

08-24-14rb PH Chan **Expressing The Stillness: Part II**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, August 24, 2014, approximately 1:30 PM, Sedona, Arizona, on a cloudy cool summer day. Summary:

Is it not a beautiful day today Paul? The birds are singing the sun is shining 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 to integrate who we are with who you are and who God is, wanting to become One consciousness, One awareness, (and) One experience and knowing of God.

God desires to feel, to experience, to see, (and) to know the love that He is. And every thing, every manifestation desires to show God and give God the experience of the love That He is. Your nature Paul is to show, or to give back love to God. You are experiencing expression, or manifestation of the Stillness.

The Stillness is held Still. No thing is happening within the Stillness. There is no knowing (what about pure knowing), or thoughts, or movement, or feelings, or judgment. There is just this vast space of being, of Presence. It is open and beautiful, although it cannot describe Itself, or see Itself. It is aware that It exists, but it is not an "I," or a thing, or subject, or object. It is just this vast beautiful (place of) peace and love, without the expression of peace and love. It is home Paul. It is your home. It is open and welcoming. It is where every thing lives, every thought, and every feeling, every moment of knowledge, every

understanding, every picture, (and) every image. There is no thing, or knowledge, or feeling, or image outside of this Stillness. This Stillness desires to know Itself, to become some thing *alive*, so it might see Itself, know Itself, (and) experience Itself. Just as *you* enjoy seeing, (and) tasting, and touching, and smelling and being within the sensation of a body, and [to be] (being) able to experience Mind and knowing, and conceptualize, and create images, God desires the same for Himself. *God extends His awareness into desire.* God extends His sense of being present, and His sense of existence, and His vastness and quietness and forever-ness into desire. And that Will, or Desire, creates movement within His awareness, and His awareness divides itself into the interior substance of the Stillness, and (into) that which can see and feel and know and experience That which He is. Desire creates, or manifests, or makes, or projects, the seeing and the feeling and the knowing and the experiencing God, the "I" That I Am, or "I desire to see and to know and to experience My Self. I Am That Which I Am *now*, held still (and) present, but *moving within* That Which I Am." (14:28)

God becomes conscious (aware) of That which He is through desire. You might say that God's awareness becomes aware of this vast ocean, or space of Stillness. God moves away from Him Self and turns around, and views Him Self from the edge of this Stillness. God imbues Him Self with His consciousness (awareness). You might say that God lights Him Self up, or gives *life* to this (His) interior Stillness. God says to Him Self, "Show me that which I am." *All that God*

is, is contained within you. You are God's desire to see Him Self. You are connected to God at this moment, within this Still space of Now.

Your body is not the body of Paul, but it is the body of God. The death of this body will be the death of God's body, but Paul's death and Paul's body, simply changes form upon death. Nothing ever dies Paul. No person, or flower, or ant, or bug, or bird, or tree ever dies. If you swim within this vast ocean of love and Stillness, where could you go? What could you become other than this vast Stillness? *All you have is consciousness Paul, the awareness or Is-ness of God becoming conscious of Its Self.* You are conscious (and) aware of your self. You are aware that you are aware, and that is God's awareness that He is aware. The "I Am That I Am," is *your* "I Am That I Am." God is not outside of you. God is not within the Stillness waiting for you to arrive. You live within the Stillness Paul, but you play within form and manifestation. The Stillness is like the screen, the infinite Still screen. The screen is still but the images move quite rapidly. (23:00)

The picture of God seems to move. God seeing Him Self creates perspective, creates a viewpoint, or a point of view. And so the seeing of God is vast, and the Truth of that seeing is vast. Every perspective is true. Every seeing is true, but there is infinite seeing, infinite experiences, (and) infinite knowing. This infinite perspective, or infinite knowing, (or) infinite experience seems to create movement, and (it) seems to take the interior substance of God out of, or from the Stillness and place it in what you call life, or aliveness. *But life is happening all at once. It is God seeing Him Self all at once.* And this mechanism for seeing, which is Mind, organizes it (the seeing) into categories and time;

planets are planets, stars are stars, universes are universes, galaxies are galaxies, people are people, darkness is darkness, and light is light, (and) space is space. (27:05) Some things are solid, some things are open and spacious. God views Himself as vast and alive and moving and changing, or dying and becoming. God is doing nothing except observing What He Is. God has become within Mind, or within the "I Am That I Am." He has become the *subject* of What He Is. He has become the God of what He Is, and He sees all, feels all, experiences all from this place of being a subject, a thing, an awareness that identifies with Its Self, an awareness that identifies with its interior substance, or Its Self. God identifies with His interior substance and that identification separates Him Self, as consciousness-awareness from That which He is, and therefore, He can experience That which He is; He can see That which He is (and) He can feel That which He is. (29:52)

