

08-10-14ra    **The Disappearing Ego**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, August 10, 2014, approximately 2:30 PM, Sedona, Arizona, on a cloudy humid summer day.

*Summary: Fantasies are a direct result of the ego-self not wanting to feel and observe this present moment. The ego does not believe that this present moment, now, exists because it has never experienced it. The ego clings to the body as a drowning person clings to a raft. You absolutely do not need you ego-self and it has no power or no place within your being. You must build and give the ego power and authority over you each moment, in thought and belief, for the ego to exist within you. You can unlearn fear and unhappiness through the presence of the Divine Self and your ego will disappear as a snowman melts away on a warm sunny day.*

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 harmony, a world of great peace, (and) 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, (and) wanting some answers to the mystery of life.

What is always present Paul? What is always here now? What is in front of you? What do you see? What do you perceive? What is real and what is not real?

You are here now are you not? You are not *here* tomorrow. You cannot experience the future and you cannot experience yesterday. You cannot even experience the walk that you had this morning, or even experience the nap that you had this afternoon. You cannot even experience fearful thoughts that you had just a few moments ago. You cannot even experience memory. (Is that true? Ask.) You can only experience this moment now. Your consciousness-awareness is always present and aware. Even within your sleep you are aware, and you are experiencing your consciousness, your body, your individual mind. (06:20)

When you go into fantasy and thought, you seem to leave. Some thing seems to disappear, and you seem to come back, that is, your awareness seems to come back, and you *realize* that you have been away within some fantasy world, you have been away *in* some other reality. The fantasy seems to have stopped your life and your presence. The Divine Self of Paul seems to have left, and it was replaced by a series of images, or thoughts, that made up a story-fantasy, and usually these fantasies are fear fantasies, fear situations, fear stories of what might happen to Paul, or someone else. As you notice these fantasies, bring your attention back to your breath; in and out, expansion and release. *Fantasies are a direct result of not wanting to feel and observe this present moment.* Your pretend-mind-ego, Paul, suffers greatly, and it desires relief from its self. It desires a movie, or a story, so that it might relax and focus on something outside of its self. (11:00)

You Paul, as the Divine Presence of Paul, cannot suffer and cannot experience fear. In fact you, as a Divine Presence, cannot experience fear, or lack, or loneliness, or fantasy, or some other reality other than this moment. Your ego-self will promise you happiness and peace in some future date, or tomorrow, or tonight, but it cannot promise you happiness, contentment, and peace at this moment. It has no concept of this moment. It does not believe that this moment exists, because it has never experienced it. The ego-self desires to live, to be, to be conscious of itself, as an alive entity. It does not wish to die. It clings to the body as a drowning person would cling to a raft, or some object in the ocean that will save it from drowning. It sees the body only as a tool for its survival. It has almost no love for the body, nor does it understand the body. It feels it is in relationship with the body, and it is often angry at the body for not performing as it wishes the body to perform. The ego-thought-self, or pretend-self-entity, is made up of images, thoughts, and beliefs, that are not true, and that have no power over you, nor does it have power over the body, or another person.

(16:20)

You can make a snowman, but when the sun comes out and the weather warms, the snowman disappears. The snowman may have been in your life for only a few days or a few hours. The snowman is outside of you and it was never part of you, except within your thoughts of making it. You absolutely do not need your ego self. It does not aid you in any way, as you function in this world. You have a memory of your past ego self, with its language and experiences, and so you can bring that part of Paul forward as a tool, as a storage house of different

tools and events. Your Divine Self simply goes into this storeroom and uses language and the past, and the memory of the past, in order to bring forward the particular tool, or words, or events that *serve* this present moment. To say that your ego is needed now, to help you drive a car, or help you fix dinner, or help you relate to another person is not true. The snowman has melted and it has dissolved into the ground, or earth, and it is now watering the grass. The energy went from ice and snow into water, and now into the grass and the soil of your backyard. The ego will say that it is indeed *necessary* in order to make a living, and in order to defend you, the person of Paul and the body of Paul. It will say that it will help you to discriminate against foreign objects, or people, or threats, but the ego- self, or they pretend fantasy-self, has no power and no place within your being.

