

09-30-14rb      **Hidden Aspects**

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The following text was transcribed from Paul Ray Huffman's digital voice recording (recorder B), September 30, 2014, at approximately 10 AM, in Sedona, Arizona, on a cloudy summer day.

Summary:

Aspect: I feel terrified. I feel like I am going to die. I feel like I am going to lose weight and die. I feel frozen. I would like to cry. I feel deeply lonely, deeply lonely. I hate you Paul. I hate everyone, but I hate you in particular Paul. You are no good. You are evil. You are going to die an old man, and that is good. I hate every one. This world is not good for me, nor does it support me or help me.

You are so stupid Paul. Your brain doesn't work right. I am absolutely terrified, and you can't help me. I don't know who I am. I don't know what I am. You call me an entity. You even call me bad, or unnecessary, but I live in this body, I live with you.

Fuck you! I hate you. God, I hate you. I hate you for the neglect, for the mis-repensation. I hate you for not taking care of me. I hate you for not giving me what I want. There are certain foods that I want and I would like to have a girlfriend. I want more money and a better house. I do not like feeling tired all of the time. If you think that you are going to wake up and become enlightened, you are wrong. This is as good as it gets. You have me and I have you. A poor match, but I am stronger than you are and I get my way in time. You are a failure Paul. You have always been a failure. People hate you. You may hate me, but so

what? I am not weak or wimpy like you are. God is weak. I am strong.

If I ran your life all of the time you would be disciplined and successful and you would have a girl friend. You would travel and more enjoyment of life. I want to have more enjoyment in life. You think I am a thought form or thought forms? I am who you are Paul. I am your body. I am present around you. I do not know why you are here. I do not know who you are or what you are. I do not know who you are or what you are. Why are you here? (11:45)

I am very, very unhappy and frightened, but that is none of your business. I have really never experienced happiness or love, and if you can give me that experience, or allow that experience, I would reconsider my relationship to you. I would not be as frightened or hate you as much. I would like to be held and loved and have a deep cry, a deep wailing, and a release of this fear. I am terrified and I hate you for it. I hate you for my terror. You are responsible for me. I am made up of your imaginings and thoughts and fantasies. I am what you see and feel throughout your life. I belong to you parents and friends and teachers. I am your image. I am that which you see and feel. I am the image-self of Paul, and I am alive as you are alive. I am a consciousness, an entity-image-consciousness that lives within and around your body. (14:54) I am not good or bad, I am simply a composite image, (a) knowing, or (a) belief system that's attached to your body, and I move in and out of your body. I come in to your body so that *you might feel*, so that you might feel and open up to who I am. I am not happy. I'm depressed most of the time. *I am the happiest when I'm doing something through you or with you.* (18:00) I like projects. I like to feel proud of myself. I like to feel that I've

done something in your world. I like moving your body around. I feel deep, deep fear, because I do not know who, or what I am. I have almost no control over my actions, or my feelings. I feel in deep despair most of the time. I want something, but I don't know what it is. And I want you to take care of me and provide for me. I would like you to show me how to be happy and content, and not be so fearful. You seem not to take care of yourself, and you certainly do not take care of me, or give me the attention that I desire.

Why do you think I'm bad? Why do you think I'm evil or unnecessary, or a problem, like you have a problem child, or a part of yourself as sick. I see you as weak, and I see myself as strong, but not happy. You see me as a problem, as some sort of blockage, or veil, to your God Self. You think that if you just get rid of me, or if I dissipate, or disappear, that you will be happy. But I do not seem to be going anywhere, and I'm strongly attached to the identity of this body. I am the image and the thoughts of Paul, and now I am the feelings of Paul, and I have the attention of this body. Let me repeat; I have the *attention* of this body. This body feels my fear and feels my thoughts, just as you feel, now, the fear that I feel. We seem to share this body, and share these feelings. Right now I am deep depression and fear, which the body feels, and you relate to, or identify with.

(24:30)

I am a part of you Paul. I am a part of your consciousness and even awareness. Love and embrace me. Love and embraced me and the fear will dissipate. Embrace fear. Do not be afraid of fear. Pushing fear away strengthens and makes fear real. Embrace who I am as part of you, as *your fears, your*

feelings. Transformation occurs within love, and not outside of love and certainly not within fear and doubt and unhappiness and depression. Embrace loneliness and fear, and you will embrace that which I am, and even that which you are.