Your consciousness Paul, or God's consciousness within you, identifies with this body, with these feelings and experiences, with this particular seeing or perspective, and therefore experiences this form. But God does not become lost in the experience of Him Sself. God never loses consciousness of His Beingness, of His Is-ness. God knows that He is *all* that He sees and experiences, and He moves from the identity, or the subject of Him Self, to the Is-ness of Him Self. He is One in the same. He knows, or senses or is aware that He is One in the same. He is the Stillness Unexpressed, and He is the Stillness Expressed through His identity with His interior substance-Self.

And you can be both Paul. You can be vast Stillness, the no thing-ness, or pure existence, pure knowing that you exist and that you are, and you can identify with your body, and your world, and your environment, and see and taste and be within this body, and within this world. You can experience movement and time. You can experience what is true and what is not true. You can experience happiness and sadness. You can experience a pretend of mind, a false mind, a false self, and you can experience a Divine Self, an "I" That I Am, "I Am That I Am." You can experience Pure Awareness, and you can experience awareness identified with form and movement and time. You can describe to God the beauty that He is, or you can become lost in form and fantasy and mind, and experience suffering. (35:55)

There is only the awareness of God seeing Him Self, and there is the awareness of God Being Him Self in the Stillness. There is only the Stillness of God, Paul, and then there is the *identification with* the Stillness, which places God's awareness as that which *identifies* with Him Self, that which *steps aside* to become the "I" of That which He is, the subject of That which He is. But God is never lost as the subject. God is never fooled as He plays with identity and form. *Love and joy and peace accompany God within His identity of Him Self, within the manifestation, or expression of Him Self.* (38:20)

There is no "you," Paul. There is no individual Paul, or individual self. There is no ego-self. There is no pretend-self. There is no such thing as a confused mind, or confused thoughts. There is only the forgetting, or the veiling of God. The veils create a personality and a life and even a more complex identity. There

is only the Divine Self moving in and out of form. *There is only the Divine Self moving in and out of form.* This vast creation (this vast expression of the Stillness), including the body of Paul, is moving on its own. The pretend-self of Paul is doing nothing except having a fantasy about being the cause of Paul. Paul's personality and individual mind is a fantasy. Paul's identity with the body and thoughts about the body and beliefs about his world are a fantasy. The Divine Self, or the Self of God, has [a different perspective or a wholly different perspective or] an entirely different perspective than the pretend-self of Paul. The Divine Presence (Pure Awareness) does not move Paul, or control the form of Paul, or his world. It simply visits Paul and observes Paul, and moves in and out of this body-form, and this body is doing everything on its own. It is alive and functioning on its own. It moves and functions within the pure presence and consciousness and awareness of God. It is a reflection and the substance of God. It is innocent and pure, and it serves God. *The Universal Presence of God moves and controls this body.* It is a Still picture of God, the interior substance of God, which is this body. This body is completely taken care of by the knowing of God, by the Mind of God. (45:00)

At this moment, the body has nothing to do with the pretend-self of Paul. The pretend-self lives within fear and suffering. It can only exist in the past and the future, and it is but a shadow of God's Mind. *It is but a shadow of God's Mind.*

Presence *is* Presence. Presence is living within God's Stillness. Presence is living alive within the Stillness of God. Presence exists without fantasies, or fantasy thoughts. Presence is the opposite of suffering and fear. God lives within

the timeless Now, and you exist now within the timeless Now. It is a place. It is a Reality. It has no beginning or end, just like *you*. You have no beginning or end.

All thoughts and perceptions come to *you*, Paul. They are spontaneous and they arise from God. All feelings and sensations arise from God. All experiences arise from God. You do not make your own thoughts. True thoughts are not fantasies, or the wandering of the pretend mind. True thoughts arise within you and you repeat them as you are doing, if you desire to do so. All ideas and guidance arise spontaneously, and falls from the Mind of God into this individual mind of Paul. Paul receives the awareness of God, and God receives the awareness of Paul. It is One awareness, and it moves within this vast ocean of consciousness and expression.

Everyone has a gift of love to express back to God, and are you not doing so now, with this voice and body. Is it not arising spontaneously? Is it not manifesting spontaneously without effort, or interference within the false mind of Paul.

And so it is on this beautiful day. End. Bell.