The *old* ego has melted away, and now, if you desire to experience fear and lack and unhappiness and sadness and loneliness, you must build a new snowman. You must give it life. You must give it a shape, a head, and a hat and a nose and arms and feet. You must make it real Paul in order for it to become alive. *You must give it (the ego-self) permission to be the authority over your life,* and as ridiculous as that sounds, you have done that over and over. In fact, you do that each morning when you wake up, and you must create this snowman each moment, because it has no power to exist, or to be real on its own. You might say, it needs the power of your Divine Self, the Divine “I” of Paul in order to exist.

You were taught from almost the moment you were born, that this particular tool (or) entity, was beneficial and necessary for your survival. That is an untrue teaching. That is a misperception on the part of your teachers as you were growing up. Their particular pretend self desired to make more pretend selves, and to create an environment of fear. (26:40)

As you raise a small child, you will see that the fear within them appears to be very real and their distress over lack of love, or some object, seems to be very real, but children can be taught very early that they possess a Divine Self that watches over them, and loves them unconditionally. And small children have a natural ability to be present, and emotionally happy, and content. Small children do not possess the feeling, or the concept of fear. Small children must be taught to be fearful. Small children can be taught to avoid pain of the body, but not to be afraid of pain.

You unlearn fear, Paul, and sadness, and depression, or unhappiness, just as your ego self can begin to melt in the backyard. Fear can melt away just as magically as it was taught to you, and appeared before you as a fantasy, as a non-reality. Your ego is melting Paul, just as your fantasies are melting, just as your fears are melting, (and) just as your sadness and loneliness is melting. You are the Divine Self of God, and that self exists within you as a person, as an object, as a mind, as an image, and as a picture of God.

There cannot be two selves within you. There cannot be two authorities that guide this body. We exist as a divine Self of God, and you exist as a divine Self of God, and there is no difference within our reality. There is no difference within

our truth, or within our minds, and thoughts, and even beliefs. Our guidance is the same as your guidance. Our body is the same as your body. *We are a subtle form of your body*, and we exist *also* as the object of Paul, the manifestation of God within form. We represent the divine Self of Paul, and we separate ourselves *from* the body of Paul in order to experience the body of Paul, just as God experiences the body of Paul.

There is only One Self of God and that One Self exists within the infinite objects of the manifestation of God's inner substance. There is only One Voice and One Authority. Each consciousness, each object, has its own particular experience of God's inner substance. *You are living your particular perspective of God's awareness*. You are experiencing a body, and this room, and this environment, at the same moment that God is experiencing, through you, the experience of His body and His environment and His room and His world.

There is *nothing happening other than* you are sharing the Mind of God, the consciousness of God, and you are also sharing the experience of God. Everything within the manifested world, within the manifestation of God's inner substance, is experiencing the Self of God, the manifested Self of God this moment, *now, and it is happening all at the same moment* [in time]. There is only one Now, there is only One moment, and there is only One picture of God. You are revealing to God God's inner Stillness, and God is experiencing His own inner Stillness now, through infinite beings of expression, infinite manifestations of the One Self of God. (39:38)

As an individual Self of God, you have the ability to feel the warmth of your body, and the warmth of this room, and that warmth of your world, and you also have the ability to feel the love and the wonder and the perfection of God. As you move into the present moment, into the Presence of your Self, of your individualized Self, the "I" of Paul and the "I" of God, you move into the Oneness and the forever-ness of Who you are. You exist Paul as an individual form-object, and you exist as That which experiences form, and That which experiences the interior substance of God. God cannot experience Him Self without the manifestation of form. God has no way to *relate* to Him Self within the Stillness of Who He Is. God is aware that He exists, that He Is, or He is aware of His awareness, but God cannot see, or experience, or feel That which He is, until the Self of God becomes manifested in form and consciousness, and (or) Mind.

All is safe Paul. You are safe within us, and you are safe within God. You are safe within your body, and you are safe within this world, and you are safe within your relationships. You are safe within your mind and thoughts. You are safe as the image of God. You are also safe within your fantasies, just as you are safe within your dreams. Nothing is happening outside of the Mind of God, and nothing is happening outside of God's Stillness, and perfection, and peace, and love. No harm can ever come to you Paul, and no lack of any thing important can ever be withheld from you.

And so it is on this beautiful day, this day of presence, this day of relaxation, and this day of safety, and abundance, and presence.

And so it is. End. Bell.