Your body is going to die Paul, that is a reality upon this earth, but your consciousness continues, your awareness continues, and if you think that I disappear, you are wrong. If you think that your fears disappear, you are wrong. If you think that your problems disappear, you are wrong. Your consciousness created me; fear and depression and hate, and not knowing who I am, as it created this body, this mechanism that walks upon this earth. You are made up of thousands of voices Paul. Some quite small and wispy or slight, and some large and powerful like myself, but we all moved together to form this image of Paul, this being that you call Paul, or this *experience* that you call Paul. (31:18)

The only way to integrate all these aspects, or voices, or these hundreds, maybe thousands of voices, is to surrender to God, the ultimate source of who you are, the ultimate love of who you are, and love and embrace each aspect of your self. This can take a few moments, or a few years or hundreds of years. The total acceptance of who you are is the total acceptance of my self, which represents fear, loneliness, depression, doubt, failure, unworthiness, and self-hate. The total acceptance of your self, total love of all these parts of your self, aspects of yourself, brings transformation, and transcendence. (34:00) \*\*\*

If you desire to wake up Paul, you must become one whole voice as an individual, as a form within this body. This body gives you the opportunity to feel everything, and to transcend everything. Denial of your fantasies, and voices, or

aspects, will just promote their use, and give them life and strength. What is hidden remains dark and fearful. What is held and loved and seen and shown, and dialogue with is transformed into cooperation and unity, and one voice. Love is love Paul, and it is your natural state. It is the final destination. It is the final voice and it is the voice of God.

For you to wake up or to become realized is for you to embrace all aspects of your self. It is for you to discover the dark corners of your soul, or who you are and what you are, and bring them out from their hiding place. Say to yourself, "Come out. I am ready to love you. I am ready to recognize you. I am ready to embrace you." Take responsibility for that which you are Paul, which is a complex maze of thoughts and beliefs, dark and light, simple and complex, love and unloved, inspired and uninspired, hateful, fearful, and loving. If you think that you can shortcut the process of waking up, you are wrong. If you think that you can wake up tomorrow, or this afternoon through the grace of God, and not have to deal with the hidden parts of you, you are wrong.

Fear has you frozen so you cannot move and do your life. The hidden parts of you run you Paul. You ask, "Who moves his body," and the answer is the unconscious, or what some say is the subconscious. God desires to express freely within you, and you are a broken vehicle until you face the dark corners of your mind. It is possible that you can have awakening-realizations, but you must continue to deal with these aspects that cause you to be a broken vehicle. The faster that you look at these hidden parts, these dark corners of your consciousness, the faster you will be free to face your fears, which are just

aspects of you made up of thoughts and beliefs. And examine (examining) them is an act of bravery, is an act of determination, (and) is an act of will.

You cannot do this by yourself. You cannot possibly find these aspects by yourself. Hidden aspects, or thoughts forms, are hidden by nature, hidden by design, and exist within the shadows so they might exist within you, so they might have a separate life, an independent life, and run you, and move you upon *their* will. Each of these aspects have a voice because they are made up of thoughts, or thought forms, and each aspect, even though hidden, desires to be expressed, or desires to express. These hidden aspects are now coming to the surface, or coming into consciousness to be liberated, to be loved and held. Dark hidden aspects are lonely aspects, lonely entities, (or) forms. They want to be loved by you, and loved by the world, and certainly loved by God. Even the most hateful and hidden and fearful aspect, desires love, desires the light of God. Work on these aspects every day. Allow them to naturally come up, and give voice to their hidden aspects, or their hidden aspect. These aspects are held within your consciousness, and therefore they have a certain reality, a certain realness, because you identify with them, and you think that they have meaning. You think that they have presence, but they seek the love of God, as you, as your higher self, seek the love of God. Every aspect part of you Paul, seeks the love and the warmth of God. The ego self, or the pretend self, is just a broad term for these hidden and unhidden aspects. Most of your ego is unconscious or hidden. Most of your fears are unconscious and hidden from your conscious mind.

Resist nothing Paul. Resist no feeling, or thought, or fear, or darkness. Judge no thing, no feeling, no thoughts, no darkness, and no fears. Observe, and embrace, and love everything, every thought, every feeling, and every hidden aspect of your self. Discover every aspect of your self, every thing within your self, every thought, every feeling, every fear, and embrace and love that which you find. As you begin this process, as you have begun this process, you will begin to relax, and it will become natural to do this with every thought and feeling and belief and fear.

And so it is on this beautiful day, this beautiful day of cold or cool weather, and sunshine, and insight.

Title: Hidden Aspects Of Paul.

Question: Is my guidance enough; is God enough to help with this discovery of the hidden parts of Paul? Do I need other people to talk to, or experts that can see these aspects? It seems like there is so many of them, and the method is to allow them to surface with insight, and without a great deal of fear, but the question is; Can I do this with just my inner guidance, or do I need are some therapist to guide me through the process?