

10-26-14ra **Observing That Which You Are**

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The following text was transcribed from Paul Ray Huffman's digital voice recording (recorder A.), October 26, 2014, at approximately 4 PM, in Sedona, Arizona.

Summary:

Is it not a beautiful day today Paul? The birds are singing, and the sun is shining, and all is well in your world, a world of great beauty, a world of great harmony, a world that needs nothing to be who and what it is. And here you sit once again, wanting to know who what you are, wanting some help with your life, wanting an understanding of life, (and) wanting the knowledge of life. And so shall it be, as we are present, and as God is present, and as you, as the picture and the manifestation of God and God's movement, is present.

You need to do nothing Paul, accept to allow these words to come forth.

You are the receiver and you are the speaker of these sounds. These sounds are meaningless unless you can interpret them. What is the purpose of these words, and what is the purpose of meaning that is implied by these words. You are as you are Paul. You need no words to be who you are, but your mind demands an explanation. The self of Paul demands knowing and understanding, and so these words come forth. God is happy to be. God is happy to observe that which He is and needs no interpretation. Your body is happy to be and happy to move about this world, and needs no interpretation, but the self of Paul thinks that it is somebody, and somebody important, and it is not. Paul needs to communicate

with his neighbor and your neighbor needs to communicate with you in some form, in some manner, and with some possible sounds, and thus you communicate by pushing air from your mouth, or writing down symbols on a piece of paper, or with some sort of sign language.

If you identify with your thoughts and mind and body you will suffer. If you identify with the Paul self body, you will suffer. These words are to alleviate suffering, and to remind you of who you are and what you are. You understand the meaning of these words and you can take these words inside your mind and your heart, and translate them into meaning, and that meaning relaxes the mind. The mind thinks it has a future, and it also thinks it has a life, and it does not. You breathe by the grace of God. You move by the grace of God. You are doing nothing Paul, except feeling, receiving these vibrations, and translated them into thoughts, and then you are pushing air from your mouth so this recorder can pick up the sounds. You type these words into symbols and these symbols comfort you and give you a certain amount of peace, but even without these words, your nature is openness, spacious-openness, and love, and peace. who you are is God aware of himself. Who you are is God observing That which He is. You are both God observing Himself, and you are that which is observed, and therefore you are the movement of God, and therefore you are God experiencing Himself through movement. You are the aliveness of God through the manifestation of Stillness. You are God acting out Himself. You are God observing and being Himself. Every thing is the picture of God in manifestation and movement. God desires to see the love that He is. God desires to know and to experience That

which He is, and so God turns and looks at Himself within His Stillness. That desire to know Himself turns God towards Himself. That desire and turning towards Himself, by observation, brings That which He is alive and in movement. Just as you observed some thing, it creates movement within that thing. Every thing before you is Still, and as God observes Himself through you, your world becomes alive and appears to move. Movement creates the illusion or the sense of time, or time passing. God is held still by His nature, by this now moment. There is not a series of moments, or a series of still pictures, there is just the is-ness of God, the Still forever-ness of God, but this Still forever-ness is vast, and beautiful, and lovely, (and) wonder-ous, and peaceful. And That is where you live. You are both the seer of the Stillness, and you are the object within the Stillness. You *are* the Stillness, and you are that which sees the Stillness. You are focusing within this body, and within this world, but there are countless bodies, and there are countless worlds. And you seem to move from world to world, and body to body, but you have the ability to connect, through observation, through being Still, (to) all things of this world and all the things beyond this world. *That experience is an orchestra of sounds and feelings and sensations. You are effortlessly moving in and out of the Stillness.* There is the Still Self, and now there is the Self in movement. (21:39) It is like the in and out breath. You remain the *same*, but you breathe in and then you breathe out. *You do not change.* It is simply the breathing in and out. You are the observer of the Still picture of God, and then you are the *movement* of the Still picture of God. You are That which observes and That which is being observed, but you exist as the

Stillness. (23:30)

The Stillness cannot see Its Self, or know Its Self. So, the Stillness must *desire* to see That which it is. So, the Stillness becomes a 'thing' by being conscious, or aware of its Self. Consciousness and (or) awareness is a 'thing.' It is a *state of desire* to be seen. It is God loving Him Self. It is God embracing Him Self. God becomes a 'thing' in order to embrace Him Self, and that 'thing,' or the Subject-Self of God sees with wonder and awe and delight and love That [which] He is. And that observation creates movement, or what you might call "the illusion of movement and dimension" within the Stillness. The still picture of God, the forever-ness of God becomes a moving alive picture of God. And all That God is celebrates That which God is. All That God is celebrates Its Self by moving in unison and harmony, and thus the beautiful display of That which God is. God is at once the Stillness, not knowing or seeing Himself, and God is the observer, the consciousness, the awareness of Himself. There is nothing, no - thing, and now there is some 'thing.' There is the breathing in and then there is the breathing out. There is God the Stillness, then there is God the Observer, seeing That which He is.

You, now, are the manifestation of God in movement, and you are also, at the same moment, the Stillness of God. Your conscious-focus is within this form, and now it is not focusing within this form. You are awake during the day, and you are sleep at night. You are the movement of God during the day, and you are the Stillness of God at night. You are alive and moving during the day, and your consciousness-awareness withdraws its Self from the body, and allows the body

to rest. (30:46)

Your body arises within consciousness, and your body shall go back to this earth within consciousness. Your consciousness-awareness cannot die for it never began. It was never created, and that which is not created cannot die, or be uncreated. By both being 'me' the observer of the Stillness, and the Stillness, you will begin to understand who you are. Who you are cannot be put into words, and who you are cannot be interpreted, but you can feel within your being and this body, a sensation of who you are. Your mind can interpret who you are, but it is only an interpretation. It is only a far away guess as to who you might be.

But there is joy in expression. You can express in words, and you can express in pictures. It is God seeing Him Self. It is God enjoying That which He He is. Your mind may not enjoy its thought process, or its worry, or anger, but God is not affected by what you think, and what you identify with. God is happy to breathe you, and to be you and in no way judges your actions, or what you think. God is held within the Stillness, and you are held within the Stillness, but your mind is just a collection of thoughts, and have no meaning, or purpose other than to hear these words, and to interpret the vibration that you are receiving.

God delights in being, and He delights in movement. Think of the most beautiful sunset that you have ever seen, with color and the form of the white cloud. Think of the point of focus as the sun sets upon the horizon. That is who you are Paul. You are the beautiful sun as it is always setting. You are the sky in the horizon. You are That which God is in movement. You are not your thoughts or feelings, or your body. Focus on your Self as open spacious still-awareness,

and you will begin to feel and know who you are. You resist nothing. You judge nothing, and you observe through the Stillness of your being, All That You Are.

And so it is on this beautiful day, this day of movement and manifestation, this day of delight, and awe, and wonder, and peace, and love.

I would entitle this: Observing That which you are. Knowing and Observing That which you are.