It is because you are both the Stillness and [you are both] in movement. You are no-thing Stillness, and you are some-thing form and movement, and that is the joy and the beauty of God. That is God's pleasure. That is God's love for Himself to be both forever Stillness, and forever in form, and time, and movement. God plays within your world, and He is, and exists within His Stillness. You are the moving picture of God. You are the

moving loving expression of God, and God is always, *always*, in joy of Him Self as He moves, as he expresses. And every expression, every word, every form realizes and experiences deep profound love. It is only your mind's interpretation, and perspective, and perception of its self that blocks the awareness of God's presence, and God's love. As you see who you are, you also see the love that you are, you also began to *feel* the profound love that you are, and the profound love that every thing is. Every tree manifests and emanates love. Every object on your bed now, emanates, radiates, profound love. The hand on your pillow radiates life and love. This digital recorder radiates life and love. The sound of your voice radiates profound love. Each concept, each idea, radiates profound love. (53:20)

Practice walking within this world Paul. Practice speaking the word of God. Practice arising from this chair, and returning to this chair *within* God's Stillness, *within* God's Mind. Give your attention to God's Mind. Give your attention to God's words. Focus on God's expression of Him Self. Do not focus on a fearful mind, or a contained mind. Mind was never designed to be contained. Never. The tree outside your window does not have a contained mind. This digital recorder does not have it contained mind. And you Paul, do not have a contain mind, other than you believe that you do, or that you were told that you do, and you do not. The heart of God is presence. The heart of the Stillness is presence. The heart of every object within this room is presence. The heart and center of your Self is presence. Presence is the Stillness of God as it arises from the Stillness of God into movement. Presence lives within the Stillness, and presence lives within the moving awareness of its Self. If God can be described as some *thing*, then it is this moving presence-awareness of its Self. As God desires to see the love that He is, He arises from Himself in the form of aware presence. He is fully still within Him Self, and yet He can move within the awareness of Him Self, and that *Aware Presence* is contained within you. That is what connects all things to all things. *That is what connects all things back to its source, back to the Stillness.*

If you can understand aware presence, then it is possible for you to

understand who you are, or what you are. Your aware presence is beyond this body and mind, and way beyond this world and universe. Aware presence is that which connects you to and into the heart of God. Aware presence is the expanded Mind of God. Aware presence is expanded awareness, expanded presence, expanded perception, expanded knowing, expanded understanding, expanded realizations, expanded form, (and) expanded Stillness. It is the best of both worlds. It allows you to be alive and in movement, and within the enjoyment of your Self as the Stillness. *Aware presence* is beyond words and description. It is the experience of your Self, the Is-ness of yourself, and as you focus upon aware presence, and focus upon aware presence, you will begin to experience the experience of God. You will become the experience and the awareness that you are, and you begin to *feel* the love and the joy that God feels. (1:01:47)

So, how can Paul stay within aware presence, and not return to his suffering mind? It is a state of mind is it not? It is state of being present. As you open your mind, *open your mind*, and your state of mind becomes greater and greater, with more and more possibility of happiness and love, with more and more possibility and acceptance of love. Aware presence consumes the moment, is the moment, (and) is the light of the moment, and it overshadows, or it over brightens any shadows, or any fearful thoughts.

And so it is on this beautiful day, this beautiful day of presence, and a bright expanded Mind.

I would entitle this: "The expanded mind held within aware presence"