

03-08-15rb **The Aware Presence Of God**

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The following text was transcribed from Paul Ray Huffman's digital voice recording (recorder B), March 8, 2015, Sunday, at approximately 1:00 PM, in Sedona, Arizona, on a beautiful sunny warm spring like day.

Summary:

Allow everything to be as it is. Be in joy of the present self. Enjoy presence. Be aware of presence. Is it not a beautiful day today? 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 and what you are, wanting answers, (and) wanting an understanding of who and what you are.

Presence is just presence. It is the foundation for all life. It is the foundation for all things. Every thing has presence; every rock, every animal, every world, every angel, (and) every spirit has presence. It is what connects all things to all things, and it is what connects God to all things. Presence is God's awareness of Him Self. *Presence is God's awareness of Him Self.* When you become aware of your presence, you become aware of God's presence. You may interpret presence differently than your neighbor, or (you may interpret presence differently) than the tree outside your window, but it is still God being aware of Him Self, or God being conscious of Him Self. Presence is *That* which God *Is*. (Presence is *That* which you *are*.) You, as a manifestation of God, the *thing* of God, the movement and presence of God, can experience your Self, and you can experience That which God is and God can experience That which you are.

Presence lives in the heart of the Stillness, and it is Stillness un-manifested. Presence is Stillness un-manifested and unrealized, unknown, and un-experienced. Presence moves from the Stillness, as God desires to see and to know and to feel that which He is. As presence arises from the Stillness, it becomes aware of Its Self. As presence, or God, arises through desire from the Stillness, God becomes aware that He is. God becomes aware of Him Self, of His existence, and He begins to observe, and see, and feel that which He is

through His being, through His presence, and through His awareness of Him Self. (08:00)

You are aware that you *are* Paul. You are aware that you are this individual body, with a seeming individual mind, that you look a certain way as you view your self in a mirror, but you do not divide your self up into billions of cells and parts and name each cell, and [necessarily] dialogue with all these parts of your self. You think of your self, as a whole being, a whole self, and you are conscious of your self. You are aware of your self, and you move about this earth as a self, as a being. God does not divide Him Self up. God sees Him Self as whole, as One, and He experiences Him Self as One being, One presence. God gives you consciousness, awareness, so that God can be conscious of Him Self. If you were not conscious, God could not be conscious of you. If God was not conscious, you could not be conscious of God. *If God was not present within you, you could not be present within God.* (10:10)

God is in total joy of His being and you are in total joy of your being. You are happy, and content, and peaceful, and loving each moment. You are peace and love each moment, for that is your nature. There is no other nature for you. There is no other choice. There's no other choosing. Your mind has been pinched off from the Mind of God, and it has its own particular view, its own particular understanding and judgments about who you are. And that is okay, but that mind is isolated, and a very small part of who you are. That small mind gives you a certain perspective; an opinion about your self and who you are and it is mostly not true.

And so, how do you deal with your self, or how do you deal with this mind, or the part of you that is mostly not true? How do you heal it? How do you dissolve it? How do you deal with it, so that your life may be consciously peaceful, and happy, and loving? You open your mind through a greater and greater understanding of that which you are. You bring presence into your mind, and that presence is the presence of God. And that expands the mind, and expands the mind, until the untruth of you is a relatively small compared to the vast understanding of your love and peace. The habitual self-criticism becomes

less and less and less tolerated by the Self that you are, (and) by the presence that you are. You simply begin to act naturally within this presence. You move in and out of the Stillness by way of this presence, this body, this Self, this 'thing' that you are. And you are this 'thing' of presence, and it connects deeper and deeper into the heart of God, deeper and deeper into the heart of Stillness. Your small mind continues to chatter, but it is like background noise. It is like traffic noise that you soon dismiss. It is just noise.

The enjoyment of life is this loving presence, (this) loving knowing, and this loving awareness of who you are. Living within presence is in some ways a new way of living, a new way of moving about this earth. As you enter presence, you enter a new body, a new self, a new mind, (and) a new way of functioning upon this earth. If you ride a bicycle for the first time, it seems awkward, almost dangerous, but after a few tries on the bicycle, you realize how much fun it is, (and) how practical it is to have a bicycle, and how it frees you up as you travel from place to place on this new bicycle. Recognizing presence as who you are places you within a new form, a new energy, a new way of thinking and being, (and) acting.

Just as you are speaking these words... you are not speaking these words are you? Presence is speaking these words. God's awareness of *you* is speaking these words. You might say it is guides, or higher self (speaking these words), but it is simply the Self of presence. It is God's awareness of Him Self that speaks to Him Self. (19:45) *It is God's awareness of Him Self that speaks to Him Self. Presence speaks to presence. Presence is aware of presence.*

Presence enters your physical body, as it enters this physical room, this physical space, and it breathes you. It gives you life. Presence has always been present, but you may have been unconscious to the presence of God, or to your own particular presence. Presence seeks love, and truth, and peace. Presence expresses love, and peace, and truth, and beauty. That is the nature of presence. Your body and voice begins to express beauty, truth, love, and peace. The body is an innocent receiver of presence. *It is constantly receiving and integrating presence.* Even your mind-consciousness is constantly receiving

presence. It (presence) is the substance unto which you swim and exist.

Practice shifting your attention and even (your) focus into presence.

“My intention is on and within the presence of God, the present awareness of my Self. My breath breathes in presence, and breathes out presence. [My mind lives in the Stillness and therefore lives within presence when needed.] My mind lives in Stillness and therefore manifests within presence when needed. My mind and body live within the Stillness, yet become activated within presence when called upon to be, and to move, and to express. I am the still presence of God. My life is love and peace, and I express love and peace.”

And so it is.

Working title is the “The Aware Presence of God.”