

08-17-14a **Expressing The Stillness**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, August 17, 2014, approximately 2:45 PM, Sedona, Arizona, on a cloudy summer 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, 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, wanting information, wanting to wake up into your true self, and your true identity.

And so here we are, the presence of Paul, the "I" of Paul, the "I am that I am of Paul." We can only be present. We must exist within this field of presence, this field of existence, this field of awareness. We cannot go into fantasy. We cannot go into the future or the past. We exist now as you exist now. The presence of Paul is the life of Paul. Paul has no existence outside of this present moment. Paul exists within this field of Now, this space of now. All movement, and all time and change occur within this moment, now. The space of now is unlimited and without boundaries. The Stillness is unlimited and without boundaries. Nothing can occur outside of the Stillness, or outside of this place of now. The Stillness, or voided or space or emptiness, or no-thing-ness, is the interior substance of God. It is where everything is held Still. It is a place of un-manifested love, (and) un-manifested things.

God desires to see the love that He is, and that desire creates Mind. It creates a mechanism in which the interior substance (of the Stillness) can be seen, witnessed or observed, known, and felt by the Consciousness of God. God is aware that He exists. God is aware that He is. God is aware that He is aware, but God cannot experience Him Self, or see Him Self, or feel Him Self within this vast Stillness, (and) this vast presence. God must become a self in order to see Him Self. God must become, "I am seeing That which I am. I am knowing That which I am. I am witnessing That which I am. I am living and experiencing That which I am." God must become a 'self' or a 'thing' in order to experience That which He is. God must become the subject, the "I am that I am," in order to know "I am That, and I am That, and I am That." (11:33)

God becoming some thing is not a mistake, or an aberration, or a flaw within the pure substance-awareness of God. *There cannot be no thing without some thing. There cannot be consciousness, pure consciousness, without the expression of consciousness.* There is no such thing as pure consciousness, and more pure consciousness, and more pure consciousness, without the expression of pure consciousness. And the opposite is also true. You cannot have things, or objects, or movement, or life, without the Stillness, without the space of Stillness, and the vast presence of pure Awareness. You cannot have the vast space of the ocean without it containing water, and the objects of the ocean. The vast unlimited ocean, or the vast unlimited space and presence of the ocean contains the water and the things within the ocean (water) that appear to move and change. (15:14)

Mind is simply the pure consciousness of God desiring to see and to experience and to know That which it is. Mind is vast. It is the reflection and it is the expression of pure awareness, or pure consciousness. It is the "I" of who you are. It is your Divine presence, as it is Divine presence of God. We are the Divine presence of God in form and in manifestation, and we express within sound and vibration. You are the Divine presence, the Divine "I" of God, and you express through movement, through your voice and your body. We are who you are Paul, and you, as a body, and a form, and a mind, and a voice, and a vibration, are who we are. You are sitting within this room, and we are expanded awareness living both within the Stillness and within form. We appear separate, and you experience us as separate, because you still think that you have a pretend self, or a self with concepts and ideas, and its own particular voice. But we are not separate as you move into your Divine Self, the Self that lives both within the Stillness and within this Earth, and the Self that is sitting upon this chair. (19:40)

It is difficult for you to believe that you are an expanded being, and that you can live upon this earth and experience this earth, and experience this form, this individual "I," (this) individual self, and also experience the vastness of God's consciousness and awareness. You might say that we bridge the gap between your individual form and your finite life, and your life as the Life of God. *You cannot have a form without being formless.* You cannot have consciousness and a Mind without having unlimited awareness. You cannot move upon this Earth, unless you are held still within the perfection and the harmony of the Stillness. Your mind has a belief that you are a body, and that you have limited capacity as

to what you think and do. And that is changing is it not? You now believe in the possibility of a Divine and almost unlimited Self. (23:00)

You might ask a question(s), “How does pure awareness benefit, or expand, or gain some thing by desiring to know who and what it is? How can pure awareness know more than it knows now? How can pure awareness experience more than it is now? If everything is held within the Stillness, what is the purpose of manifestation? What is the purpose of the expression of the Stillness? Why does God desire to see that which He is? Why do you desire to see a beautiful sunset, or to see a beautiful woman, or to taste the taste of food, or to feel the warmth of the sun, or to smell the forest after a light rain?”

God judges no thing, nor does God resist that which He is. But the basic nature of God is His desire to know and to see and to experience That which He is, just as your basic nature is to know and to experience that which you are. (26:15)

You can never die Paul. You can change form. you can change your mind and your ideas and your thoughts, and your beliefs. You can change your clothes and you can change your location upon this earth, but you can never die. God can never die. God is always experiencing, and seeing, and knowing Him Self. The manifestation of the interior substance of God is always accompanied by joy and love, and wonder, and knowing. If you witness through seeing a beautiful sunset, is not that joyous? Do you not feel love of the Self and the love of God? If you lay with a woman on the couch, and become intimate and close, and experience her and your self in the moment, is that not a joyous and beautiful

moment? If you are riding your bike in the woods, in the silence of the woods, is that not a beautiful and loving moment? (29:40)

The Divine Self is the Self of God. It is God expressing His inner nature. It is pure Awareness expressing its inner nature. Pure Awareness is not blank and sterile. It is power held Still and then it is power Expressed. It is Knowing held still and then it is Knowing expressed. *You are an unfolding expression upon this still screening, the Still awareness.* It is providing the forever-ness upon which finite movement and expression *can* express and play. You are this Stillness of the space and screen, but you are also the movement and expression and the experience in the knowing that takes place within and upon this still screen.

You are the projection of the Stillness, and it may be finite and changing, but it is the picture of the interior substance of God. It is real in the sense that it is the expression of God's inner Stillness, God's inner Substance. Do not discount this image as unimportant, or temporary, or as an illusion, for it is the joy of God. It is the love of God expressed, and it is who you are as a Divine "I," as a Divine Self, as much as you are the pure Still consciousness of God, the Still pure awareness of God. To say that the expression of God is not as important as the Stillness of God, is untrue. To say that the finite is not as important as the infinite, is not true. Only an untrue belief can hold, within your mind, that the finite is not as important as the infinite. It is just a thought. It is a conjecture. *Reality is before you in the shape of form, and Reality is within you in the substance of the Stillness.*

God does not care who or what is right, or wrong. God is busy doing and being His Life. God's Reality is before you each moment, and God's Reality is within you each moment. God does not write books, nor does God teach That which He Is, but God is in joy as He sees Him Self. God is in joy as He expresses Him Self, and that expression is without end, and that expression will always outlive opinions and teachings.

As you become more and more present you shall know more and more about the Tsruth of God, and more and more about the characteristic and the being of God. Be your Divine Self Paul, and all shall be revealed to you, and all shall be given you, and all shall be opened unto you. End. Bell.

Title: Expressing the Divine Self, or Expressing the Stillness, or Things and No Things expressed, or just simply, The Expression Of The Stillness.