

03-27-15rb **Choosing Presence**

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The following text was transcribed from Paul Ray Huffman's digital voice recording (recorder B), March 27, 2015, at approximately 12:30 PM, in Sedona, Arizona.

Summary:

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, and a world that needs nothing to be who and what is.

And here you sit once again, wanting to know who and what you are, wanting an understanding as to who and what you are. And here we are once again, surrounding you, loving you, and asking *you* who and what you are.

What do you want? What are your desires? What is your expression? You desire to become self-realized do you not? You desire to wake up to that which you are, and that desire seems almost impossible, that desire seems difficult, and you are beginning to believe that it is unattainable for *your* remaining time upon this earth.

And yet you discount our presence, you discount our power to help, and to move you into self-realization. Even after all these years together, as we speak to you, and as we have spoken to you, you do not quite believe that we are real, and that *we exist* as part of who you are. You might say, you do not believe in yourself. You do not believe what is possible, even what is probable, for you would prefer to believe a mind and a voice that is actually *not* part of you, (and) *not* of your essence, not of your source. And so the pretend mind, with the pretend voice is dominant within your thinking mind. And you know that this is not logical, and not even what you wish for, and not what you desire, but the pretend self of Paul, or the conditioned self, seems to rule your life, seems to rule the day, and rule the moment, and guide you off the path into one blind alley after another blind alley. Your pretend mind is lost, and yet you prefer that it lead you into this vast wasteland of nonexistence.

We are present with you now, as we speak these words, and somehow, the

pretend mind voice within your head as stepped into the background. Is it afraid, or is it nonexistent? Is it afraid, or does it have almost no power to come forward? (11:20)

You must focus on the pretend mind, with its conditioned thoughts and voice, in order for it to come forward. You must give it attention. If *you* desire our voice, or your voice *to come forward*, you must focus and give it (God's voice) the attention so that it might (will) come forward with power and presence. The Difference between the voices... let us repeat, the difference between the voices, or between the state of mind is that our voice has presence, or what you would describe as Reality. And the other voice, the conditioned voice, is a voice and a language of the past and future. It is the voice of your parents, or the voice of memory, or the voice of the world, and it is on a tape, a looped tape, that plays over and over, and it collects fantasies and images that have almost nothing to do with Reality. There is a part of you that is very present and (it) has the power to choose which voice speaks for this body. This body is innocent and neutral, and it will allow its self to be used by many forces, many types of forces, but this body naturally seeks peace and harmony and love, because it is of peace harmony and love. It was designed, and made, (and) created from your particular consciousness, from your particular awareness. As you arise from the Stillness, through desire to see your Self, to be in form, (and) to be in movement, you project from this desire, from your awareness, your self, a form, a world, trees and nature. You have an individual expression that is unique. You have an individual desire that is unique, *but* that desire and expression is always filled with the love and peace of the Stillness. You may question your individuality, but your individuality is not a mistake. It is God's desire to see all that He is. It is God's desire *to express* all that He is, and that expression is infinite.

Your body makes a certain sound with its voice, or draws a certain picture with your hands, and those sounds and pictures are always in harmony with God, with the Stillness. As you express God's desire to see the love and the peace and the uniqueness that He is, you sing a great song, or you create a great picture of that which God is. If you choose the voice of yesterday, or the future, or

if you choose the voice of memory, or past, you will express that voice. You will express a world of suffering, or confusion, or lack. You will express some fantasy of other voices, or other minds, but you have the choice as you did today, as you did in this past hour, to shift your focus, and allow the Presence of Mind to access, find, reveal, the presence of God, the voice of God, the voice of who we are, and who you are. And if you think about it with a reasonable mind, you will know that this voice is more loving and peaceful and even more reasonable, and sane than the voice of conditioning, or the voice of the past.

And so, the question arises, "Why is this present voice not always present? Why does the body of Paul, the mind of Paul, the awareness Paul, suffer his conditioned mind, suffer some fantasy mind in some fantasy life?"

