

11-03-14rb **The Eternal Self: The Eternal Setting Sun**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, November 3, 2014, approximately 1:30 PM, Sedona, Arizona, on a cold clear sunny fall day.

Summary:

No thing is happening. There is no movement, or breath, or Paul-self, or this room, or this world. Stillness is life and life is Stillness. Stillness is the final Self and the final Self is Stillness. Every thing *emanates* from the Stillness; all sounds, all vibration, all movement, all color, all light, all energy, moves from the Stillness into manifestation. Manifestation is expression. It is the expression of God in order to see Him self. You are no more and no less than the expression of God. Your voice and body and movement and aliveness express God for God to see the love and the picture that He is. (04:30)

You have a separate self that pretends to be alive and pretends to express its self, and it pretends to enjoy its self and be its self within this body. You might say that there are two (multiple) things happening within this form-vehicle-body. There is the pretend self that houses itself within this body through thought, belief, feelings, and even observation(s), and it lives and dies upon this earth. It sees this world as its home. The pretend self is not good or bad. It judges every thing and resists most everything, and in some ways it is the opposite of who you are, but it is not bad or good. It is just a thing-entity that operates within your mind-consciousness and *you* believe, that is, it (pretend self) believes, that it is

real. It identifies with its self, and it speaks to its self all the time. It divides its self up into many personalities, many aspects of itself, and has many conversations between these aspects, and it builds an image, or multiple images. It has a body which it likes sometimes and not likes other times. It has a house and a car and friends. It makes friends with other aspects of itself. Joanne and Dan and William and all your friends are aspects of its self. It talks to them as it talks to its self. It is full of fear and unhappiness, and depression, and yet it has moments of pleasure and joy, but it is dominated by fear, and motivated by fear, and moved by fear. It is not moved by the grace of God, for it does not know God, nor does it know itself. *It has no capacity to know God, because it is a separate and pretend self.* You might say it is a very poor misrepresentation of the Self. It's trying to be a self. It is trying to be conscious and aware, and even idealistic with its ambition to become aware, but it has no capacity to become aware because of its source. Its source is a series of thoughts and beliefs, and images, which are founded upon false belief, false images, false thoughts, or untrue understanding of the true nature of its self. It builds a religion in order to justify its existence, and it has laws and rules in order to contain its self, so that it might not kill another pretend-self-person, or try to kill other personalities like its self. It barely restrains itself from killing its self through fear and frustration. If you observe, closely this pretend false self, this separate self, it will begin to dissolve because it has no basis for existence. Let us repeat. It has no basis for existence. (14:20)

As you approach a mirage, let's say in the desert, it appears to be a lake maybe several miles away, and as you approach this illusion of water and lake, it

will disappear, and you will discover that there is just more desert. The image or illusion has disappeared as you approach it, as you are willing to walk towards it. It appeared to be real and you wanted it to be real, but it was not real, and it seemed to exist. It had the appearance of existence. Your separate pretend false self has an appearance of existence, but it is a mirage. It is an illusionary image that has no basis in the reality of who you are. Once you walk towards several mirages in the desert you begin to know that the lake several miles away does not exist, and so you stop the search. You stop the walk towards the illusion. And so the mirage of the separate Paul self does not exist. The personal self of Paul does not exist. The fears and concerns of Paul are illusionary.

And so, as you realize the mirage is not real, and as you realize that you, Paul, are not real as a personality self, as a fearful depressed self, then there is a rush to fill the void of nonexistence. There is a moment of panic. The familiar self is beginning to dissolve before your eyes, and before your sense of reason and your world begins to change, and all that you can do is begin to step back and notice the change, notice that you, as a separate personal self, is beginning to dissolve, or disappear back into a series a false beliefs, and false images. And all that you can do is to sit quietly, and wait for these false images, mirage(s), to fully disappear so that Reality can slowly show itself. As the veils of misperception and misunderstanding begin to lift and dissolve, Reality, or the God Self, or true perception, begins to show itself as Reality, as clear thinking, clear seeing, and clear understanding.

And what does clarity look like? What does it feel like? Clear seeing and

clear feeling, and clear reality feels like peace and relaxation, and appears serene, very much like noticing a beautiful sunset that never quite sets. There is a line of (on) the horizon that's peaceful. There is a bright sun setting in the distance and the clouds and the earth appear bright with white clouds, and now colorful clouds on a blue purple sky. The earth seems alive and beautiful, and you, as the sun, give light and color to all that you shine upon. And That is who you are. A bright sun that you can witness, a bright sun that is never quite setting, but just about to set, and it gives off color radiance. And all who see this sun stop and notice its radiance. That is who you are, and it exists each moment, but it is hidden behind the dark clouds of the illusionary pretend self. The illusionary pretend false self is simply a cloud that appears dark and fearsome, but it is simply made out of a light mist that is burned off through observation, through patience, and peace, and love. By observing this dark cloud, and not giving it meaning, or too much attention, or not giving it the reality of a dense object, it will dissipate. And more and more of you will shine through, and you will feel the peace and the comfort and even the security of forever-ness. You will feel your eternal self. The personal self has dissipated, and the Eternal Self as replaced it with a radiant warm light of being.

Allow every thing to be as it is. Allow the pretend separate false self to be as it is. Notice its illusionary qualities. Notice it's false beliefs, and eventually this false self will turn into a useful helpful self, and it will assist who you are, and it will not resist who you are, and it will be comforted as it dissolves and passes from this earth.

And so it is at this moment. And so it is. End. Bell.