It is mostly because of habit, habitual habit. It is because the old voice, the old pretend voice is familiar and comfortable. It is like the clothes that you wear. You choose the most comfortable clothes when you are home. They may have holes in them, and they may not be acceptable to go shopping, or to buy food, but they are soft and familiar, (and) comfortable like an old friend. And thus you wear comfortable clothes that are not really acceptable to the outside world, or you feel in your mind (that) they are not acceptable. *And so your mind contains thoughts that are comfortable, irrational, fanciful, (and) suffering.* But somehow you are comforted by these words, for they are *your* words, and they are contained within *your* mind. And so you do not desire to continue with the old patterns, the old thoughts, the old suffering thoughts, and you desire presence, you desire happiness and peace. (27:20)

And as you simply shift your focus, with courage, freshness, newness, and a deep desire to change, a deep desire to find love for the Self, and to be in love with the Self, you sit in the quiet atmosphere of your bedroom with a digital tape recorder, and with a purpose to speak the Truth, with a desire to know the Truth, and a desire to hear the Truth. (28:50)

And thus we arrive. And you might ask, "Where do you arrive *from*?"

We have never left this present moment, and we have never left *your* presence. We are that which you are as conscious-awareness, and as aware

presence. *We are* the presence of God as you *are* the presence of God. We are expressing God as you are expressing God. *Your* voice speaks these words, and your hands type these words, and your eyes see these words upon paper, or upon the screen of the computer. And so we see these words, we feel these words, we even learn about these words, as you learn about these words.

We do not speak from a script. We speak from this present moment, and these sounds, or thoughts, (or) images arise from this present moment. There is no rehearsal. There is no studying certain words that we give to you. We learn as you learn, and we express as you express.

You might ask, "Why am I expressing? Why am I speaking? Why am I writing these words down, or typing these words into a computer and then printing them onto a hard copy of paper? It is because it is happening within this present moment. No one is doing anything, except the present moment is revealing its self. The present moment is expressing its self through presence. God desires to see That which He is, and thus He arises as I Am, I Exist, from the Stillness into form. God discovers Him Self through the I Am That I Am, and God is in profound joy and happiness as He discovers Him Self. (34:30)

There is only One Presence of God, and you Paul, share in that presence, and you *are* that presence, and you *express* within that presence. Your neighbor is not within a different presence. The world is not within a different presence. Presence is just presence.

Is it not amazing, and even miraculous that you can access this voice. You can access the present moment through the presence of God, (and) through the presence of speaking. (36:13) Your pretend mind has a great doubt as to why this is happening, and it is suspicious that it is happening, but to choose the voice of God over the voice of a conditioned Paul is a great gift, a great knowing, (and) a great realization. The 'great knowing' is knowing that you have a choice each moment to be held within presence, to be held within the love of God. Presence leaves very little room for doubt. Presence leaves very little room for that which is not love and peace.

By choosing away, or out (away) from the pretend conditioned mind, you

enter a world of love and abundance, you enter a world of peace, you enter a world of reason and wisdom, you enter world of sanity and harmony, (and) you enter world that is less stressful, but you must *choose* to enter this world. You must use your will and attention and focus, and develop the habit and pattern of entering this present moment.

The question must arise, Who makes this choice? What is aware of this choice? This choice of choosing the pretend mind, or choosing the Mind of God, Who or what makes this choice? What is making this choice, and what is *aware* of making this choice?

There is only presence Paul. Presence is God's awareness of Him Self. Presence is God's awareness of His presence. Presence is God's awareness that He is, that He exists, that He is a Self, a Thing, and yet He is no thing, (and) no self. God is all things, and yet God is no thing, and that is the final realization. That is the final knowing. God is in love with Him Self and therefore you exist, you are. You are in form and dimension, and you possess the sensations of the body. You possess the experience of the body, and that is a profound gift. It is fleeting, (for) it lasts for a very short moment in time, but *with* that moment in time, it contains an experience of the body, and an experience of the things of this world upon which you live. The joy of that experience is profound and blissful and exciting. You might even describe it as difficult, as you lose your self within this body, and lose your self within a pretend mind. The suffering of the pretend mind is much greater than the suffering of the body, and therefore, reducing or eliminating the suffering of the pretend mind, brings great joy to the body, and great joy to this world. (45:03)

As presence enters this body, as God enters this body, and God experiences this body, there is great joy. The awareness of God is in delight of Him Self. He is in delight of His sensations and (His) experiencing. If your mind falls back into a lower scripted pretend mind, ask *who* is choosing that. *What* is choosing that? What happened? And you will discover that the pretend mind is speaking to its self. It is babbling to its self, as it comforts itself, as it is familiar with its self. As you practice the presence of Mind, the presence of Mind will

continue to be present, and the words from your mouth will continue to arise from presence, and *continue to arise from presence*.

And so it is on this beautiful day, this beautiful day of presence and love, this beautiful day of choice.

Title: Choosing the Presence of Mind